

# ULTIMATE WORKOUT PLANNER

MONTH: \_\_\_\_\_ YEAR: \_\_\_\_\_

## Weekly Workout Overview

Day	Cardio	Strength Training	Flexibility	Rest
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

## Flexibility and Stretching Routine

Date	Stretching Exercise
Duration (min)	Stretch Intensity (1-10)

## Weekly Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun

## Weekly Goals and Reflection

Week Starting	Weekly Goals	Achievements	Areas for Improvement

## Strength Training Log

Date:
Sets x Reps:
Exercise:
Weight (lbs/kg):
Rest Time (sec):

## Monthly Progress Tracker

Month	Weight (lbs/kg)	Body Fat (%)	Measurements (Chest, Waist, Hips, etc.)