

Weekly Schedule

You might want to make copies of this form. Leave this one blank, so you can copy it as needed. Write in the exercises and activities you plan to do. Create a schedule you think you really can manage. You can change your plan as your fitness improves and you are able to do more.

	Endurance	Strength/Balance	Flexibility	Notes
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				