SHAPE

TRACK YOUR PROGRESS WEEK BY WEEK!

Use this calendar to log minutes spent doing cardio and weight workouts, then total it up at the end of each week. Shoot for 200 to 300 minutes of exercise a week and remember to give yourself a rest day. (Your body needs time to recover and if it doesn't get that time, you'll stop seeing results.) Highlight days when you felt super-strong and energized during your workout, and see if you experience more of them each week as you progress. Most of all, have fun with this plan.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL MINUTES
WEEK 1	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO _____
	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHTS _____
WEEK 2	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO _____
	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHTS _____
WEEK 3	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO _____
	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHTS _____
WEEK 4	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO _____
	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHTS _____
WEEK 5	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO MINUTES _____	CARDIO _____
	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHT MINUTES _____	WEIGHTS _____