

**Activity 13.2: Four-Week Exercise Plan**

*Use this sheet after to draft a multi-week plan that builds to accomplish a clear fitness goal*

**Overall goal.**

Cardio \_\_\_\_\_ Strength Training \_\_\_\_\_

Stretch \_\_\_\_\_ Other \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>						
<b>Week 2</b>						
<b>Week 3</b>						
<b>Week 4</b>						

**Accomplishments**

Cardio \_\_\_\_\_ Strength Training \_\_\_\_\_

Stretch \_\_\_\_\_ Other \_\_\_\_\_

Lessons Learned