Fitness Planner

Week of:

Monday		
В	S	Notes
L	Exercise	
D	Water	
Tuesday		
В	S	
L	Exercise	
D	Water	
Wednesday		
В	S	
L	Exercise	
D	Water	
Thursday		
В	S	
L	Exercise	
D	Water	
Friday		
В	S	
L	Exercise	
D	Water	
Saturday		
В	S	
L	Exercise	
D	Water	
Sunday		
В	S	Our Warrior Spirit
L	Exercise	Our Marrior Spirit
D	Water	