

Monthly Schedule

Goals										
			Actual	Days/Notes						
Exercise	Days	Min.	Weekly Totals	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
• Endurance Cardio										
• Interval Cardio										
• Strength										
• Abs										
• Stretch/Yoga										
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•										
• Endurance Cardio										
• Interval Cardio										
• Strength										
• Abs										
• Stretch/Yoga										
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• Endurance Cardio										
• Interval Cardio										
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