

Customizable Fitness Training Schedule Sheet

Name

Enter your name

Week

e.g. 1, 2, or June 10-16

Goal

e.g. Weight Loss, Gain Muscle

Day	Workout Type	Exercises	Sets	Reps / Time	Notes
Monday	Carc ▾	e.g. Running, Pu	e.g. 3	e.g. 12 reps / 20	e.g. Focus on fo
Tuesday	Carc ▾				
Wednesday	Carc ▾				
Thursday	Carc ▾				
Friday	Carc ▾				
Saturday	Carc ▾				
Sunday	Carc ▾				