

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	<div>Carc</div>	<div>e.g. Running, Pu</div>	<div>e.g. 3</div>	<div>e.g. 12 reps / 20</div>	<div>e.g. Focus on fo</div>
Tuesday	<div>Carc</div>	<div></div>	<div></div>	<div></div>	<div></div>
Wednesday	<div>Carc</div>	<div></div>	<div></div>	<div></div>	<div></div>
Thursday	<div>Carc</div>	<div></div>	<div></div>	<div></div>	<div></div>
Friday	<div>Carc</div>	<div></div>	<div></div>	<div></div>	<div></div>
Saturday	<div>Carc</div>	<div></div>	<div></div>	<div></div>	<div></div>
Sunday	<div>Carc</div>	<div></div>	<div></div>	<div></div>	<div></div>