

Home Fitness Routine Organizer

Routine Name

e.g. Morning Strength, HIIT, Yoga Flow

Main Goal

e.g. Lose weight, Build muscle, Flexibility

Days per Week

Weekly Schedule

Day	Workout Focus	Duration (min)
Monday	e.g. Upper body	
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Example Exercises

e.g. Push-ups, Squats, Plank, Lunges, Burpees...

Additional Notes

Add any motivational quotes, tips, or instructions...