

Focused Fitness Planner

Name		Accountability 1	
Fitness Plan		Accountability 2	
Workout Location		Weight Goal	
Scheduled Time		Waist Goal	
Focused Time		Fitness Goal	
Start Date		Equip Needed	
End Date		Supplies	

Description of Focused Fitness Plan

Week	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
11														
12														

Challenges	Notes