

# Fitness Calendar

Use this calendar to track your workouts. Follow the shaded boxes to identify the recommended activity for each day. Using the suggested activity as a guide, schedule in the days when you plan to perform each activity and stick to it. Check off each completed workout. Count your steps, and acknowledge your success daily!

Week:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Steps
1	Workout:								Goal: 56,000
	Daily Steps:								Actual:
2	Workout :								Goal: 59,500
	Daily Steps:								Actual:
3	Workout :								Goal: 63,000
	Daily Steps:								Actual:
4	Workout :								Goal: 66,500
	Daily Steps:								Actual:
5	Workout :								Goal: 70,000
	Daily Steps:								Actual:
6	Workout :								Goal: 73,500
	Daily Steps:								Actual:

Guide	MNG Workout of the Week	Cardio	Strength A	Strength B	Strength C
Daily Step Goal					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
8000	8500	9000	9500	10000	10500

WELLNESS  
CHANGES  
EVERYTHING