

Weekly Fitness

Week of: _____

Carbs: _____

Fats: _____

Priorities: _____

MONDAY			
WORKOUT			

MEAL PLAN			
B	S	L	D

TUESDAY			
WORKOUT			

MEAL PLAN			
B	S	L	D

WEDNESDAY			
WORKOUT			

MEAL PLAN			
B	S	L	D

THURSDAY			
WORKOUT			

MEAL PLAN			
B	S	L	D

FRIDAY			
WORKOUT			

MEAL PLAN			
B	S	L	D

SATURDAY			
WORKOUT			

MEAL PLAN			
B	S	L	D

SUNDAY			
WORKOUT			

MEAL PLAN			
B	S	L	D

NOTES