



EARNED. NOT GIVEN.

WEEKLY WORKOUT PLANNER

PLAN IT. TRACK IT. FINISH IT.

Build the week before the week builds you.

Use this planner to organize training, track effort, and review progress.

WEEK OF: _____ PRIMARY GOAL: _____ WORKOUTS: _____

WEEKLY TRAINING SCHEDULE

DAY	WORKOUT FOCUS	START TIME	DURATION	CARDIO / STEPS	NOTES	DONE
MON						☐
TUE						☐
WED						☐
THU						☐
FRI						☐
SAT						☐
SUN						☐

WORKOUT DETAILS

RPE / EFFORT: 1-10

EXERCISE	SETS	REPS	WEIGHT	RPE	REST	NOTES

MY TRAINING PRIORITIES

What are the top 3 things you will focus on this week?

- _____
- _____
- _____

RECOVERY TARGETS

SLEEP: _____ hrs/night WATER: _____ oz/day

REST DAYS: _____ MOBILITY: _____ min

END-OF-WEEK REVIEW

What went well? _____ What will I improve next week? _____

YOU DON'T HAVE TO BE EXTREME. JUST CONSISTENT.