

General exercise program plan

Goals

List the top 2 things you want to work on or achieve

01.
02.

Barriers

List the top 2 things that will get in your way from what you want to do above

01.
02.

Schedule

Write down which days, what time, and where you will do your workout

- Days**
- Time**
- Where**

Plan

Write down what type you plan to do

- Cardio**
- How long**

Strength

List what exercises you plan to do.
Start with 8 reps and 1 set

01.
02.
03.
04.

Balance

List your balance exercise level –
perform for 1 min (30 sec on each side)

01.
02.
03.
04.