



## 12-Week Personal Fitness Program

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

Record your main daily physical activities in each box. Circle A, F, or 'S' to note the activity type.

Notes: Circle 'A' for Aerobic activity. Circle 'F' for Flexibility exercises. Circle 'S' for Strength training. You can circle more than one of these options.

**Examples of Aerobic Activities include:** Running, swimming, playing sports, climbing stairs. Note down your physical intensity and the duration of these activities.

**Examples of Flexibility Exercises include:** Stretches, Yoga, and following along with fitness videos on youtube. Aim to work on flexibility at least every other day

**Examples of Strength Training exercises include:** Pushups, situps, pullups, and planks. To improve, try to work on your strength training at least 2x per week.