

# MONTHLY WORKOUT PLAN

## BEGINNING OF THE MONTH GOALS

GOAL #1 - WEIGHT: \_\_\_\_\_

GOAL #2 - WORKOUT DAYS: \_\_\_\_\_

GOAL #4 - \_\_\_\_\_

GOAL #5 - \_\_\_\_\_

GOAL #6 - \_\_\_\_\_

GOAL #7 - \_\_\_\_\_

GOAL #8 - \_\_\_\_\_

GOAL #9 - \_\_\_\_\_

GOAL #10 - \_\_\_\_\_

## END OF THE MONTH PROGRESS

GOAL #1 - WEIGHT: \_\_\_\_\_

GOAL #2 - WORKOUT DAYS: \_\_\_\_\_

GOAL #4 - \_\_\_\_\_

GOAL #5 - \_\_\_\_\_

GOAL #6 - \_\_\_\_\_

GOAL #7 - \_\_\_\_\_

GOAL #8 - \_\_\_\_\_

GOAL #9 - \_\_\_\_\_

GOAL #10 - \_\_\_\_\_

## NOTES