



# 12-Week Personal Fitness Program

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

<p>Record your main daily physical activities in each box. Circle A, F, or 'S' to note the activity type.</p> <p>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.</p>	<p><b>Examples of Aerobic Activities include:</b> Running, swimming, playing sports, climbing stairs. Note down your physical intensity and the duration of these activities.</p> <p><b>Examples of Flexibility Exercises include:</b> Stretches, Yoga, and following along with fitness videos on youtube. Aim to work on flexibility at least every other day</p> <p><b>Examples of Strength Training exercises include:</b> Pushups, situps, pullups, and planks. To improve, try to work on your strength training at least 2x per week.</p>
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