



## 7 Day Exercise Planner

**Day 1**  
Name: \_\_\_\_\_  
Description:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How many? \_\_\_\_\_

**Day 2**  
Name: \_\_\_\_\_  
Description:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How many? \_\_\_\_\_

**Day 3**  
Name: \_\_\_\_\_  
Description:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How many? \_\_\_\_\_

**Day 4**  
Name: \_\_\_\_\_  
Description:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How many? \_\_\_\_\_

**Day 5**  
Name: \_\_\_\_\_  
Description:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How many? \_\_\_\_\_

**Day 6**  
Name: \_\_\_\_\_  
Description:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How many? \_\_\_\_\_



Do you have a favourite exercise you like to do?

**Day 7**  
Name: \_\_\_\_\_  
Description:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
How many? \_\_\_\_\_



Can you complete the 7 Day Fitness Challenge?