

The Ultimate Training Planner

Let's keep this simple. The best way to make sure you make all your training sessions is to write them down, and have them in front of you all the time.

Step 1 - Write down all of your weekly training sessions and the time they start on the scheduler below.

Step 2 - Split this page in half

Step 3 - Put the scheduler somewhere everyone in your household can see. I recommend the fridge.

Step 4 - Get training and stick to it!

Step 5 - See results



Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							