

COUNTDOWN TO CHRISTMAS - WEEK 1

WEEK

DATE
30 NOVEMBER 2008

MONDAY

CARDIO EXERCISE

TIME	DISTANCE	COMMENTS

TIME	DISTANCE	COMMENTS

STRENGTH EXERCISE

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

COMMENTS

TUESDAY

CARDIO EXERCISE

TIME	DISTANCE	COMMENTS

TIME	DISTANCE	COMMENTS

STRENGTH EXERCISE

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEDNESDAY		
CARDIO EXERCISE		
TIME	DISTANCE	COMMENTS
TIME	DISTANCE	COMMENTS

THURSDAY		
CARDIO EXERCISE		
TIME	DISTANCE	COMMENTS
TIME	DISTANCE	COMMENTS

STRENGTH EXERCISE		
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS

STRENGTH EXERCISE		
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS

COMMENTS

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WEEK

DATE

FRIDAY

CARDIO EXERCISE

TIME	DISTANCE	COMMENTS

TIME	DISTANCE	COMMENTS

STRENGTH EXERCISE

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

COMMENTS

SATURDAY

CARDIO EXERCISE

TIME	DISTANCE	COMMENTS

TIME	DISTANCE	COMMENTS

STRENGTH EXERCISE

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

WEIGHT	SETS	REPS

COMMENTS

WEEKLY SUMMARY

SUNDAY		
CARDIO EXERCISE		
TIME	DISTANCE	COMMENTS
TIME	DISTANCE	COMMENTS

CARDIO NOTES

STRENGTH EXERCISE		
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS
WEIGHT	SETS	REPS

STRENGTH NOTES