Weekly Exercise Planner

The Women's Sphere — plan, track, glow up

Weekly goal: ___ workouts · ___ minutes · ___ steps/day

Day	Workout	Duration	Intensity	Steps	Done
Monday			L M H		■
Tuesday			L M H		■
Wednesday			L M H		■
Thursday			L M H		■
Friday			L M H		■
Saturday			L M H		■
Sunday			L M H		■

Weekly reflection

Energy: low / ok / bright Sleep avg: ___ hrs

Wins this week: _____

Adjust next week: _____