

4-MONTH WORKOUT TRACKER

MONTH 1

DAY:	1	2	3	4	5	6	7
WEEK 1		S					
WEEK 2							
WEEK 3							
WEEK 4							

MONTH 2

DAY:	1	2	3	4	5	6	7
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

4-MONTH WORKOUT TRACKER

MONTH 3

DAY:	1	2	3	4	5	6	7
WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							

MONTH 4

DAY:	1	2	3	4	5	6	7
WEEK 13							
WEEK 14							
WEEK 15							
WEEK 16							

Instructions

- Print this out and stick it on your wall
- Fill in any workouts you complete, e.g. **mob 1A, core 3B, strength 2D** or **REST**
- You can use this together with the workbook
 - At the beginning and end of every week, go to the workbook and answer the questions.
 - At the end of each month answer the questions and retake measurements if that applies to you.
- Use either this workout tracker OR the workout tracker in the workbook, but not both - whichever suits you best

SUGGESTED PROGRAMME:

	SUNDAY	MONDAY	TUESDAY	WED	THURS	FRI	SAT
WEEK 1	Core 1A	Mob 1A	Str 1A	Core 1B	Mob 1B	Str 1B	
WEEK 2	Core 1C	Mob 1C	Str 1C	Core 2A	Mob 1D	Str 1D	
WEEK 3	Core 2B	Mob 2A	Str 2A	Core 2C	Mob 2B	Str 2B	
WEEK 4	Core 2D	Mob 2C	Str 2C	Core 3A	Mob 2D	Str 2D	