

# 's Workout Plan

Category	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hydrate</b>	Drink 80+ oz of water	Drink 80+ oz of water	Drink 80+ oz of water	Drink 80+ oz of water	Drink 80+ oz of water	Drink 80+ oz of water	Drink 80+ oz of water
<b>Lift</b>	Do FITS Workout of the Day	Do FITS Workout of the Day	Do FITS Workout of the Day	Do FITS Workout of the Day	Do FITS Workout of the Day	Do FITS Workout of the Day	Do FITS Workout of the Day
<b>Cardio</b>	2-3 Miles Run/Walk	2-3 Miles Run/Walk	2-3 Miles Run/Walk	2-3 Miles Run/Walk	2-3 Miles Run/Walk	2-3 Miles Run/Walk	2-3 Miles Run/Walk
<b>Weight</b> *weigh-in before bed	You can decide what # you want to put in this box	You can decide what # you want to put in this box	You can decide what # you want to put in this box	You can decide what # you want to put in this box	You can decide what # you want to put in this box	You can decide what # you want to put in this box	You can decide what # you want to put in this box
<b>Diet</b>	Eat Healthy	Eat Healthy	Eat Healthy	Eat Healthy	Eat Healthy	Eat Healthy	Eat Healthy
<b>Score</b> (Out of 5)							