Weekly workout planner

A blank week, ready for your own plan.

Week beginning

Purpose of this week

Available equipment

Schedule constraints

Day	Session / rest	Exercises or focus	Time available
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Notes

Write rest days and other commitments into the week before filling every training slot.

This is an empty planning sheet, not a prescribed exercise programme.