

Weekly Schedule

Using a pencil, write in the exercises and activities you plan to do. Create a schedule you think you really can manage. You can erase and change your plan as your fitness improves and you are able to do more.

| | Endurance | Strength/Balance | Flexibility | Notes |
|-----------|-----------|------------------|-------------|-------|
| Sunday | | | | |
| Monday | | | | |
| Tuesday | | | | |
| Wednesday | | | | |
| Thursday | | | | |
| Friday | | | | |
| Saturday | | | | |