

WEEKLY EXERCISE SCHEDULE

Enter the exercise you will be doing each day and at the timeslot. Remember to give yourself a rest day and 2 days that are less intense

DAY	MORNING	LUNCH	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WHAT'S YOUR BAM? (Bare arse minimum) What is the least amount of exercise you must do for it to be a workout?