

First name Last name

Exercise Planner

Name:
Program Start Date:

Age
Gender
Height (feet)
Height (inches)
Weight (pounds)
Chest (inches)
Waist (inches)
Body Fat
Target Body Fat
BMI
Target BMI



Warm-Up			
Activities	Reps	Weeks	Frequency
Activity 1			
Activity 2			

Aerobics			
Activities	Reps	Weeks	Frequency
Activity 1			
Activity 2			

Strength			
Activities	Reps	Weeks	Frequency
Activity 1			
Activity 2			

Cool-Down			
Activities	Reps	Weeks	Frequency