

	Sample Week of Workouts						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	AM: Run 1 mile	AM: Strength Workout	AM: Run 1 mile	AM: Run 1 mile	AM: HIT workout	Run 1 mile	Run 1 mile
	PM: Strength Workout	PM: 30 minutes yoga/flexibility	PM: HIT workout	All Day: GG	All Day: GG	30 min yoga/flexibility	
	All Day: GG	All Day: GG	All Day: GG				
	Weekly Checklist						
	Run x 5	GG x 5	Strength x 3	HIT x 2	Flexibility x 2	Goals	Notes
	Personalized Weekly Checklist						
		Run x 5	GG x 5	Strength x 3	HIT x 2	Flexibility x 2	Notes
	Monday						
	Tuesday						
	Wednesday						
	Thursday						
	Friday						
	Saturday						
	Sunday						