pelfi

Your practice, one week at a time.

Choose the days that suit your guidance and schedule.
Leave a little room for where to pick up next time.

Week of _____ **My program** _____

My reminder or time _____

Day	Planned	Done	Session / where to resume
Monday	☐	☐	
Tuesday	☐	☐	
Wednesday	☐	☐	
Thursday	☐	☐	
Friday	☐	☐	
Saturday	☐	☐	
Sunday	☐	☐	

What made it easier to return?

Next time I'll...

A blank day is fine. This is a place to plan, not a streak to protect.

Follow exercise guidance appropriate to you; this planner does not prescribe a routine.