|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Work Hours/Schedule**  Ex: 8:00 -5:00 | **Break Times**  Ex: 10:00, 12:00, 3:00 | **Other Obligations/Notes** | **My Exercise Time Will Be:** |
| **Mon** |  |  |  |  |
| **Tues** |  |  |  |  |
| **Wed** |  |  |  |  |
| **Thur** |  |  |  |  |
| **Fri** |  |  |  |  |
| **Sat** |  |  |  |  |
| **Sun** |  |  |  |  |

*Look at your upcoming week and plan ahead. When can you MAKE time to exercise?*