

Cardio	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Bicycle Outside							
Burpee							
Dumbbell Clean & Press							
Elliptical							
Heavy Bag							
Jump Rope							
Kettle Bell							
Planking							
Pull Ups							
Rogue 25 lbs. Ball							
Sit Ups							
Slam 10 lbs. Ball							
Stationary Bike							
Tennis or Pickle Ball							
Treadmill Inside							
Walk Outside							
Lacrosse Practice							
Insanity Video							
P90x Video							
75 HARD Program							
Swim							
Morning Weight							
Previous Day Calories							
Total Time							