

# Weekly Physical Fitness and Exercise Planner

Wk# 1	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 1		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 2		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 3		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 4		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 5		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 6		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 7		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 2	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 8		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 9		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 10		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 11		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 12		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 13		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 14		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes

# Weekly Physical Fitness and Exercise Planner

Wk# 3	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 15		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 16		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 17		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 18		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 19		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 20		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 21		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 4	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 22		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 23		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 24		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 25		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 26		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 27		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 28		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 5	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 29		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 30		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 31		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 32		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 33		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 34		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 35		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes

# Weekly Physical Fitness and Exercise Planner

Wk# 6	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 36		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 37		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 38		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 39		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 40		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 41		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 42		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes

# Weekly Physical Fitness and Exercise Planner

Wk# 7	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 43		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 44		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 45		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 46		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 47		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 48		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 49		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 8	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 50		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 51		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 52		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 53		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 54		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 55		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 56		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 9	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 57		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 58		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 59		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 60		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 61		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 62		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 63		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes

# Weekly Physical Fitness and Exercise Planner

Wk# 10	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 64		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 65		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 66		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 67		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 68		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 69		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 70		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 11	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 71		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 72		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 73		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 74		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 75		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 76		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 77		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 12	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 78		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 79		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 80		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 81		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 82		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 83		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 84		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 13	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 85		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 86		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 87		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 88		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 89		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 90		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 91		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 14	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 92		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 93		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 94		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 95		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 96		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 97		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 98		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 15	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 99		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 100		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 101		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 102		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 103		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 104		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 105		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 16	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 106		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 107		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 108		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 109		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 110		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 111		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 112		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 17	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 113		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 114		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 115		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 116		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 117		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 118		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 119		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes

# Weekly Physical Fitness and Exercise Planner

Wk# 18	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 120		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 121		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 122		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 123		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 124		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 125		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 126		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 19	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 127		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 128		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 129		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 130		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 131		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 132		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 133		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 20	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 134		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 135		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 136		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 137		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 138		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 139		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 140		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 21	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 141		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 142		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 143		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 144		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 145		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 146		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 147		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 22	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 148		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 149		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 150		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 151		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 152		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 153		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 154		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes

# Weekly Physical Fitness and Exercise Planner

Wk# 23	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 155		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 156		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 157		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 158		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 159		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 160		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 161		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 24	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 162		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 163		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 164		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 165		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 166		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 167		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 168		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 25	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 169		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 170		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 171		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 172		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 173		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 174		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 175		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 26	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 176		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 177		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 178		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 179		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 180		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 181		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 182		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 27	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 183		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 184		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 185		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 186		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 187		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 188		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 189		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 28	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 190		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 191		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 192		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 193		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 194		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 195		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 196		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 29	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 197		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 198		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 199		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 200		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 201		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 202		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 203		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 30	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 204		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 205		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 206		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 207		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 208		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 209		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 210		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

<b>Notes</b>
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# Weekly Physical Fitness and Exercise Planner

Wk# 31	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 211		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 212		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 213		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 214		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 215		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 216		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 217		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 32	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 218		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 219		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 220		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 221		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 222		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 223		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 224		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 33	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 225		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 226		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 227		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 228		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 229		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 230		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 231		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 34	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 232		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 233		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 234		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 235		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 236		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 237		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 238		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 35	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 239		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 240		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 241		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 242		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 243		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 244		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 245		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 36	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 246		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 247		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 248		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 249		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 250		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 251		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 252		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 37	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 253		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 254		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 255		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 256		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 257		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 258		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 259		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 38	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 260		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 261		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 262		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 263		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 264		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 265		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 266		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 39	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 267		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 268		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 269		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 270		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 271		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 272		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 273		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

<b>Notes</b>
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# Weekly Physical Fitness and Exercise Planner

Wk# 40	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 274		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 275		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 276		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 277		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 278		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 279		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 280		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes

# Weekly Physical Fitness and Exercise Planner

Wk# 41	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 281		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 282		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 283		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 284		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 285		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 286		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 287		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 42	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 288		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 289		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 290		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 291		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 292		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 293		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 294		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 43	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 295		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 296		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 297		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 298		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 299		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 300		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 301		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 44	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 302		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 303		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 304		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 305		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 306		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 307		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 308		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 45	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 309		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 310		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 311		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 312		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 313		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 314		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 315		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 46	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 316		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 317		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 318		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 319		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 320		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 321		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 322		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 47	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 323		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 324		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 325		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 326		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 327		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 328		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 329		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 48	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 330		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 331		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 332		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 333		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 334		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 335		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 336		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 49	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 337		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 338		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 339		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 340		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 341		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 342		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 343		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 50	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 344		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 345		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 346		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 347		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 348		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 349		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 350		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes

# Weekly Physical Fitness and Exercise Planner

Wk# 51	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 351		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 352		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 353		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 354		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 355		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 356		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 357		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

Notes
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# Weekly Physical Fitness and Exercise Planner

Wk# 52	Muscles Worked	Daily Goals	Neuromuscular Activities	Cardio-Respiratory Activities	Muscular Activities
Day 358		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 359		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 360		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 361		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 362		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 363		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power
Day 364		<input type="checkbox"/> 8+ Hrs of Sleep (Recovery) <input type="checkbox"/> Meditation (Relaxation) <input type="checkbox"/> Full Body Stretching (Flexibility)	Lifestyle Activities	Cardio Endurance	Strength
			Balance & Coordination	Speed	Power

Body Measurements	
Arm	
Neck	
Chest	
Waist	
Hips	
Thigh	
Resting Pulse	
Blood Pressure	
Weight	
BMI	
Body Fat %	

Fitness Measurements	
Time to Walk/Run 1-Mile	
# of Pushups	
# of Sit-Ups	
# of Pull-Ups	
# of Squats	

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