

8 week Workout Calendar

Intermediate: 3-4x/week with 3 rest days Advanced: 4-6 x/week & 1-2 active recovery days

X = no workout ✓ = completed workout R = rest day

WEEK

1

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WEEK

2

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WEEK

3

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WEEK

4

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WEEK
5

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WEEK
6

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WEEK
7

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WEEK
8

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WEEK
9

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WEEK
10

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WEEK
11

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WEEK
12

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WEEK
13

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WEEK
14

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WEEK
15

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WEEK
16

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8 week Habit Tracker

Habit I am working on=

X = did not complete, I will try again ✓ = "I did it today"

Examples: sleep, nutrition, hydration, mindset, am/pm routine, daily walk

WEEK
1

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WEEK
2

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WEEK
3

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WEEK
4

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WEEK
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WEEK
16

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