

	Cardio: Time (00:00- 00:00)	Cardio: Activity (treadmill, bike, walking, swimming, etc)	Heart Rate	Lifting: Time (00:00- 00:00)	Lifting: Activity (free, machines, ball, etc)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

**Requirements: Lifting - 5 Days per week – Inclusive of total body, at least ½ of body (upper vs lower) each day**

**Cardio – 6 Days per week: 30 – 45 minutes per day at Goal Heart Rate**

