

# Fitness Calendar

Use this calendar to plan a routine or chart your progress. For good results, try to exercise five days a week — and don't forget that even a little workout is better than nothing. Next month, print a new calendar to keep charting your path to a new you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activity _____ Duration _____  Activity _____ Duration _____	Start your week off on the right foot with a brisk family walk.  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Cook fish instead of meat today.  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____
Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Waiting for dinner to cook? Do arm curls with soup cans.  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____
Cleaning day? Do squats as you pick up the kids' toys.  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Walk up and down the sidelines while the kids play soccer!  Activity _____ Duration _____
Activity _____ Duration _____  Activity _____ Duration _____	Exercise is a great way to unwind after a stressful Monday.  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____	Take the stairs today.  Activity _____ Duration _____	Activity _____ Duration _____  Activity _____ Duration _____

For a free, easy tool to start a healthier life, try the Diet and Fitness Tracker at [health.walmart.com/welcome](https://health.walmart.com/welcome)

