

Four Week Exercise Plan:

Beginning:

Review Date:

Four week goal								
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Week	1		2		3		4	
Targets								
Time	Planned	Done	Planned	Done	Planned	Done	Planned	Done
Mon								
Tue								
Wed								
Thur								
Fri								
Sat/Sun								

Trainer support activities

Trainer intervention strategy

What to do:

How soon:

What to discuss: