

my EXERCISE CHART

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							

To print more exercise charts, visit: www.snhhs.org/ExerciseChart