



HEALTHY LIVING  
with *Patti Green*

# WEEKLY WORKOUT PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**MOVE-IT:** Plan your weekly work-outs.  
Try and “move-it” at least 3 - 5 times per week!! Reward yourself with new fitness gear to keep you motivated and looking good.

Remember to stay hydrated! Try to drink 6 to 8 glasses of water a day.

Goals for the Week:

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