
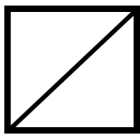
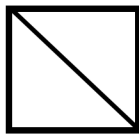
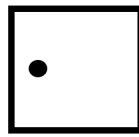
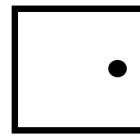




Month: \_\_\_\_\_

| Sun | Mon | Tues | Wed | Thur | Fri  | Sat |
|-----|-----|------|-----|------|--|-----|
|     |     |      |     |      |  |     |
|     |     |      |     |      |  |     |
|     |     |      |     |      |  |     |
|     |     |      |     |      |  |     |
|     |     |      |     |      |  |     |

|   |   |   |   |
|---|---|---|---|
| Strength  | Cardio  | Stretch   |   |
|  |  |  |  |

**Trizzle**