

Monthly Planner



Goal: workouts in December

01 	02 	03	04 	05
06	07	08	09	10 
11	12 	13	14 	15
16 	17	18 	19	20
21	22	23	24 	25 
26 	27	28 	29	30 
31	<p>TOTAL WORKOUTS:</p> <p>.....</p> <p>.....</p> <p>.....</p> 			