

Exercise Calendar

Design and commit to your weekly fitness and active living routines.

DAY	PLANNED ACTIVITY & TARGET DURATION	INTENSITY			STATUS
Monday	e.g., Brisk Walk 30 mins + Stretching	<input type="checkbox"/> Low	<input type="checkbox"/> Med	<input type="checkbox"/> High	<input type="checkbox"/> Done
Tuesday		<input type="checkbox"/> Low	<input type="checkbox"/> Med	<input type="checkbox"/> High	<input type="checkbox"/> Done
Wednesday		<input type="checkbox"/> Low	<input type="checkbox"/> Med	<input type="checkbox"/> High	<input type="checkbox"/> Done
Thursday		<input type="checkbox"/> Low	<input type="checkbox"/> Med	<input type="checkbox"/> High	<input type="checkbox"/> Done
Friday		<input type="checkbox"/> Low	<input type="checkbox"/> Med	<input type="checkbox"/> High	<input type="checkbox"/> Done
Saturday		<input type="checkbox"/> Low	<input type="checkbox"/> Med	<input type="checkbox"/> High	<input type="checkbox"/> Done
Sunday		<input type="checkbox"/> Low	<input type="checkbox"/> Med	<input type="checkbox"/> High	<input type="checkbox"/> Done