

PRODUCTIVITY

WEEKLY PLANNER

- dashboard -

WEEK CAMP: _____ WEEKS FOCUS: _____

WEEKLY THEME & HIGHLIGHTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

FOCUS AREAS

Type I Phage

Day	Exercise	Duration	Intensity	Notes
1	Cardio	30 min	High	
2	Strength	45 min	Medium	
3	Flexibility	30 min	Low	
4	Cardio	30 min	High	
5	Strength	45 min	Medium	
6	Flexibility	30 min	Low	
7	Cardio	30 min	High	
8	Strength	45 min	Medium	
9	Flexibility	30 min	Low	
10	Cardio	30 min	High	
11	Strength	45 min	Medium	
12	Flexibility	30 min	Low	
13	Cardio	30 min	High	
14	Strength	45 min	Medium	
15	Flexibility	30 min	Low	
16	Cardio	30 min	High	
17	Strength	45 min	Medium	
18	Flexibility	30 min	Low	
19	Cardio	30 min	High	
20	Strength	45 min	Medium	
21	Flexibility	30 min	Low	
22	Cardio	30 min	High	
23	Strength	45 min	Medium	
24	Flexibility	30 min	Low	
25	Cardio	30 min	High	
26	Strength	45 min	Medium	
27	Flexibility	30 min	Low	
28	Cardio	30 min	High	
29	Strength	45 min	Medium	
30	Flexibility	30 min	Low	

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