

# General exercise program plan

## Goals

List the top 2 things you want to work on or achieve

01.

02.

## Barriers

List the top 2 things that will get in your way from what you want to do above

01.

02.

## Schedule

Write down which days, what time, and where you will do your workout

Days

Time

Where

## Plan

Write down what type you plan to do

Cardio

How long

## Strength

List what exercises you plan to do.  
Start with 8 reps and 1 set

01.

02.

03.

04.

## Balance

List your balance exercise level –  
perform for 1 min (30 sec on each side)

01.

02.

03.

04.

