









# MAY

## 2026 EXERCISE CALENDAR



SUN	MON	TUES	WED	THURS	FRI	SAT	TOTALS
					1. Minutes: _____ Exercise: _____	2. Minutes: _____ Exercise: _____	Week Total: _____
3. Minutes: _____ Exercise: _____	4. Minutes: _____ Exercise: _____	5. Minutes: _____ Exercise: _____	6. Minutes: _____ Exercise: _____	7. Minutes: _____ Exercise: _____	8. Minutes: _____ Exercise: _____	9. Minutes: _____ Exercise: _____	Week Total: _____
10. Minutes: _____ Exercise: _____	11. Minutes: _____ Exercise: _____	12. Minutes: _____ Exercise: _____	13. Minutes: _____ Exercise: _____	14. Minutes: _____ Exercise: _____	15. Minutes: _____ Exercise: _____	16. Minutes: _____ Exercise: _____	Week Total: _____
17. Minutes: _____ Exercise: _____	18. Minutes: _____ Exercise: _____	19. Minutes: _____ Exercise: _____	20. Minutes: _____ Exercise: _____	21. Minutes: _____ Exercise: _____	22. Minutes: _____ Exercise: _____	23. Minutes: _____ Exercise: _____	Week Total: _____
24. Minutes: _____ Exercise: _____	25. Minutes: _____ Exercise: _____	26. Minutes: _____ Exercise: _____	27. Minutes: _____ Exercise: _____	28. Minutes: _____ Exercise: _____	29. Minutes: _____ Exercise: _____	30. Minutes: _____ Exercise: _____	Week Total: _____
31. Minutes: _____ Exercise: _____							Week Total: _____





# AUGUST

## 2026 EXERCISE CALENDAR



SUN	MON	TUES	WED	THURS	FRI	SAT	TOTALS
						1.	Week Total: _____
						Minutes: _____	
						Exercise: _____	
2.	3.	4.	5.	6.	7.	8.	Week Total: _____
Minutes: _____							
Exercise: _____							
9.	10.	11.	12.	13.	14.	15.	Week Total: _____
Minutes: _____							
Exercise: _____							
16.	17.	18.	19.	20.	21.	23.	Week Total: _____
Minutes: _____							
Exercise: _____							
23.	24.	25.	26.	27.	28.	29.	Week Total: _____
Minutes: _____							
Exercise: _____							
30.	31.						Week Total: _____
Minutes: _____	Minutes: _____						
Exercise: _____	Exercise: _____						







