|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | Traveling | Traveling | Traveling |  |  |
|  |  |  |  | Stress at work |  |  |
|  |  |  |  |  |  | Program 2 |

****

NAME DATE

Program 1

Program 2

Program 3

Program 1

Program 2

Program 3

Program 1

**DrFitnessUSA.com –** [**Doc@DrFitnessUSA.com**](mailto:Doc@DrFitnessUSA.com) **- 424.245.6560**