

WEIGHTS

REST

NUTRITION

CARDIO

TRAINING PLAN

BPM
Health

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXERCISES AM	Type	Type	Type	Type	Type	Type	Type
	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)
	Intensity	Intensity	Intensity	Intensity	Intensity	Intensity	Intensity
	Type	Type	Type	Type	Type	Type	Type
	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)
	Intensity	Intensity	Intensity	Intensity	Intensity	Intensity	Intensity
EXERCISES PM	Type	Type	Type	Type	Type	Type	Type
	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)
	Intensity	Intensity	Intensity	Intensity	Intensity	Intensity	Intensity
	Type	Type	Type	Type	Type	Type	Type
	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)	Dur (mins)
	Intensity	Intensity	Intensity	Intensity	Intensity	Intensity	Intensity

Total cardio time (mins)

Total hard cardio time (mins)

Total Meal Planning time (mins)

Total weights time (mins)

No. of weights sessions / wk

Total Rest Days