EXERCISE PLANNER

		_ •					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Morning					\bigcap		
<u>Afternoon</u>			¶ nutro	- vice			
<u>Evening</u>							