

## IMPERFECT MATTER 12-WEEK FITNESS PLANNER & TRACKER

Week 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 7							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 8							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 3							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 9							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 4							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 10							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 5							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 11							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 6							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							

Week 12							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Resistance							
Run/LISS							
HIIT							
Stretch							
Yoga							
Other							