

DAILY SCHEDULE

DATE: _____

TOP 3 TASKS

TO DO LIST

NOTES

6 am	00	
	30	
7	00	
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8	00	
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9	00	
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11	00	
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12 pm	00	
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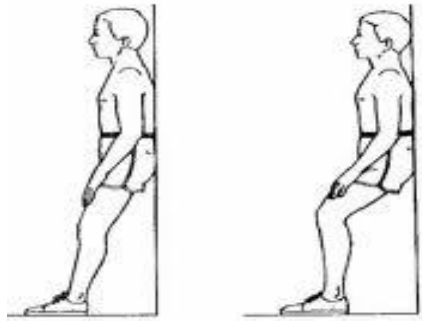
Weekly Planner

Date: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							

Strengthening Exercises

Partial Squats



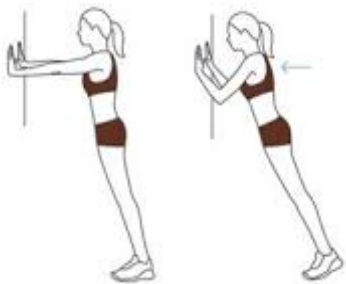
- Feet shoulder width apart
- Slide back down wall
- Keep knees aligned with ankles

Bicep Curls



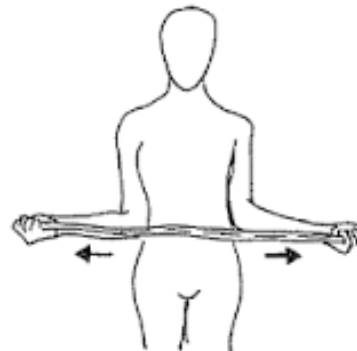
- Standing upright
- Set shoulders
- Keep elbow beside body, palm facing up
- Curl arm up, keep elbow beside bdy

Wall Pushups



- Standing with neutral spine with feet away from the wall
- Place hands shoulder width apart on the wall
- Press against the wall, pushing yourself away from the wall

Shoulder Rotation



- Set shoulders (roll back and down)
- Elbows bent at side of the body
- Rotate your hands out, keeping your elbows at your side