

ILLINI *Jumpstart* Workout Planner

Name:
Smart Goal:
<p>Specific: Describe your goal</p> <p>Measurable: How are you tracking your progress?</p> <p>Achievable: Is this a realistic goal?</p> <p>Relevant: Why is it important to you?</p> <p>Time-bound: When should this goal be achieved by?</p>
Goal:
Specific:
Measurable:
Achievable:
Relevant:
Time-bound:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week #							
Focus							
Warmup							
Exercise							
Recovery							

