

**Four Week Exercise Plan:**

**Beginning:**

**Review Date:**

Four week goal								
Week	1		2		3		4	
Targets								
Time	Planned	Done	Planned	Done	Planned	Done	Planned	Done
Mon								
Tue								
Wed								
Thur								
Fri								
Sat/Sun								

*Trainer support activities*

*Trainer intervention strategy*

What to do:

How soon:

What to discuss: