



Workout Chart for _____ - _____



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Super Easy Warm Up Routine	Super Easy Warm Up Routine	Super Easy Warm Up Routine	Super Easy Warm Up Routine	Super Easy Warm Up Routine	Super Easy Warm Up Routine	Super Easy Warm Up Routine
The Workout I did	The Workout I did	The Workout I did	The Workout I did	The Workout I did	The Workout I did	The Workout I did
How I felt today:	How I felt today:	How I felt today:	How I felt today:	How I felt today:	How I felt today:	How I felt today:
WATER	WATER	WATER	WATER	WATER	WATER	WATER
1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
My Notes	My Notes	My Notes	My Notes	My Notes	My Notes	My Notes
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Hard, Moderate + Easy Workouts

Kapha Workout Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hard	Moderate	Easy	Moderate	Hard	Moderate	Moderate
Hardening	Cardio/ Softening	Softening	Cardio/ Softening	Hardening	Cardio	Cardio, hardening
Crossfit	Yoga Flow	Walking + forward bends	Yoga Flow	Mountain Biking	Dance Fitness	Hiking

Pitta Workout Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hard	Moderate	Easy	Moderate	Hard	Moderate	Moderate
Hardening	Cardio/ Hardening	Softening	Cardio/ Softening	Hardening	Cardio/ Softening	Cardio, hardening
Pilates	Hiking	Qi Gong	Barre	Kick Boxing	Yoga Flow	Tennis

Vata Workout Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hard	Easy	Moderate	Moderate	Easy	Moderate	Easy
Hardening	Softening	Cardio/ Hardening	Cardio/ Softening	Softening	Cardio/ Softening	Cardio
Pilates	Tai Chi	Biking	Barre	Restorative yoga	Yoga Flow	Walking

Your Workout Schedule

Mon	Tue	Wed	Thu	Fri	Sat	Sun