

# Workout Chart

Week:

Print 5 per month.



	Super Easy Warmup Routine	The Workout I Did	How I Felt Today	Water	Notes
<b>Monday</b>				1 2 3 4 5 6 7 8	😊 <input type="radio"/> 😐 <input type="radio"/> 😞 <input type="radio"/>
<b>Tuesday</b>				1 2 3 4 5 6 7 8	😊 <input type="radio"/> 😐 <input type="radio"/> 😞 <input type="radio"/>
<b>Wednesday</b>				1 2 3 4 5 6 7 8	😊 <input type="radio"/> 😐 <input type="radio"/> 😞 <input type="radio"/>
<b>Thursday</b>				1 2 3 4 5 6 7 8	😊 <input type="radio"/> 😐 <input type="radio"/> 😞 <input type="radio"/>
<b>Friday</b>				1 2 3 4 5 6 7 8	😊 <input type="radio"/> 😐 <input type="radio"/> 😞 <input type="radio"/>
<b>Saturday</b>				1 2 3 4 5 6 7 8	😊 <input type="radio"/> 😐 <input type="radio"/> 😞 <input type="radio"/>
<b>Sunday</b>				1 2 3 4 5 6 7 8	😊 <input type="radio"/> 😐 <input type="radio"/> 😞 <input type="radio"/>

## Hard, Moderate & Easy Workouts

KAPHA WORKOUT SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hard	Moderate	Easy	Moderate	Hard	Moderate	Moderate
Hardening	Cardio/ hardening	Softening	Cardio/ softening	Hardening	Cardio/ softening	Cardio/ hardening
Pilates	Hiking	Qigong	Barre	Kickboxing	Yoga flow	Tennis

VATA WORKOUT SCHEDULE						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday