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| **Monthly Fitness Calendar** | | | | | | | | | | | | | |
| **Sunday** | | **Monday** | | **Tuesday** | | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
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|  |  |  |  |  |  |  |  |  |  | **Example**: | | | |
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| ***Day Number*** |  |
| *Time* | *Fitness Activity 1* |
| *Time* | *Fitness Activity 2* |
| *Time* | *Fitness Activity 3* |
| *Time* | *Fitness Activity 4* |
| *Time* | *Fitness Activity 5* |
| *Time* | *Fitness Activity 6* |

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| **2** |  |
| 7-7:15am | Warm Up |
| 7:15-7:30am | Squats/Lunges |
| 7:30-8:00am | Treadmill |
| 8:00-8:15am | Stair Climbers |
| 8:15-8:45am | Bench Press |
| 8:45-9:00am | Cool Down |