



WEEKLY EXERCISE PLAN/TRACKER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning							
Mid Morning							
Midday							
Afternoon							
Evening							
Notes							

This worksheet is provided for readers of **KICKASS KETO: Your 28-Day Quick Start Guide To Health, Fat-Burning, & Weight Loss**

Williamson, Brian; Brown, Carrie; Jay, Rekka; Ketovangelist LLC, publisher; 3 January 2018; 164 pages. Visit kickassketo.org for info