

Weekly Workout Scheduler

Pick your days before the week starts, not in the moment -- that's the whole trick. Print a fresh copy each week, or fill it in digitally and save a new copy. This page is yours to keep; nothing here is saved or seen by Eat the Weight Off.

Week of: My program this week:

Which Burn program fits this week?

Gentle Burn -- easing back in. Quick Burn -- short on time. Strength Burn -- building a foundation.
Core Burn -- midline focus. Cardio Burn -- heart-pumping days. Joyful Burn -- move for fun, no structure.

Day	Planned Workout	Done	Notes
Monday		☐	
Tuesday		☐	
Wednesday		☐	
Thursday		☐	
Friday		☐	
Saturday		☐	
Sunday		☐	

A reminder: A planned rest day is still a plan. If life moves something, move it -- don't skip it. Consistency over a season beats intensity in a week.

This week's win:

Want to log the details after each workout -- weight used, reps, how it felt? That's what the Burn Workout & Progress Journal and Strength & Reps Log are for. Find both on your Progress Tracker page.

Not sure how to fill in "Planned Workout"?

Just write the program and day, like "Strength Burn, Day 2" or "Joyful Burn -- dance walk." It doesn't need to be fancy, just specific enough that future-you knows exactly what to do.

This planner is provided for general fitness and wellness purposes only. Always consult your physician or qualified healthcare provider before beginning any new exercise program, particularly if you have existing health conditions, physical limitations, or are recovering from surgery. Eat the Weight Off and its representatives do not provide medical advice, diagnosis, or treatment. Listen to your body and progress at your own pace.