

## TRAINING WITH ROCOFIT - MONTHLY SCHEDULE

MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

In each box:

☺ for training days

Write the time you plan & train at

Track your sets, time or what the focus is for the week