



Summer Self-Care

Workout Planner

Mon

A solid teal rectangular box representing the workout planner for Monday.

Tue

A solid grey rectangular box representing the workout planner for Tuesday.

Wed

A solid teal rectangular box representing the workout planner for Wednesday. A dashed grey spiral graphic is located on the right side of the box.

Thu

A solid light beige rectangular box representing the workout planner for Thursday. A dashed blue spiral graphic is located on the left side of the box.

Fri

A solid teal rectangular box representing the workout planner for Friday.

Sat

A solid light beige rectangular box representing the workout planner for Saturday.

Sun

A solid teal rectangular box representing the workout planner for Sunday.

Note:

A large solid grey rectangular box intended for a note.