



Exercise Time Finder

Use this table to find places in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

	5-6am	6-7am	7-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm	10-11pm	11-12am
Sunday																			
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			
Saturday																			