

# Monthly Workout Planner

| SUNDAY                   | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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