

Banana Rolls Workout Planner



Month

Jan Feb Mar Apr May June
July Aug Sept Oct Nov Dec

Week

1 2 3 4 5

Day

S M T W T F S

Workout Goals

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

My Motivation

Banana Roll Exercises I Did Today!

Workout Name	Sets	Reps	Time

Notes

