Banstead TaeKwon-Do 28 Day Plan 1

Name: .....

28 TKD Days Later :)

DAY OF WEEK	DAY OF WEEK	DAY OF WEEK	DAY OF WEEK	DAY OF WEEK	DAY OF WEEK	DAY OF WEEK
1 - SET A	2 - SET B	3 - SET C	4 - SET D	1 - SET A	2 - SET B	3 - SET C
4 - SET D	1 - SET A	2 - SET B	3 - SET C	4 - SET D	1 - SET A	2 - SET B
3 - SET C	4 - SET D	1 - SET A	2 - SET B	3 - SET C	4 - SET D	1 - SET A
2 - SET B	3 - SET C	4 - SET D	1 - SET A	2 - SET B	3 - SET C	4 - SET D
REST / USUAL ACTIVITY	REST / USUAL ACTIVITY	REST / USUAL ACTIVITY	REST / USUAL ACTIVITY	REST / USUAL ACTIVITY	REST / USUAL ACTIVITY	REST / USUAL ACTIVITY