The Messenger of Allah (may Allah's peace and blessings be upon him) used to strive to fast on Mondays and Thursdays

‘Ā’ishah (may Allah be pleased with her) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) used to strive to fast on Mondays and Thursdays.
[Authentic hadith] [Narrated by Ibn Majah - Narrated by At-Termedhy - An-Nasaa’i - Narrated by Ahmad]

The Mother of the Believers ‘Ā’ishah (may Allah be pleased with her) reported that the Messenger of Allah (may Allah's peace and blessings be upon him) used to strive to fast on Mondays and Thursdays. This is because deeds are presented before Allah, the Exalted, on these two days, and the Prophet (may Allah's peace and blessings be upon him) would love to have his deeds presented while he was fasting, and because Allah, the Exalted, would forgive the sins of every Muslim , except those who are quarreling with each other during these two days, as reported in other Hadīths.

http://www.sunnah.global/hadeeth/en/show/6183