

FITNESS PLANNER

TRACKER & JOURNAL



DAILY WORKOUT PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
ACTIVITIES			REPS	

WORKOUT TRACKER

Month:

Week:

MONDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

TUESDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

WEDNESDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

WORKOUT TRACKER

Month: _____

Week: _____

THURSDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

FRIDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

SATURDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

WORKOUT TRACKER

Month: _____

Week: _____

SUNDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

WORKOUT RESULTS

DATE:

CURRENT WEIGHT:

HOW I'M FEELING

Chest

Upper arm

Waist

Hips

Thigh

Calf

Bum

Neck

FITNESS GOALS

Why I want this

Short term goals



Long term goals



Milestone

Reward

GOALS AND REFLECTIONS

My Goal

Action steps

.....

.....

.....

My why

YES

Did I reach my goal?

NO

What went well?

Do more of...

Do less of...

How do I feel?

- Diet
- Discipline
- Wellness
- Motivation
- Energy

Going forward I will...

12 WEEK CHALLENGE

START DATE:

GOAL:

WEEK 1

GOAL:

ACTUAL:

WEEK 2

GOAL:

ACTUAL:

WEEK 3

GOAL:

ACTUAL:

WEEK 4

GOAL:

ACTUAL:

WEEK 5

GOAL:

ACTUAL:

WEEK 6

GOAL:

ACTUAL:

WEEK 7

GOAL:

ACTUAL:

WEEK 8

GOAL:

ACTUAL:

WEEK 9

GOAL:

ACTUAL:

WEEK 10

GOAL:

ACTUAL:

WEEK 11

GOAL:

ACTUAL:

WEEK 12

GOAL:

ACTUAL:

END DATE:

GOAL:

30 DAY CHALLENGE

START DATE:

GOAL:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

52 WEEK CHALLENGE

START DATE:

GOAL:

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

WEEK 13

WEEK 14

WEEK 15

WEEK 16

WEEK 17

WEEK 18

WEEK 19

WEEK 20

WEEK 21

WEEK 22

WEEK 23

WEEK 24

WEEK 25

WEEK 26

WEEK 27

WEEK 28

WEEK 29

WEEK 30

WEEK 31

WEEK 32

WEEK 33

WEEK 34

WEEK 35

WEEK 36

WEEK 37

WEEK 38

WEEK 39

WEEK 40

WEEK 41

WEEK 42

WEEK 43

WEEK 44

WEEK 45

WEEK 46

WEEK 47

WEEK 48

WEEK 49

WEEK 50

WEEK 51

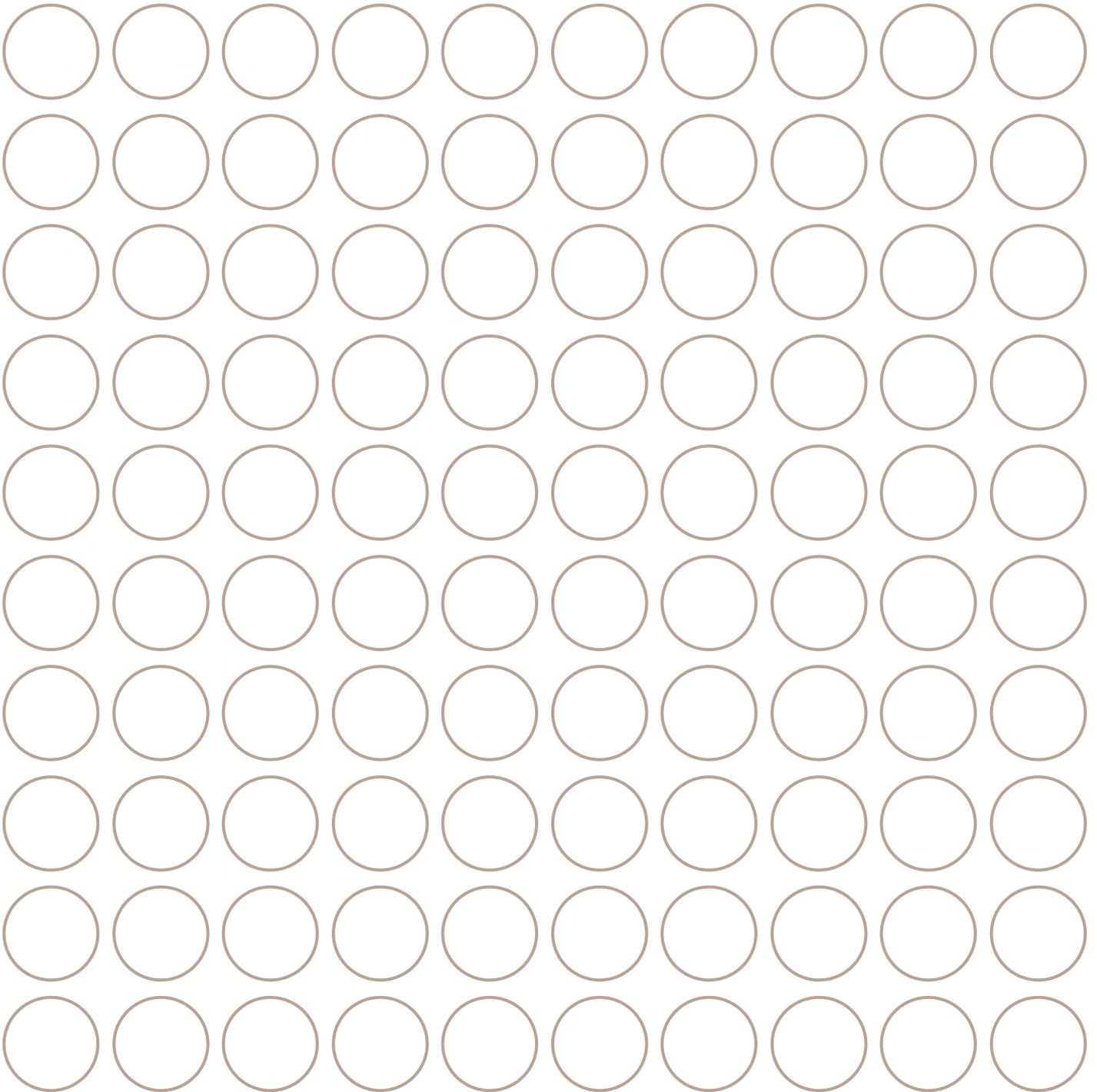
WEEK 52

REWARD:

100 MILE CHALLENGE

START DATE:

END DATE:



SPORT:

REWARD:

30-DAY FITNESS CHALLENGE

START DATE:

REWARD:

<input type="checkbox"/> PLANK FOR 1 MIN	<input type="checkbox"/> RUN 5K	<input type="checkbox"/> DO 100 BURPEES	<input type="checkbox"/> DO 100 PUSH UPS	<input type="checkbox"/> HOLD A WALL SIT FOR 5 MINS
<input type="checkbox"/> DO 100 SQUATS	<input type="checkbox"/> DO 100 SIT-UPS	<input type="checkbox"/> RUN UP AND DOWN STAIRS FOR 10 MINS	<input type="checkbox"/> PLANK FOR 2 MINS	<input type="checkbox"/> JOG 10K
<input type="checkbox"/> 100 JUMPING JACKS	<input type="checkbox"/> 100 HIGH KNEES	<input type="checkbox"/> 20K BIKE RIDE	<input type="checkbox"/> 100 LUNGES	<input type="checkbox"/> 10 PULL UPS X3
<input type="checkbox"/> 100 BUTT KICKS	<input type="checkbox"/> HANDSTAND FOR 30 SECS	<input type="checkbox"/> RUN UP AND DOWN A HILL FOR 15 MINS	<input type="checkbox"/> HOLD A BRIDGE POSE FOR 1 MIN	<input type="checkbox"/> PLANK 1 MIN EACH SIDE
<input type="checkbox"/> DO 10 CHIN-UPS X3	<input type="checkbox"/> RUN 5K IN 30 MINS	<input type="checkbox"/> SKIP FOR 5 MINS	<input type="checkbox"/> DO 200 IT-UPS	<input type="checkbox"/> RUN A MILE WITH A MEDICINE BALL
<input type="checkbox"/> 100 KETTLE BELL SWINGS	<input type="checkbox"/> SIDE PLANK WITH LEG RAISES 1 MIN	<input type="checkbox"/> 100 JUMPING LUNGES	<input type="checkbox"/> RUN UPHILL FOR 10 MINS	<input type="checkbox"/> 1 HOUR OF CARDIO

RUNNING LOG

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

CYCLING LOG

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

30-DAY FITNESS HABIT TRACKER

Habit:

Why is this habit important to me?

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Habit:

Why is this habit important to me?

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

BEFORE AND AFTER

Before

Before

Date:
Weight:
Bust:
Waist:
Arms:
Hips:
Thighs:

After

After

Date:
Weight:
Bust:
Waist:
Arms:
Hips:
Thighs:

Notes

BODY MEASUREMENT

Before

After

Date:

Date:

Weight:

Weight:

Right arm

..... Right arm

Left arm

..... Left arm

Chest

..... Chest

Waist

..... Waist

Hips

..... Hips

Right thigh

..... Right thigh

Left thigh

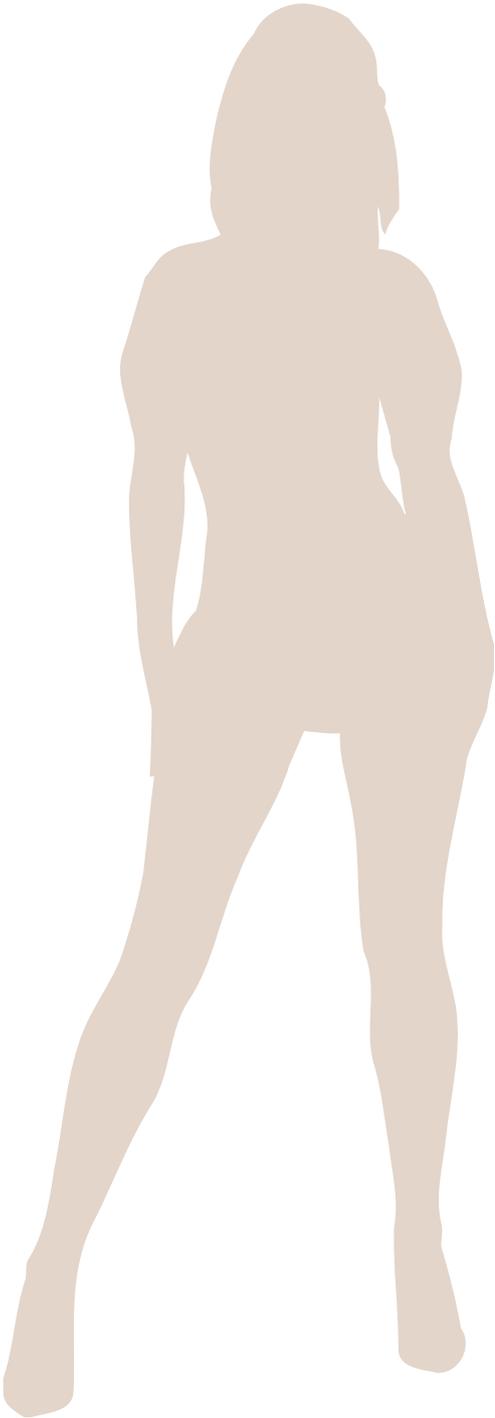
..... Left thigh

Right Calf

..... Right Calf

Left calf

..... Left calf



BODY MEASUREMENT

Before

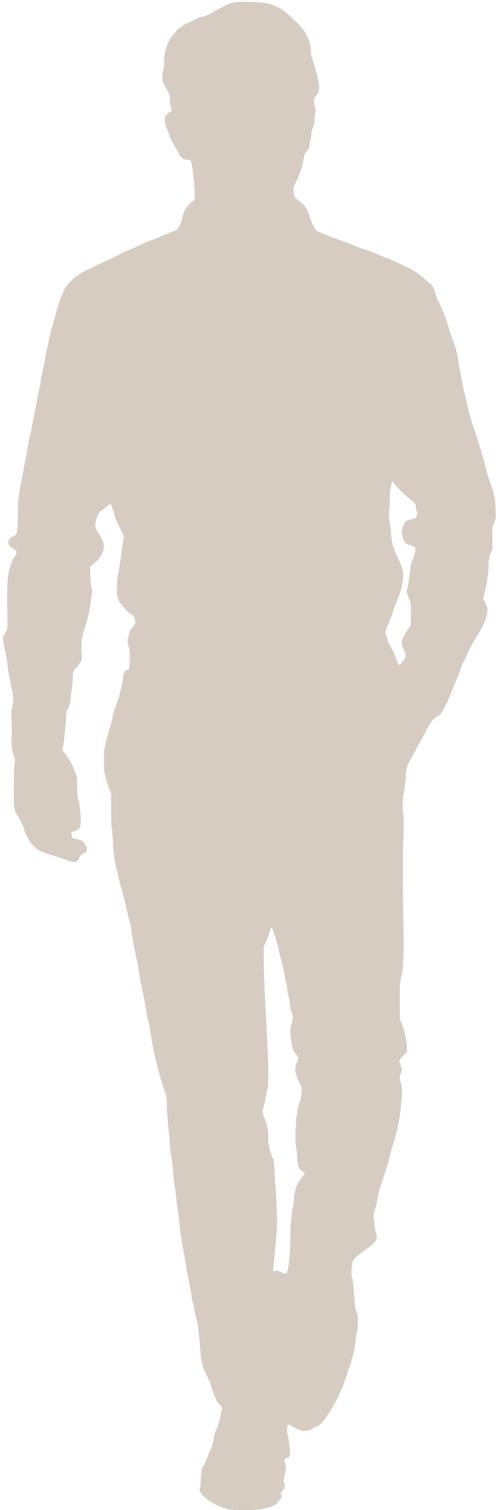
After

Date:

Date:

Weight:

Weight:



Right arm

..... Right arm

Left arm

..... Left arm

Chest

..... Chest

waist

..... waist

Hips

..... Hips

Right thigh

..... Right thigh

Left thigh

..... Left thigh

Right Calf

..... Right Calf

Left calf

..... Left calf

WEEKLY FITNESS REVIEW

DATE:

MONTH:

YEAR:

HOW DO I FEEL?

WHAT EXERCISE DID I ENJOY?

SMALL WINS

THINGS I HAVE IMPROVED ON:

NEW EXERCISES TO TRY

THINGS NOT WORKING WELL THIS WEEK:

WHAT TO NOTE THIS WEEK:

MONTHLY MEASUREMENTS

Month 1

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 2

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 3

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 4

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 5

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 6

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

MONTHLY MEASUREMENTS

Month 7

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 8

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 9

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 10

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 11

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

Month 12

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

MY MEASUREMENTS

	Waist	Hips	Thigh	Bust	Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

MACRO TRACKER

MONDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

FRIDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

TUESDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

SATURDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

WEDNESDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

SUNDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

THURSDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

NOTES

VITAMINS / SUPPLEMENTS

DATE:	STEP - 1	STEP - 2	STEP - 3	STEP - 4	STEP - 5
-------	----------	----------	----------	----------	----------

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

VITAMINS	ITEM	DOSAGE	TIME									

SUPPLEMENT	ITEM	DOSAGE	TIME									

OTHERS	ITEM	DOSAGE	TIME									

NOTES												
•												
•												

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEKLY MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS
DRINKS	DRINKS	DRINKS

THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS
DRINKS	DRINKS	DRINKS

SUNDAY	MEAL IDEAS
BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DRINKS	

MONTHLY MEAL PLAN

MONTH - _____

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

FOOD DIARY

	BREAKFAST	LUNCH	DINNER	SNACKS	WATER
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

SHOPPING LIST

MEAT

_____	<input type="checkbox"/>

FISH

_____	<input type="checkbox"/>

FRUIT & VEG

_____	<input type="checkbox"/>

DAIRY

_____	<input type="checkbox"/>

FROZEN

_____	<input type="checkbox"/>

BAKERY

_____	<input type="checkbox"/>

PANTRY

_____	<input type="checkbox"/>

HOUSEHOLD

_____	<input type="checkbox"/>

OTHER

_____	<input type="checkbox"/>

NOTES

MOOD TRACKER

A mood tracker grid consisting of 31 numbered circles, arranged in a roughly triangular pattern. Each circle is intended for a daily mood entry.

- ANGRY
- SAD
- HAPPY
- STRESSED

SLEEP TRACKER

DATE:

	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP							
HOURS							
WAKE UP							
MOOD	<input type="checkbox"/> 😊						
	<input type="checkbox"/> 😄						
	<input type="checkbox"/> 😐						
	<input type="checkbox"/> 😞						
	<input type="checkbox"/> 😫						

NOTES