



EMPOWERING

Workout

WEEKLY PLANNER

EMPOWERING WORKOUT WEEKLY PLANNER

Week 1

MONDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

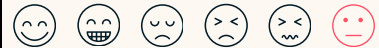
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



EMPOWERING WORKOUT WEEKLY PLANNER

Week 1

THURSDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

You made it to first week! Good job.

EMPOWERING WORKOUT WEEKLY PLANNER

Week 2

MONDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



EMPOWERING WORKOUT WEEKLY PLANNER

Week 2

THURSDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

You made it to second week! Good job.

EMPOWERING WORKOUT WEEKLY PLANNER

Week 3

MONDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



EMPOWERING WORKOUT WEEKLY PLANNER

Week 3

THURSDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

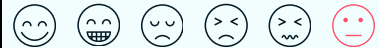
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

You made it to third week! Good job.

EMPOWERING WORKOUT WEEKLY PLANNER

Week 4

MONDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

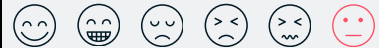
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



EMPOWERING WORKOUT WEEKLY PLANNER

Week 4

THURSDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

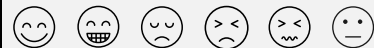
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

You made it to forth week! Good job.

EMPOWERING WORKOUT WEEKLY PLANNER

Week 5

MONDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

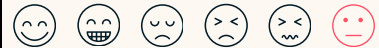
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



EMPOWERING WORKOUT WEEKLY PLANNER

Week 5

THURSDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY _____

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY _____

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

You made it to fifth week! Good job.