

Daily Fitness Planner



EXERCISE

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PRIORITIES

GOALS

WATER TRACKER



TICK THE DROPS TO INDICATE THE GLASSES OF WATER CONSUMED

Weekly Fitness Planner

MONDAY			
MEAL PLAN		STRENGTH	
M1:		
M2:		
		CARDIO	
M3:		
M4:		
CALORIES IN		CALORIES OUT	

TUESDAY			
MEAL PLAN		STRENGTH	
M1:		
M2:		
		CARDIO	
M3:		
M4:		
CALORIES IN		CALORIES OUT	

WEDNESDAY			
MEAL PLAN		STRENGTH	
M1:		
M2:		
		CARDIO	
M3:		
M4:		
CALORIES IN		CALORIES OUT	

THURSDAY			
MEAL PLAN		STRENGTH	
M1:		
M2:		
		CARDIO	
M3:		
M4:		
CALORIES IN		CALORIES OUT	

FRIDAY			
MEAL PLAN		STRENGTH	
B:		
L:		
		CARDIO	
S:		
D:		
CALORIES IN		CALORIES OUT	

SATURDAY			
MEAL PLAN		STRENGTH	
B:		
L:		
		CARDIO	
S:		
D:		
CALORIES IN		CALORIES OUT	

SUNDAY			
MEAL PLAN		STRENGTH	
B:		
L:		
		CARDIO	
S:		
D:		
CALORIES IN		CALORIES OUT	

NOTES			
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30 Days challenge

GET YOUR BODY MOVING

S	M	T	W	T	F	S
plank for 30 secs 3 reps	20 jumping jacks 3 reps	12 body weight squats 3 reps	Stretch for 15 mins	stationery jog 1 min 3 reps	10 sit ups 3 reps	rest day
20 jumping jacks 3 reps	12 body weight squats 3 reps	10 sit ups 3 reps	20 ab crunches 3 reps	20 ab crunches 3 reps	plank for 1 min 3 reps	rest day
stationery jog 1 min 3 reps	10 sit ups 3 reps	Stretch for 15 mins	plank for 1 min 3 reps	12 body weight squats 3 reps	10 push ups 3 reps	rest day
plank for 30 secs 3 reps	stationery jog 1 min 3 reps	12 body weight squats 3 reps	10 push ups 3 reps	Stretch for 15 mins	plank for 1 min 3 reps	rest day
20 jumping jacks 3 reps	10 sit ups 3 reps	you did it!				

Healthy Eating Diary

*The number of circles indicate the recommended number of servings per day for each food category.

*Please tick the circles to indicate your consumption

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Dairy	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Vegetables	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Fruits	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
Grains	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○
Protein	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

New to Try

Shopping List