Fitness Planner Kit

PLANNERS | TRACKERS | LOGS | WORKSHEETS

Fitness Planner

GOALS

- [ ]
- [ ]
- [ ]

MONDAY

WORKOUT PLANS	ACTUAL WORKOUT

TUESDAY

WORKOUT PLANS	ACTUAL WORKOUT

WEDNESDAY

WORKOUT PLANS	ACTUAL WORKOUT

THURSDAY

WORKOUT PLANS	ACTUAL WORKOUT

FRIDAY

WORKOUT PLANS	ACTUAL WORKOUT

SATURDAY / SUNDAY

WORKOUT PLANS	ACTUAL WORKOUT

Workout Planner

Month

SU	MO	TU	WE	TH	FR	SA

NOTES

Food Tracker

	SU	MO	TU	WE	TH	FR	SA
BREAKFAST	Calories	Calories	Calories	Calories	Calories	Calories	Calories
LUNCH	Calories	Calories	Calories	Calories	Calories	Calories	Calories
DINNER	Calories	Calories	Calories	Calories	Calories	Calories	Calories
SNACK	Calories	Calories	Calories	Calories	Calories	Calories	Calories
WATER	Total	Total	Total	Total	Total	Total	Total

NOTES

Meal Planner

MONDAY

BREAKFAST	LUNCH	DINNER

TUESDAY

BREAKFAST	LUNCH	DINNER

WEDNESDAY

BREAKFAST	LUNCH	DINNER

THURSDAY

BREAKFAST	LUNCH	DINNER

FRIDAY

BREAKFAST	LUNCH	DINNER

SATURDAY

BREAKFAST	LUNCH	DINNER

SUNDAY

BREAKFAST	LUNCH	DINNER

Fitness Planner

MONDAY

FOOD	ACTIVITY	WATER
		Total

TUESDAY

FOOD	ACTIVITY	WATER
		Total

WEDNESDAY

FOOD	ACTIVITY	WATER
		Total

THURSDAY

FOOD	ACTIVITY	WATER
		Total

FRIDAY

FOOD	ACTIVITY	WATER
		Total

SATURDAY

FOOD	ACTIVITY	WATER
		Total

SUNDAY

FOOD	ACTIVITY	WATER
		Total

Before & After

GOALS

- [ ]
- [ ]
- [ ]

DATES

__/__/__ /

__/__/__ /

STATS

WEIGHT		WEIGHT	
BMI		BMI	
BODY FAT		BODY FAT	
MUSCLE		MUSCLE	

MEASUREMENTS

CHEST		CHEST	
WAIST		WAIST	
HIPS		HIPS	
THIGHS		THIGHS	
ARMS		ARMS	

MOTIVATION

ACTION PLAN

- [ ]
- [ ]
- [ ]

Recipe

INGREDIENTS

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

TIME

Prep.time

Cook time

NOTES

Exercise Log

DATE	DESCRIPTION	MINUTES/REPS	NOTES

Healthy Habit Tracker

GOAL

REWARD

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 31

NOTES

GOAL

REWARD

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 31

NOTES

GOAL

REWARD

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 31

NOTES

30 Day Challenge

GOAL

REWARD

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

NOTES