

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

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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

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

BMI

BODY FAT

MUSCLE

WEIGHT

BMI

BODY FAT

MUSCLE

MEASUREMENTS

CHEST

WAIST

HIPS

THIGHS

ARMS

CHEST

WAIST

HIPS

THIGHS

ARMS

MOTIVATION

ACTION PLAN

☐

☐

☐

Recipe

INGREDIENTS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

TIME

Prep.time

Cook time

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

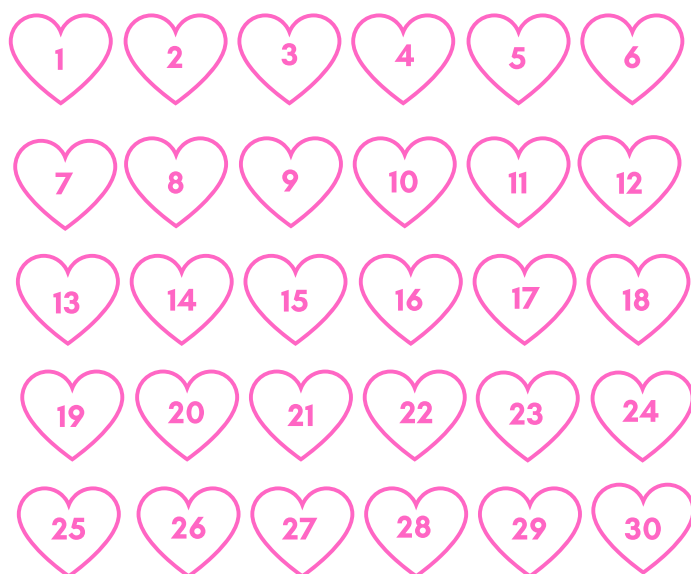
1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

NOTES

30 Day Challenge

GOAL

REWARD



NOTES