



FITNESS PLANNER

FOR YOU

BY CREATIVEMITY

DAILY FITNESS

DATE:

FOCUS ON:

DAILY WORKOUT:

DAILY MEALS:

BREAKFAST

LUNCH

DINNER

SNACKS

TO-DO:

NOTES:

DAILY FITNESS

DATE:

WORKOUT TYPE:	MY MOTIVATION:
WORKOUT NOTES:	

WORKOUT TRACKER:

EXERCISE:	REPS/SETS/OTHER:	NOTES:
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DAILY FITNESS

DATE:

DAILY GOALS:		MY MOTIVATION:		
EXERCISE:		SETS/DISTANCE/OTHER:		NOTES:
DAILY MEALS:	BREAKFAST	LUNCH	DINNER	SNACKS
	CALORIES: PROTEIN: CARBS: FATS:	CALORIES: PROTEIN: CARBS: FATS:	CALORIES: PROTEIN: CARBS: FATS:	CALORIES: PROTEIN: CARBS: FATS:

WEEKLY FITNESS

START DATE:

END DATE:

WEEKLY GOALS:		01 MON	WORKOUT	MEALS:
				CALORIES: PROTEIN: CARBS: FATS:
02 TUE	WORKOUT	03 WED	WORKOUT	MEALS:
				CALORIES: PROTEIN: CARBS: FATS:
04 THU	WORKOUT	05 FRI	WORKOUT	MEALS:
				CALORIES: PROTEIN: CARBS: FATS:
06 SAT	WORKOUT	07 SUN	WORKOUT	MEALS:
				CALORIES: PROTEIN: CARBS: FATS:

WEEKLY
WORKOUT PLANNER

START DATE:

END DATE:

	ACTIVITY/EXERCISE:	SETS/DISTANCE/OTHER:	NOTES:
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEKLY
WORKOUT TRACKER

START DATE:

END DATE:

DATE/ NOTES	ACTIVITY/EXERCISE:	Strength Training	Cardio
		WEIGHT/REPS/SETS:	DISTANCE/TIME:

MY FITNESS GOALS

<p>MY FITNESS GOALS:</p>	<p>Why Do I Want This?</p>
<p>How Will I Track the Progress?</p>	<p>By When Do I Want to Achieve This?</p>
<p>What Daily/Weekly Activities I Need To Do To Achieve This?</p>	
<p>What Challenges Will I Face?</p>	<p>What Can I Do to Overcome Them?</p>

NEW HABITS

Use this worksheet to go over your current habits that you need to ditch and new habits you'll need fit in your life in order to achieve your fitness goals.

STOP DOING:

DO LESS OF:

KEEP DOING:

DO MORE OF:

START DOING:

LIMITING BELIEFS



Our beliefs determine what actions we take, which determine the results we get. Use this worksheet to break free of your limiting health & fitness beliefs.

What beliefs are currently holding me back?

01

" ex. I hate running/working out / lifting weights etc."

What are some long term negative consequences if I don't change these beliefs?

02

" ex. Not getting enough exercise means that my health will get worse and I will feel worse. And when I feel worse, I tend to lash out at people around me. Also not working out means I will have much higher risk of heart disease and other serious illnesses"

What are some better and more productive alternatives for these beliefs?

03

" ex. Working out does not always mean running, biking or gym. I'll just have to find something active I enjoy doing on a regular basis that will get me moving"

S.M.A.R.T GOAL MAP

S	Make it Specific	WHAT DO YOU WANT TO ACHIEVE?
M	Make it Measurable	HOW WILL YOU MEASURE YOUR PROGRESS?
A	Make it Attainable	WHAT STEPS DO YOU HAVE TO TAKE TO ACCOMPLISH THE GOAL?
R	Make it Relevant	WHY IS THIS GOAL IMPORTANT TO YOU? AND WHY NOW?
T	Make it Timely	WHEN WILL YOU ACCOMPLISH THE GOAL? WHAT'S THE TIMELINE?

PROGRESS TRACKER

DATE:

MY GOAL:	MY MOTIVATION:
STEPS I NEED TO TAKE:	

DATE	MEASUREMENT:	BEFORE:	AFTER:

PROGRESS TRACKER

DATE:

DATE	WHAT ARE YOU MEASURING?	RESULT:	NOTES:

WORKOUT CHALLENGE

START DATE:

END DATE:

MY FITNESS CHALLENGE:

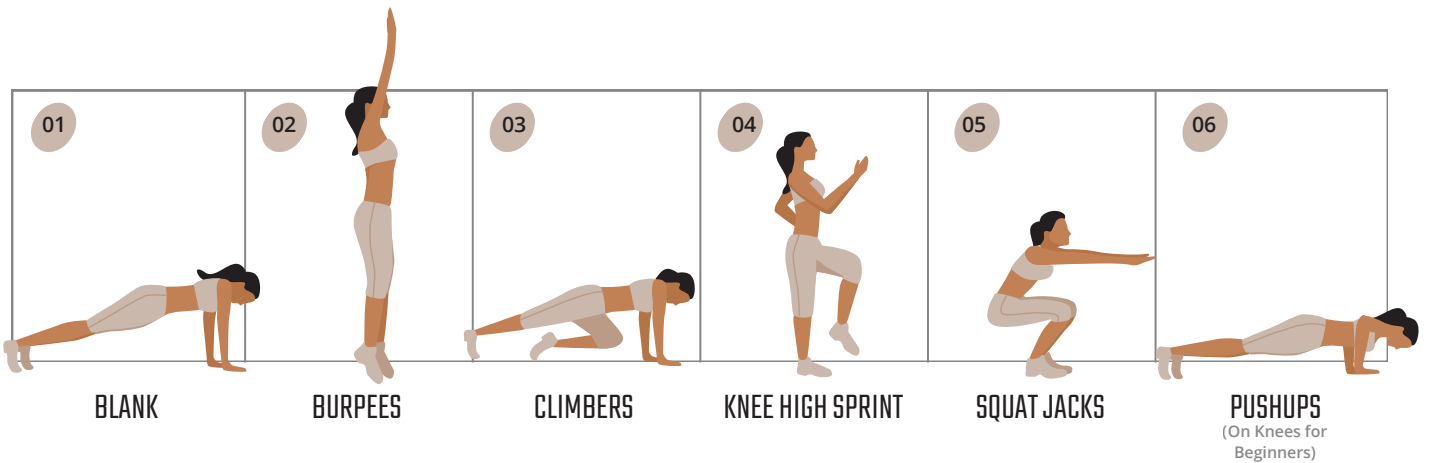
DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06	DAY 07
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
DAY 29	DAY 30	DAY 31	← SON OF A GUN, YOU DID IT!			

WHAT DID I LEARN DURING THIS CHALLENGE:

WORKOUT CHALLENGE

START DATE:

END DATE:

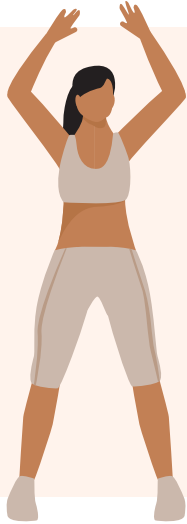


DAY 01
DAY 02
DAY 03
DAY 04
DAY 05
DAY 06
DAY 07
DAY 08
DAY 09
DAY 10
DAY 11
DAY 12
DAY 13
DAY 01
DAY 01

15 SECONDS	10 REPS	10 REPS	15 SECONDS	10 REPS	10 REPS
15 SECONDS	11 REPS	11 REPS	15 SECONDS	11 REPS	11 REPS
15 SECONDS	12 REPS	12 REPS	15 SECONDS	12 REPS	12 REPS
25 SECONDS	13 REPS	13 REPS	25 SECONDS	13 REPS	13 REPS
25 SECONDS	14 REPS	14 REPS	25 SECONDS	14 REPS	14 REPS
25 SECONDS	15 REPS	15 REPS	25 SECONDS	15 REPS	15 REPS
35 SECONDS	16 REPS	16 REPS	35 SECONDS	16 REPS	16 REPS
35 SECONDS	17 REPS	17 REPS	35 SECONDS	17 REPS	17 REPS
35 SECONDS	18 REPS	18 REPS	35 SECONDS	18 REPS	18 REPS
45 SECONDS	19 REPS	19 REPS	45 SECONDS	19 REPS	19 REPS
45 SECONDS	20 REPS	20 REPS	45 SECONDS	20 REPS	20 REPS
45 SECONDS	21 REPS	21 REPS	45 SECONDS	21 REPS	21 REPS
55 SECONDS	22 REPS	22 REPS	55 SECONDS	22 REPS	22 REPS
55 SECONDS	23 REPS	23 REPS	55 SECONDS	23 REPS	23 REPS
55 SECONDS	24 REPS	24 REPS	55 SECONDS	24 REPS	24 REPS

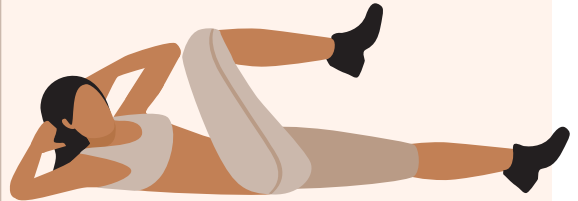
OFFICE FITNESS CHALLENGE

JUMPING JACKS



01

BICYCLE CRUNCHES



02

SQUAT JACKS



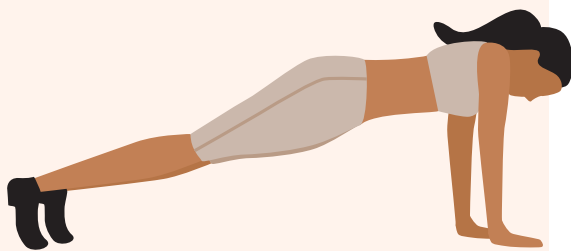
03

MOUNTAIN CLIMBERS



04

BLANK



05

HIGH KNEES



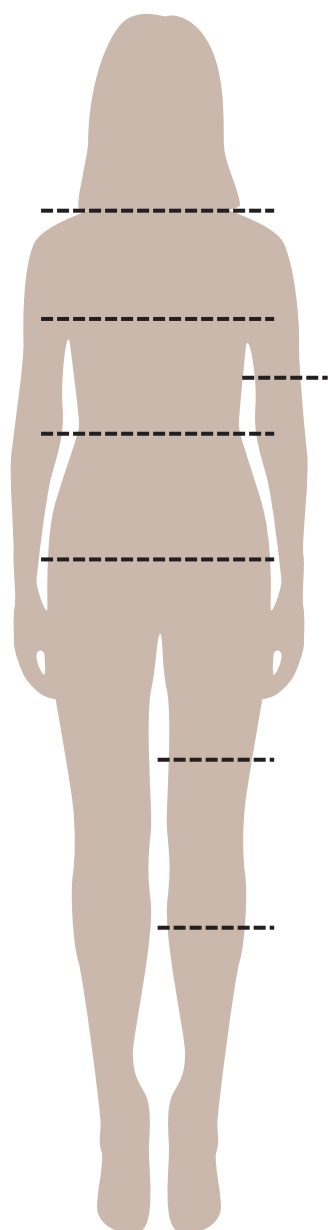
06

MEASUREMENT TRACKER

START DATE:

END DATE:

MY GOALS:



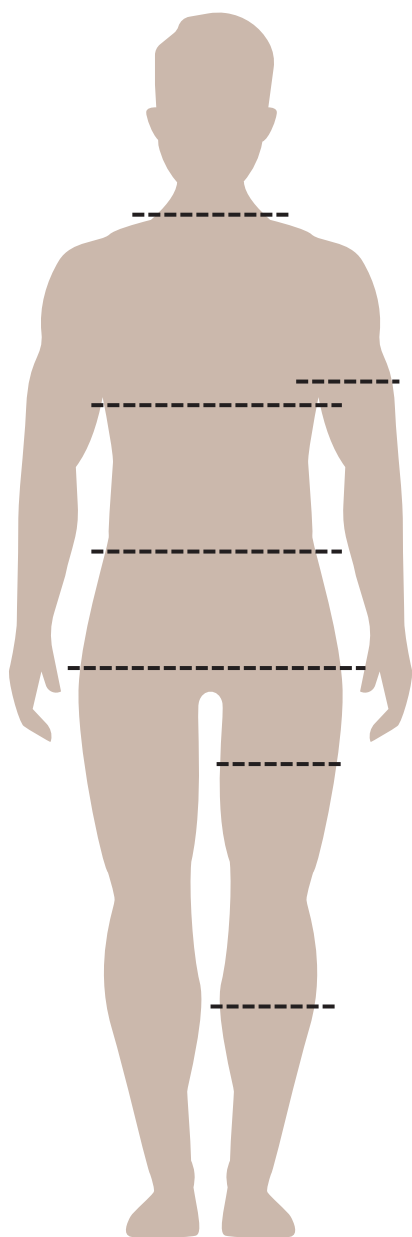
	WEIGHT	NECK	CHEST	ARMS	WAIST	HIPS	THIGHS	CALVES
MONTH 01								
MONTH 02								
MONTH 03								
MONTH 04								
MONTH 05								
MONTH 06								
MONTH 07								
MONTH 08								
MONTH 09								
MONTH 10								
MONTH 11								
MONTH 12								

MEASUREMENT TRACKER

START DATE:

END DATE:

MY GOALS:



	WEIGHT	NECK	CHEST	ARMS	WAIST	HIPS	THIGHS	CALVES
MONTH 01								
MONTH 02								
MONTH 03								
MONTH 04								
MONTH 05								
MONTH 06								
MONTH 07								
MONTH 08								
MONTH 09								
MONTH 10								
MONTH 11								
MONTH 12								

WEIGHT LOSS TRACKER

START DATE:

END DATE:

	WEIGHT:	CHANGE:
MONTH 01		
MONTH 02		
MONTH 03		
MONTH 04		
MONTH 05		
MONTH 06		

	WEIGHT:	CHANGE:
MONTH 07		
MONTH 08		
MONTH 09		
MONTH 10		
MONTH 11		
MONTH 12		

WEEKLY WEIGHT TRACKER

START DATE:

END DATE:

Week 01	Week 02	Week 03	Week 04	Week 05	Week 06
Week 07	Week 08	Week 09	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	Week 53	

30 DAY STEP TRACKER

START DATE:

END DATE:

MY GOAL:

MY GOAL:					
Day 01	Day 02	Day 03	Day 04	Day 05	Day 06
Day 07	Day 08	Day 09	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
Day 31					

WEEKLY DIET JOURNAL

START DATE:

END DATE:

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEKLY DIET JOURNAL

START DATE:

END DATE:

MONDAY

	WHAT DID YOU EAT?	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
	TOTAL:				

WEDNESDAY

	WHAT DID YOU EAT?	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
	TOTAL:				

FRIDAY

	WHAT DID YOU EAT?	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
	TOTAL:				

SUNDAY

	WHAT DID YOU EAT?	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
	TOTAL:				

TUESDAY

	WHAT DID YOU EAT?	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
	TOTAL:				

THURSDAY

	WHAT DID YOU EAT?	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
	TOTAL:				

SATURDAY

	WHAT DID YOU EAT?	CALORIES	PROTEIN	CARBS	FATS
BREAKFAST					
LUNCH					
DINNER					
SNACKS					
	TOTAL:				

NOTES:

WEEKLY DIET JOURNAL

START DATE:

END DATE:

	WHAT DID YOU EAT?	CALORIES	PROTEIN	CARBS	FATS
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

8 WEEK GOAL TRACKER

START DATE:

END DATE:

MY GOAL:	WHY I WANT THIS:
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WEEKLY PROGRESS: 01

WEEK 01

WEEK 02

WEEKLY PROGRESS: 02

WEEKLY PROGRESS: 03

WEEK 03

WEEK 04

WEEKLY PROGRESS: 04

WEEKLY PROGRESS: 05

WEEK 05

WEEK 06

WEEKLY PROGRESS: 06

WEEKLY PROGRESS: 07

WEEK 07

WEEK 08

WEEKLY PROGRESS: 08

GOAL TRACKER

START DATE:

END DATE:

MY GOAL:	WHY I WANT THIS:
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JANUARY	PROGRESS I'VE MADE	01
FEBRUARY	PROGRESS I'VE MADE	02
MARCH	PROGRESS I'VE MADE	03
APRIL	PROGRESS I'VE MADE	04
MAY	PROGRESS I'VE MADE	05
JUNE	PROGRESS I'VE MADE	06

JULY	PROGRESS I'VE MADE	07
AUGUST	PROGRESS I'VE MADE	08
SEPTEMBER	PROGRESS I'VE MADE	09
OCTOBER	PROGRESS I'VE MADE	10
NOVEMBER	PROGRESS I'VE MADE	11
DECEMBER	PROGRESS I'VE MADE	12

HABIT TRACKER

START DATE:

END DATE:

	STRENGTH TRAINING	CARDIO TRAINING	AT LEAST 8 HOUR SLEEP	EATING CLEAN	AT LEAST 10K STEPS	STRETCHING	DRINKING ENOUGH WATER					
Day 01												
Day 02												
Day 03												
Day 04												
Day 05												
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Day 28												
Day 29												
Day 30												
Day 31												

2024

ANUAL HABIT TRACKER

HABIT I'M TRACKING:

JANUARY

M	T	W	T	F	S	S
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				

FEBRUARY

M	T	W	T	F	S	S
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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			

MARCH

M	T	W	T	F	S	S
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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

APRIL

M	T	W	T	F	S	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

M	T	W	T	F	S	S
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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		

JUNE

M	T	W	T	F	S	S
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

JULY

M	T	W	T	F	S	S
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29	30	31				

AUGUST

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5	6	7	8	9	10	11
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SEPTEMBER

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23	24	25	26	27	28	29
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OCTOBER

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21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

M	T	W	T	F	S	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

M	T	W	T	F	S	S
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

ANUAL HABIT TRACKER

HABIT I'M TRACKING:

JANUARY

M	T	W	T	F	S	S
		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		

FEBRUARY

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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28		

MARCH

M	T	W	T	F	S	S
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24	25	26	27	28	29	30
31						

APRIL

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAY

M	T	W	T	F	S	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

M	T	W	T	F	S	S
						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						

JULY

M	T	W	T	F	S	S
	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			

AUGUST

M	T	W	T	F	S	S
				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

SEPTEMBER

M	T	W	T	F	S	S
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					

OCTOBER

M	T	W	T	F	S	S
		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		

NOVEMBER

M	T	W	T	F	S	S
					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

DECEMBER

M	T	W	T	F	S	S
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				

