



WEEKLY HEALTH PLANNER

Plan for a Fit Week Ahead

MEAL PLANNER

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

WEEKLY FITNESS PLANNER

PERSONAL INFORMATION

Name:

Start date:

End Goal:

Fitness goal:

WEEKLY GOALS

GOAL 1:

GOAL 2:

GOAL 3:

WEEKLY WORKOUT PLAN

Day	Workout Type	Duration	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

PROGRESS TRACKER

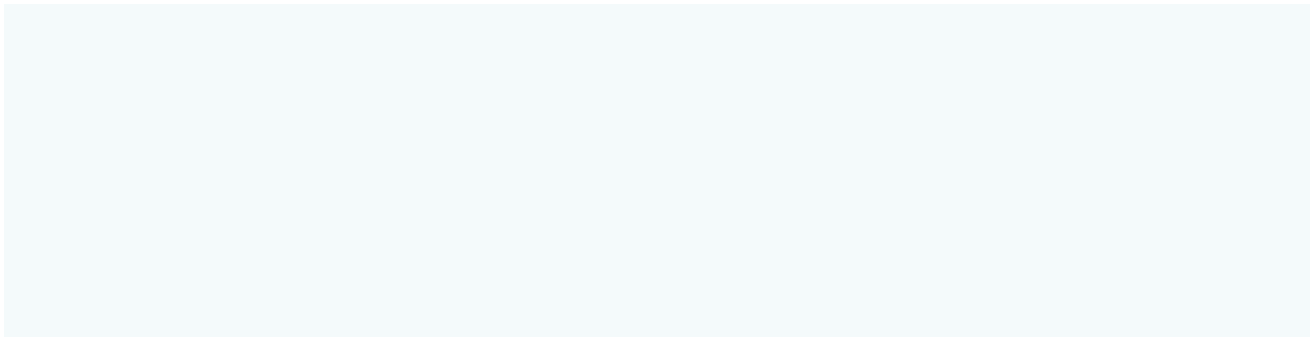
Week	Weight	Waist Measurement	Hip Measurement	Other Measurements	Notes
1					
2					
3					
4					
5					
6					
7					
8					

DAILY WORKOUT TRACKER

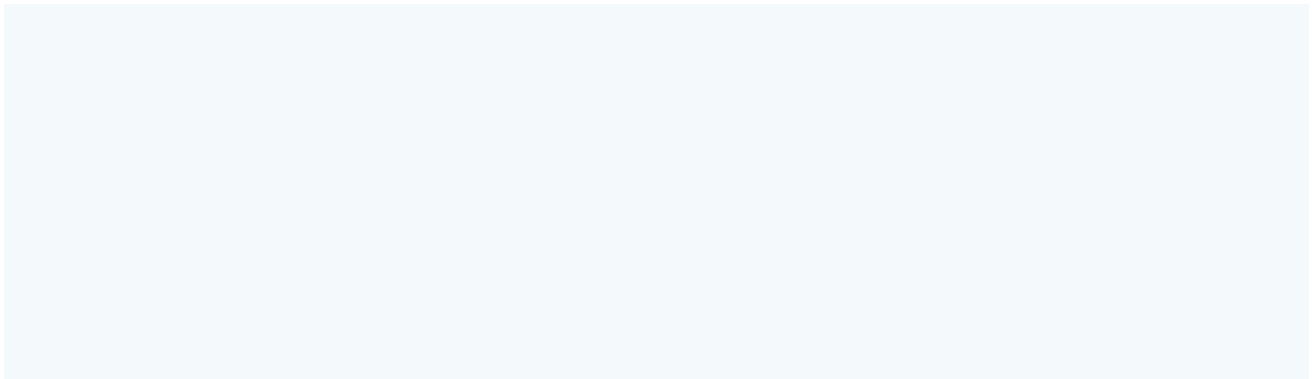
Day	Date	Workout Completed (Y/N)	Type of Workout	Duration	Calories Burned
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEKLY REFLECTION

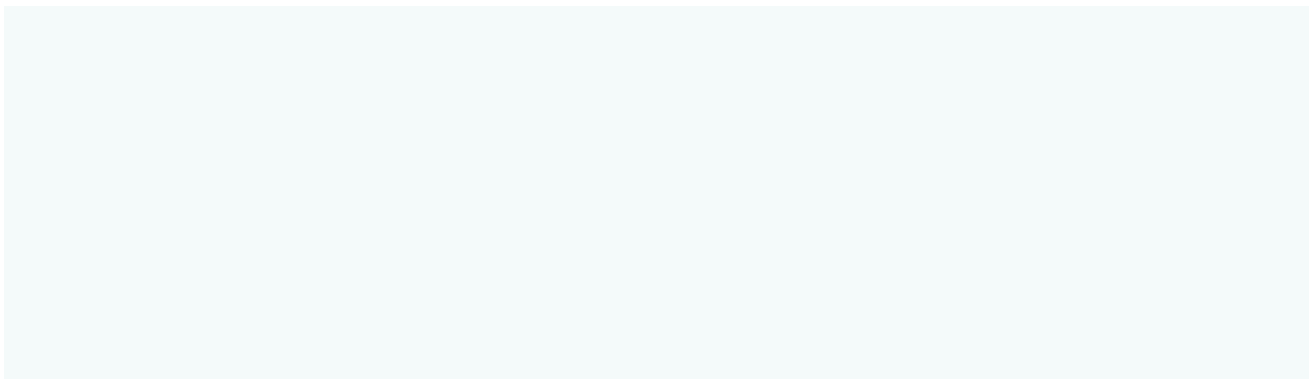
What went well this week?



Challenges Faced:

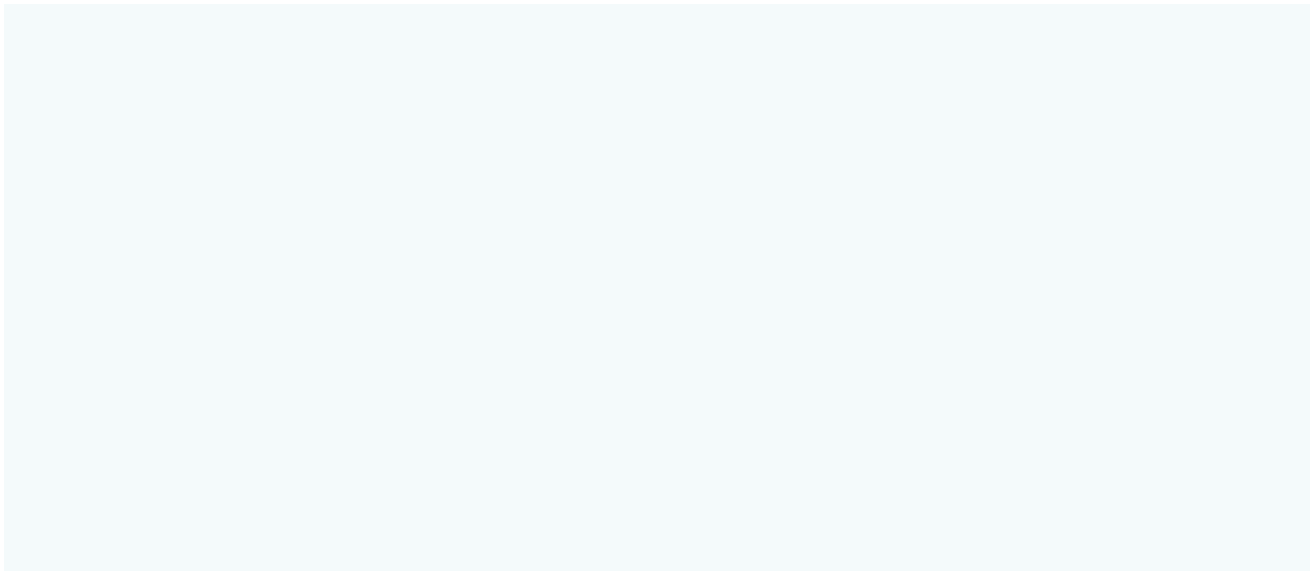


Improvements for Next Week:



MONTHLY GOALS AND REWARDS

Monthly Fitness Goal:



Reward for Achieving Goal:

