



WEEKLY WORKOUT PLANNER

Go with the plan, not the mood.

This week's goal isn't to be perfect.
It's to stick to the plan as best you can.

THIS WEEK I WILL...

- ☐ Move my body
- ☐ Build strength
- ☐ Boost my energy
- ☐ Feel good
- ☐ Be proud of myself



MY FOCUS THIS WEEK



HOW I WILL FEEL WHEN I STICK TO MY PLAN

DAY	WORKOUT PLAN	TIME	LOCATION	DONE ✓
 MONDAY _____				☐
 TUESDAY _____				☐
 WEDNESDAY _____				☐
 THURSDAY _____				☐
 FRIDAY _____				☐
 SATURDAY _____				☐
 SUNDAY _____				☐

NOTES / REMINDERS



A FEW REMINDERS...

- ✓ Your plan should fit around your life – not the other way around.
- ✓ Something is always better than nothing.
- ✓ Missed a workout? Simply continue with your plan tomorrow.
- ✓ Don't start over every Monday – just keep moving forward.
- ✓ You don't need to feel motivated. You just need a plan.



PROGRESS HAPPENS WHEN YOU SHOW UP CONSISTENTLY.

You've got this!