



# MY WEEKLY FITNESS PLANNER





DATE FROM

TO

Welcome to your Weekly Fitness Planner, where you can set fitness goals and mark off your weekly fitness achievements. Incorporate the diverse range of activities that contribute to your overall fitness, and show yourself grace as you reflect on your accomplishments. Each week is part of your journey to a fitter and stronger version of you, in body and mind!

“MOTIVATION IS WHAT GETS YOU STARTED; HABIT IS WHAT KEEPS YOU GOING”

The recommended sessions below are guidelines only, and vary based on individual goals, fitness levels, and preferences. Consult with a healthcare professional before starting a new exercise program.

	M	T	W	T	F	S	S
 <b>CARDIO</b> 3-5 sessions/ week, totalling 150 minutes of moderate -intensity aerobic exercise per week, or 75 minutes of vigorous-intensity exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>STRENGTH</b> 2-3 sessions/ week, allowing for rest days between sessions targeting the same muscle groups for 20-60 minutes per session, depending on your routine and intensity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>MINDFULNESS</b> Daily, but even 2-3 sessions/ week are beneficial. Session time dependent on activity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>STRETCHING/FLEXIBILITY:</b> Daily, but 2-3 sessions/ week still greatly beneficial. Incorporate both dynamic stretches before workouts and static stretches afterward. 10-30 minutes/ session.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

These are general recommendations; it's crucial to listen to your body and if you have any concerns, to start slowly and gradually increase the intensity and duration of your sessions. Alternating between different types of exercises can also provide a well-rounded approach to your health and fitness.

WEEKLY FITNESS INTENTIONS

WEEKLY REFLECTIONS

“DO SOMETHING TODAY, THAT YOUR FUTURE SELF WILL THANK YOU FOR”