

# MOVE

# UNBOUND

.COM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# FITNESS PLANNER



# DAILY WORKOUT PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
ACTIVITIES		REPS		

# WORKOUT TRACKER

Month:

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Week:

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## MONDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

## TUESDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

## WEDNESDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

# WORKOUT TRACKER

Month:

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Week:

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## THURSDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

## FRIDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

## SATURDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

# WORKOUT TRACKER

Month: \_\_\_\_\_

Week: \_\_\_\_\_

SUNDAY

EXERCISE:

MUSCLE GROUP:

TOTAL TIME:

CALORIES BURNED:

HOW I FEEL:

## WORKOUT RESULTS

DATE: CURRENT WEIGHT:		HOW I'M FEELING
Chest		
Upper arm		
Waist		
Hips		
Thigh		
Calf		
Bum		
Neck		

# FITNESS GOALS

Why I want this

Short term goals



Long term goals



Milestone

Reward

# FITNESS GOALS

<b>Goal</b>	<b>Action Steps</b>
<b>Start</b>	<b>End</b>
<b>Progress</b>	

[illegible]

<b>Goal</b>	<b>Action Steps</b>
<b>Start</b>	<b>End</b>
<b>Progress</b> ○○○○○○○○○○○○○○○○○○	

# GOALS AND REFLECTIONS

**My Goal**

**Action steps**

.....

.....

.....

**My why**

**YES**

**Did I reach my goal?**

**NO**

What went well?

Do more of...

Do less of...

**How do I feel?**

Diet  
Discipline  
Wellness  
Motivation  
Energy

**Going forward I will...**



# WORKOUT TRACKER

[illegible]

# 12 WEEK CHALLENGE

START DATE:

GOAL:

## WEEK 1

GOAL:

ACTUAL:

## WEEK 2

GOAL:

ACTUAL:

## WEEK 3

GOAL:

ACTUAL:

## WEEK 4

GOAL:

ACTUAL:

## WEEK 5

GOAL:

ACTUAL:

## WEEK 6

GOAL:

ACTUAL:

## WEEK 7

GOAL:

ACTUAL:

## WEEK 8

GOAL:

ACTUAL:

## WEEK 9

GOAL:

ACTUAL:

## WEEK 10

GOAL:

ACTUAL:

## WEEK 11

GOAL:

ACTUAL:

## WEEK 12

GOAL:

ACTUAL:

END DATE:

GOAL:

# 30 DAY CHALLENGE

START DATE:

GOAL:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

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

# 52 WEEK CHALLENGE

START DATE:	GOAL:
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WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
WEEK 7	WEEK 8	WEEK 9	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	REWARD:	

# 100 MILE CHALLENGE

START DATE:

END DATE:

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SPORT:

REWARD:

# 30-DAY FITNESS CHALLENGE

START DATE:

REWARD:

 PLANK FOR 1 MIN	 RUN 5K	 DO 100 BURPEES	 DO 100 PUSH UPS	 HOLD A WALL SIT FOR 5 MINS
 DO 100 SQUATS	 DO 100 SIT-UPS	 RUN UP AND DOWN STAIRS FOR 10 MINS	 PLANK FOR 2 MINS	 JOG 10K
 100 JUMPING JACKS	 100 HIGH KNEES	 20K BIKE RIDE	 100 LUNGES	 10 PULL UPS X3
 100 BUTT KICKS	 HANDSTAND FOR 30 SECS	 RUN UP AND DOWN A HILL FOR 15 MINS	 HOLD A BRIDGE POSE FOR 1 MIN	 PLANK 1 MIN EACH SIDE
 DO 10 CHIN-UPS X3	 RUN 5K IN 30 MINS	 SKIP FOR 5 MINS	 DO 200 IT-UPS	 RUN A MILE WITH A MEDICINE BALL
 100 KETTLE BELL SWINGS	 SIDE PLANK WITH LEG RAISES 1 MIN	 100 JUMPING LUNGES	 RUN UPHILL FOR 10 MINS	 1 HOUR OF CARDIO

# STEPS TRACKER

[illegible]

# RUNNING LOG

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	PACE
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			



# RUNNING TRACKER

[illegible]

# CYCLING LOG

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

	DIST.	TIME	SPEED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
TOTAL			

# CYCLING TRACKER

[illegible]

## WORKOUT LOG

[illegible]

# 30-DAY FITNESS HABIT TRACKER

Habit:

Why is this habit important to me?

1

2

3

4

5

6

7

8

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10

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12

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Habit:

Why is this habit important to me?

1

2

3

4

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# FITNESS HABITS

DATE:

MORNING HABITS	M	T	W	T	F	S	S

EVENING HABITS	M	T	W	T	F	S	S

# BEFORE AND AFTER

**Before**

**Before**

Date: .....  
Weight: .....  
Bust: .....  
Waist: .....  
Arms: .....  
Hips: .....  
Thighs: .....

**After**

**After**

Date: .....  
Weight: .....  
Bust: .....  
Waist: .....  
Arms: .....  
Hips: .....  
Thighs: .....

**Notes**

# WEIGHT TRACKER

START WEIGHT:

GOAL WEIGHT:

[illegible]



# BODY MEASUREMENT

## Before

Date: .....

Weight: .....

## After

Date: .....

Weight: .....

Right arm .....

Left arm .....

Chest .....

Waist .....

Hips .....

Right thigh .....

Left thigh .....

Right Calf .....

Left calf .....

..... Right arm

..... Left arm

..... Chest

..... Waist

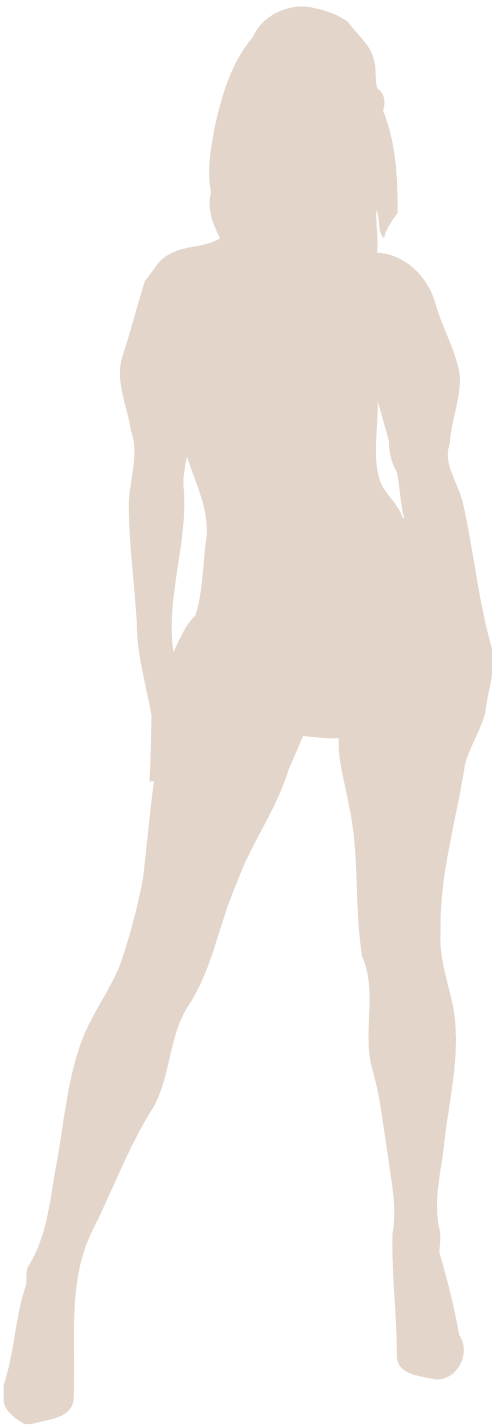
..... Hips

..... Right thigh

..... Left thigh

..... Right Calf

..... Left calf



# BODY MEASUREMENT

## Before

Date: .....

Weight: .....

## After

Date: .....

Weight: .....

Right arm .....

Left arm .....

Chest .....

waist .....

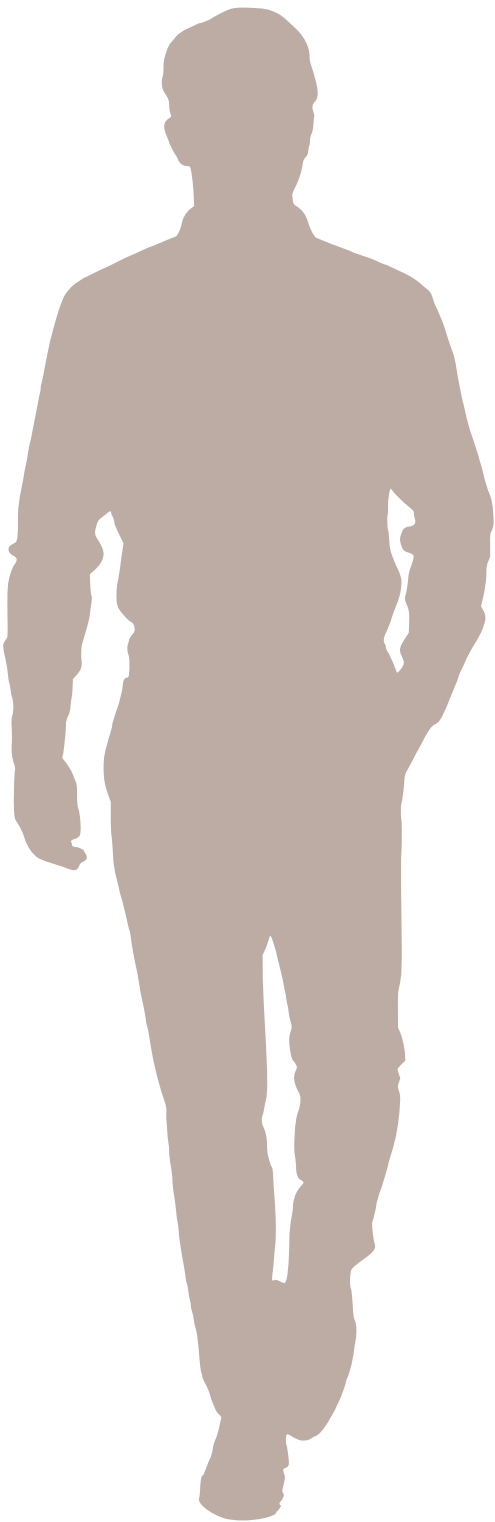
Hips .....

Right thigh .....

Left thigh .....

Right Calf .....

Left calf .....



..... Right arm

..... Left arm

..... Chest

..... waist

..... Hips

..... Right thigh

..... Left thigh

..... Right Calf

..... Left calf

# WEEKLY FITNESS REVIEW

DATE:

MONTH:

YEAR:

HOW DO I FEEL?

WHAT EXERCISE DID I ENJOY?

SMALL WINS

THINGS I HAVE IMPROVED ON:

NEW EXERCISES TO TRY

THINGS NOT WORKING  
WELL THIS WEEK:

WHAT TO NOTE THIS WEEK:

# MONTHLY MEASUREMENTS

## Month 1

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 2

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 3

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 4

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 5

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 6

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

# MONTHLY MEASUREMENTS

## Month 7

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 8

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 9

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 10

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 11

Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

## Month 12

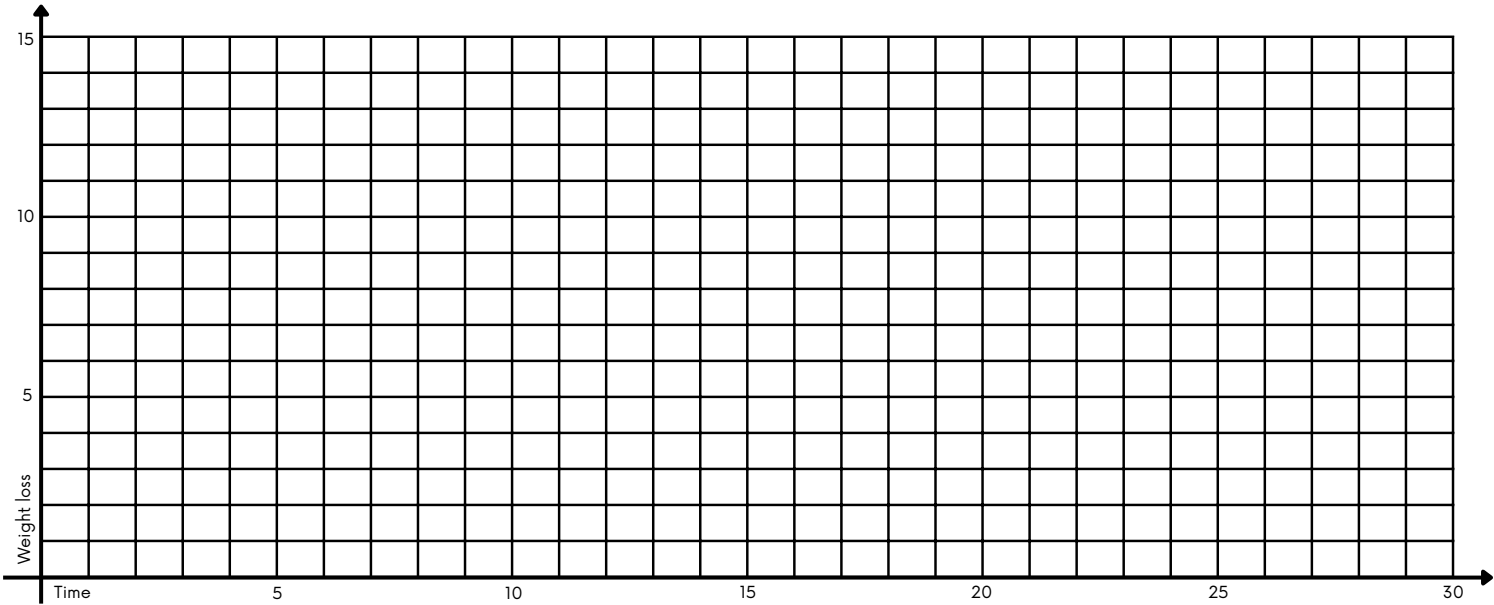
Date		Chest	
Weight		Waist	
BMI		Stomach	
Body fat %		Hips	
Upper arm		Thigh	
Forearm		Calf	
Total inches / cm:			

# MY MEASUREMENTS

	Waist	Hips	Thigh	Bust	Arms
Start					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

# WEIGHT LOSS TRACKER

#	Date	Target	Actual Weight	Gain	Loss



# MILESTONES

## Celebrate your wins!

[illegible]



# MACRO TRACKER

## MONDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

## FRIDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

## TUESDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

## SATURDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

## WEDNESDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

## SUNDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

## THURSDAY

	GOAL	ACTUAL
CALORIES		
PROTEIN		
CARBS		
FATS		
SUGAR		
TOTAL		

## NOTES

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# NUTRITIONAL TRACKER

[illegible]

## VITAMINS / SUPPLEMENTS

DATE:	STEP - 1	STEP - 2	STEP - 3	STEP - 4	STEP - 5
-------	----------	----------	----------	----------	----------

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

[illegible][illegible][illegible]

NOTES	
•	
•	

# WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

# WEEKLY MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS
DRINKS	DRINKS	DRINKS

THURSDAY	FRIDAY	SATURDAY
BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS
DRINKS	DRINKS	DRINKS








SUNDAY	MEAL IDEAS
BREAKFAST	
LUNCH	
DINNER	
SNACKS	
DRINKS	

# MONTHLY MEAL PLAN

MONTH -

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

# FOOD DIARY

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

# HEALTHY RECIPE PLANNER

RECIPE NAME

SERVES

FOOD TYPE

PREP TIME

OVEN TEMP

DIFFICULTY

COOK TIME

## INGREDIENTS

## DIRECTIONS

## TOOLS NEEDED



# SHOPPING LIST

[illegible]

NOTES	

# MOOD TRACKER

A collection of 31 numbered circles arranged in a roughly circular pattern. Each circle is intended for a user to write a mood. The numbers 1 through 31 are printed inside each circle.

- ☐ ANGRY
- ☐ SAD
- ☐ HAPPY
- ☐ STRESSED

# SLEEP TRACKER

DATE:

	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP							
HOURS							
WAKE UP							
MOOD	<input type="checkbox"/> 😊 <input type="checkbox"/> 😄 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> 😞	<input type="checkbox"/> 😊 <input type="checkbox"/> 😄 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> 😞	<input type="checkbox"/> 😊 <input type="checkbox"/> 😄 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> 😞	<input type="checkbox"/> 😊 <input type="checkbox"/> 😄 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> 😞	<input type="checkbox"/> 😊 <input type="checkbox"/> 😄 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> 😞	<input type="checkbox"/> 😊 <input type="checkbox"/> 😄 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> 😞	<input type="checkbox"/> 😊 <input type="checkbox"/> 😄 <input type="checkbox"/> 😐 <input type="checkbox"/> ☹️ <input type="checkbox"/> 😞

## NOTES