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First Quarter Fitness Plan

Why is it important that I do this? How will I feel after I stick to this plan? MON TUE WED THU FRI SAT SUN calories/diet activity flexibility/other	
How will I feel after I stick to this plan? MON TUE WED THU FRI SAT SUN calories/diet	
How will I feel after I stick to this plan? MON TUE WED THU FRI SAT SUN calories/diet	
MON TUE WED THU FRI SAT SUN calories/diet	
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MON TUE WED THU FRI SAT SUN calories/diet	
calories/diet L	
LOOI	
LOOI	
LOOI	
flexibility/other	
calories/diet	
activity	
Example 1 In the second of the	
calories/diet	
activity	

flexibility/other





Objective: measurable actions to achieve a goal.

January Goals/Objectives:

Fitness Theme & Goals		What do I want to focus on this month?
Targets ① 2	What	are my fitness objectives for this month (specifics)?
② ③ Commit to Myself:	· 11	
or cheat on my diet. Initials: Reward My Work:		gíve 100% and NOT míss a workout
If I accomplish this:	I will	reward myself with this:
	>>	reward earned? YIN
	Goal: long t	erm achievable outcome.

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January Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
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29	30	31	1	2	3	4
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Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF Law S ON ON ON ON ON ON ON ON ON O	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	





February Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
Targets 1 2 3 Commit to Myself: To meet this month's targets I will follow mor cheat on my diet. Initials:	What are my fitness objectives for this month (specifics)? By plan, give 100% and NOT miss a workout
Reward My Work: If I accomplish this:	I will reward myself with this:
)	reward earned? YIN
Cod	

Goal: long term achievable outcome.





February Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	1	2	3	4
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	*	Ö	Ö	Ö	Ö	(a)
	13 •	14 ③	15	16 Š	17 ③	18
19	20 •	21	22	23	24	25 ③
26	27	28	29	1	2	3
3	Ö	Ö C	Ö	Ö	Ö	Ö





Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	





March Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
 Targets	What are my fitness objectives for this month (specifics)?
① ②	
② ③ Commit to Myself:	
	y plan, give 100% and NOT miss a workout
Reward My Work:	
If I accomplish this:	I will reward myself with this:
>	reward earned? YIN

Goal: long term achievable outcome.





March Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	1	2	3
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4	5	6	7	8	9	10
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11	12	13	14	15	16	17
©	(a)	(a)	(a)	(a)	(a)	Ö
18	19	20	21	22	23	24
<u>ق</u> ش	Š Ĥ	(a)	Ö	Ö	3	(a)
25	26	27	28	29	30	31
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Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	



Q1	\int	F	M	Q2	AMJ	Q3	JA	s (Q4	ON	D
 <u> </u>	<u> </u>			9.2		20		~	٠,		۳

End of Quarter Evaluation

Biggest Win(s):										
What's Working & Going Well?										
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What's Not Working?										
What Changes will I make?										
Other Comments:										
F'. TI 0.0 I	<u>(3)</u>				(E)		(7)			
Fitness Theme & Goals:		2	3	4	5	6	7	8	9	<u></u>
Fitness Objectives:	<u>(a)</u>	2	3	4	5	6	7	8	9	<u> </u>
Workout Plan:	<u>(a)</u>	2	3	4	5	6	7	8	9	<u></u>
Nutrition:	(3)	2	3	4	5	6	7	8	9	<u>(i)</u>





Second Quarter Fitness Plan

De	sired outcom	ne:					
Wł	ny is it import	tant that I do	this?				
	,						
Ho	w will I feel a	fter I stick to	this plan?				
	MON	TUE	WED	THU	FRI	SAT	SUN
	calories/diet	TOL	VV LD	1110	1 111	JAI	3011
-	activity						
THU	activity						
Σ	flexibility/other						
	calories/diet						
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9	0 1115 / 1						
_	flexibility/other						
	calories/diet						
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I	activity						
Ę							
Σ NO N	flexibility/other						
	nexibility/other						





April Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
Targets	What are my fitness objectives for this month (specifics)?
<u>(1)</u> <u>(2)</u> (3)	
Commit to Myself:	
	y plan, give 100% and NOT miss a workout
Reward My Work:	
If I accomplish this:	I will reward myself with this:
	2. 2
>	reward earned? YIN
·	

Goal: long term achievable outcome.





April Workout Plan & Fit Log

TUE	WED	THU	FRI	SAT	SUN
2	3	4	5	6	7
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9	10	11	12	13	14
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16	17	18	19	20	21
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Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	





May Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
Targets 1 2 3 Commit to Myself: To meet this month's targets I will follow nor cheat on my diet. Initials: Reward My Work:	What are my fitness objectives for this month (specifics)? Ny plan, give 100% and NOT miss a workout
If I accomplish this:	I will reward myself with this:
	reward earned? YIN

Goal: long term achievable outcome.





May Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	
29	30	1	2	3	4	5
		③	3	3	3	③
6	7	8	9	10	11	12
3 3	ר	Ŏ L	Ğ C	ě n	③	Ö L
13		15	16	17	18	19
20	21	22	23	24	25	26
	<u>ר</u>	(a)	© ©	(i)	(a)	© °
27		29 ③	30	31 •	1 Š	2 ••••••••••••••••••••••••••••••••••••





Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	





June Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
Targets	What are my fitness objectives for this month (specifics)?
1	
<u>②</u> <u>③</u>	
Commit to Myself:	
To meet this month's targets I will follow m or cheat on my diet. Initials:	y plan, give 100% and NOT miss a workout
Reward My Work:	
If I accomplish this:	I will reward myself with this:
>	reward earned? YIN

Goal: long term achievable outcome.





June Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	1	2
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3	4	5	6	7	8	9
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10	11	12	13	14	15	16
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17	18	Ĭ9	20	21	22	23
ů	ů		ů	ů	ů	ů
24 ^(*)	25	26	27	28	29	30
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Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	



Q1	\int	F	M	Q2	AMJ	Q3	JA	s (Q4	ON	D
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End of Quarter Evaluation

Biggest Win(s):										
What's Working & Going Well?										
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\										
What's Not Working?										
What Changes will I make?										
Other Comments:										
F'. TI 0.0 I	<u>(3)</u>				(E)		(7)			
Fitness Theme & Goals:		2	3	4	5	6	7	8	9	<u></u>
Fitness Objectives:	<u>(a)</u>	2	3	4	5	6	7	8	9	<u> </u>
Workout Plan:	<u>(a)</u>	2	3	4	5	6	7	8	9	<u></u>
Nutrition:	(3)	2	3	4	5	6	7	8	9	<u>(i)</u>



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Third Quarter Fitness Plan

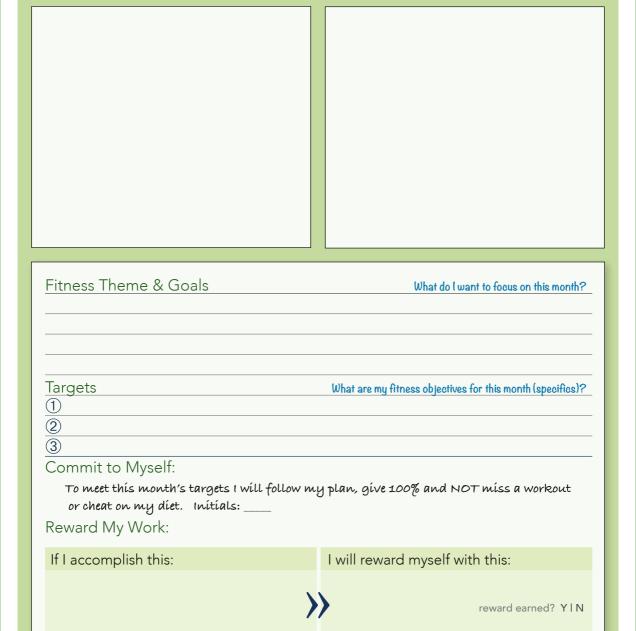
Desired outcome:	
Why is it important that I do this?	
viny is it important that i do this:	
How will I feel after I stick to this plan?	

	MON	TUE	WED	THU	FRI	SAT	SUN
MONTH 1	calories/diet activity flexibility/other						
TH 2	calories/diet						
NOM	flexibility/other						
NTH 3	calories/diet activity						
Σ	flexibility/other						





July Goals/Objectives:



Goal: long term achievable outcome.





July Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
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22	23	24	25	26	27	28
		(a)	(a)			☼
29	30	31	1	2	3	4
		Ö Ü	Ö	3	③□	Ö





Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	





August Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
Fitness Theme & Godis	What do I want to focus on this month?
Targets ① ② ③	What are my fitness objectives for this month (specifics)?
Commit to Myself: To meet this month's targets I will follow m or cheat on my diet. Initials: Reward My Work:	y plan, gíve 100% and NOT míss a workout
If I accomplish this:	I will reward myself with this: reward earned? YIN

Goal: long term achievable outcome.





August Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	31	1	2	3	4
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12	13	14	15	16	17	18
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19	20	21	22	23	24	25
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26	27	28	29	30	31	1
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Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	



September Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
Targets ① ② ③ Commit to Myself:	What are my fitness objectives for this month (specifics)?

To meet this month's targets I will follow my plan, give 100% and NOT miss a workout or cheat on my diet. Initials: ____

Reward My Work:

If I accomplish this:

I will reward myself with this:



reward earned? YIN

Goal: long term achievable outcome.





September Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
26	27	28	29	30	31	1
		(a)	(a)	③□	ŎC	(a)
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9	10	11	12	13	14	15
		(a)	③□	Ö	3	₫Û
16	17	18	19	20	21	22
	1	③ □	③□	(a)		(a)
23	24	25	26	27	28	29
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Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	



<u>Q1</u>		F	M	Q2	AMJ	Q3	MAC	S	04	ON	D
<u>~ '</u>	_			92	1 - 1 1 J	<u> </u>	2 2		20		

End of Quarter Evaluation

What's Working & Going Well? What's Not Working? What Changes will I make? Other Comments: Fitness Theme & Goals: ② ③ ④ ⑤ ③ ③ ⑤ ⑤ ⑥ <td< th=""><th>Biggest Win(s):</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></td<>	Biggest Win(s):										
What's Not Working? What Changes will I make? Other Comments: Fitness Theme & Goals:											
What's Not Working? What Changes will I make? Other Comments: Fitness Theme & Goals:											
What Changes will I make? Other Comments: Fitness Theme & Goals: ③ ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑥ Fitness Objectives: ⑥ ② ③ ④ ⑥ ⑥ Ø ⑧ ⑨ ⑥ Workout Plan: ⑥ ② ③ ④ ⑥ Ø ⑥ Ø ⑧ ⑨ ⑥	What's Working & Going Well?										
What Changes will I make? Other Comments: Fitness Theme & Goals: ③ ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑥ Fitness Objectives: ⑥ ② ③ ④ ⑥ ⑥ Ø ⑧ ⑨ ⑥ Workout Plan: ⑥ ② ③ ④ ⑥ Ø ⑥ Ø ⑧ ⑨ ⑥											
What Changes will I make? Other Comments: Fitness Theme & Goals: ③ ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑥ Fitness Objectives: ⑥ ② ③ ④ ⑥ ⑥ Ø ⑧ ⑨ ⑥ Workout Plan: ⑥ ② ③ ④ ⑥ Ø ⑥ Ø ⑧ ⑨ ⑥											
What Changes will I make? Other Comments: Fitness Theme & Goals: ③ ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑥ Fitness Objectives: ⑥ ② ③ ④ ⑥ ⑥ Ø ⑧ ⑨ ⑥ Workout Plan: ⑥ ② ③ ④ ⑥ Ø ⑥ Ø ⑧ ⑨ ⑥											
What Changes will I make? Other Comments: Fitness Theme & Goals: ③ ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑥ Fitness Objectives: ⑥ ② ③ ④ ⑥ ⑥ Ø ⑧ ⑨ ⑥ Workout Plan: ⑥ ② ③ ④ ⑥ Ø ⑥ Ø ⑧ ⑨ ⑥	What's Not Working?										
Other Comments: Fitness Theme & Goals: © 2 3 4 5 6 7 8 9 © Fitness Objectives: © 2 3 4 5 6 7 8 9 © Workout Plan: © 2 3 4 5 6 7 8 9 ©	what's Not Working:										
Other Comments: Fitness Theme & Goals: © 2 3 4 5 6 7 8 9 © Fitness Objectives: © 2 3 4 5 6 7 8 9 © Workout Plan: © 2 3 4 5 6 7 8 9 ©											
Other Comments: Fitness Theme & Goals: © 2 3 4 5 6 7 8 9 © Fitness Objectives: © 2 3 4 5 6 7 8 9 © Workout Plan: © 2 3 4 5 6 7 8 9 ©											
Other Comments: Fitness Theme & Goals: © 2 3 4 5 6 7 8 9 © Fitness Objectives: © 2 3 4 5 6 7 8 9 © Workout Plan: © 2 3 4 5 6 7 8 9 ©											
Fitness Theme & Goals: (a) (2) (3) (4) (5) (6) (7) (8) (9) (9) Fitness Objectives: (b) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan: (c) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan:	What Changes will I make?										
Fitness Theme & Goals: (a) (2) (3) (4) (5) (6) (7) (8) (9) (9) Fitness Objectives: (b) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan: (c) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan:											
Fitness Theme & Goals: (a) (2) (3) (4) (5) (6) (7) (8) (9) (9) Fitness Objectives: (b) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan: (c) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan:											
Fitness Theme & Goals: (a) (2) (3) (4) (5) (6) (7) (8) (9) (9) Fitness Objectives: (b) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan: (c) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan:											
Fitness Theme & Goals: (a) (2) (3) (4) (5) (6) (7) (8) (9) (9) Fitness Objectives: (b) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan: (c) (2) (3) (4) (5) (6) (7) (8) (9) (9) Workout Plan:											
Fitness Objectives:	Other Comments:										
Fitness Objectives:											
Fitness Objectives:											
Fitness Objectives:											
Fitness Objectives:											
Fitness Objectives:											
Fitness Objectives:											
Workout Plan: (a) (2) (3) (4) (5) (6) (7) (8) (9) (9)	Fitness Theme & Goals:	(3)	2	3	4	5	6	7	8	9	<u></u>
Workout Plan:	Fitness Objectives:	(3)	2	3	4	5	6	7	8	9	<u></u>
Nutrition: (a) (2) (3) (4) (5) (6) (7) (8) (9) (9)		<u>(3)</u>	2	3	4	5	6	7	8	9	<u></u>
	Nutrition:	<u>(3)</u>	2	3	4	5	6	7	8	9	<u></u>





Fourth Quarter Fitness Plan

Desired outcome:								
\/\/	ny is it import	ant that I do	this?					
•••	ly to it import	arre tride i do						
Ho	w will I feel a	fter I stick to	this plan?					
_								
_								
	MON	TUE	WED	THU	FRI	SAT	SUN	
MONTH 2 MONTH 1	calories/diet activity flexibility/other calories/diet activity flexibility/other							
MONTH 3	calories/diet activity flexibility/other							





October Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?				
Targets	[1]				
Targets ①	What are my fitness objectives for this month (specifics)?				
$\frac{\bigcirc}{2}$					
Commit to Myself: To meet this month's targets I will follow my plan, give 100% and NOT miss a workout					
or cheat on my diet. Initials:	9 / 5 = 6				
Reward My Work:					
If I accomplish this:	I will reward myself with this:				
>	reward earned? YIN				

Goal: long term achievable outcome.





October Workout Plan & Fit Log

MON	TUE WE	D TH	iU Fi	RI S		SUN
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7	8	9	10	11	12	13
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14	15	16	17	18	19	20
3 3	Ğ G	©	Ö	Ğ G	Ö	
21	22	23	24	25	26	27
Ö	(i)	3	Ğ C	3	③	
28	29	30	31	1	2	3
**************************************	ě	©	Õ	Õ	Õ	





Evaluation of Last Month

Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ S Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF Law S ON ON ON ON ON ON ON ON ON O	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	





November Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
or cheat on my diet. Initials:	What are my fitness objectives for this month (specifics)? y plan, give 100% and NOT miss a workout
Reward My Work: If I accomplish this:	I will reward myself with this: reward earned? YIN

Goal: long term achievable outcome.

Objective: measurable **actions** to achieve a goal.





November Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	31	1	2	3
	3	(i)	☼	3	3	3
4	5	6	7	8	9	10
	Ö	☼☼	3	(4)	Ŏ C	3
11	12	13	14	15	16	17
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18	19	20	21	22	23	24
		Ů	20	<u> </u>	ů	1
	26	27 ③	28	29 ©	30	Ĭ Ğ





Evaluation of Last Month

Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ S Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF Law S ON ON ON ON ON ON ON ON ON O	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	





December Goals/Objectives:

Fitness Theme & Goals	What do I want to focus on this month?
Targets ① ② ③	What are my fitness objectives for this month (specifics)?
Commit to Myself: To meet this month's targets I will follow no or cheat on my diet. Initials: Reward My Work:	ny plan, gíve 100% and NOT míss a workout
If I accomplish this:	I will reward myself with this: reward earned? YIN

Goal: long term achievable outcome.

Objective: measurable **actions** to achieve a goal.





December Workout Plan & Fit Log

MON	TUE	WED	THU	FRI	SAT	SUN
25	26	27	28	29	30	1
Ö	3	3	3	(a)	(a)	(a)
2	3	4	5	6	7	8
(a)	Ö	(a)	③	⊕	⊙⊕	⊙□
9	10	11	12	13	14	15
16	17 •	18	19	20	21	22
ů		ů		<u> </u>	ů	ů
23 ©	24 ③	25	26	27 •	28 •	29
	Ĭ	ů	Û			Û





Evaluation of Last Month

Fitness Theme & 0	Goals	•											
How did I do with	⊚ my Fi	2 tness	③ S Targ	4 gets?		6	7	8	9	©			
How did I do with	⊚ my w	2 orkou	③ ut pla	4 an?	5	6	7	8	9	<u></u>			
How was my diet l	(S) ast m	② onth		4	5	6	7	8	9	<u></u>			
Other Reflections:	<u></u>	2	3	4	5	6	7	8	9	©			
CTATC.	(S)	2	3	4	5	6	7	8	9	©			
STATS: WT BF Law S ON ON ON ON ON ON ON ON ON O	; F	RHR	CHE	ST	BUST	WA	AIST	HIPS	5 B	UTT_	THIGH	BICE	



Q1	\int	F	M	Q2	AMJ	Q3	JA	s (Q4	ON	D
 <u> </u>	<u> </u>			9.2		20		~	٠,		۳

End of Quarter Evaluation

Biggest Win(s):										
What's Working & Going Well?										
\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\										
What's Not Working?										
What Changes will I make?										
Other Comments:										
F'. TI 0.0 I	<u>(3)</u>				(E)		(7)			
Fitness Theme & Goals:		2	3	4	5	6	7	8	9	<u></u>
Fitness Objectives:	<u>(a)</u>	2	3	4	5	6	7	8	9	<u></u>
Workout Plan:	<u>(a)</u>	2	3	4	5	6	7	8	9	<u></u>
Nutrition:	(3)	2	3	4	5	6	7	8	9	<u>(i)</u>



ı	Q1 \	JF	M	Q2	AMJ	Q3	JA	S	Q4	ON	D
_		-						\sim		9	

End of Year Evaluation

Biggest Win(s):										
What's Worked & Went Well?										
What's Not Working?										
What Changes will I make nex	t year?									
Other Comments:										
Fitness Theme & Goals:	(3)	2	3	4	5	6	7	8	9	<u></u>
Fitness Objectives:	<u>(8)</u>	2	3	4	5	6	7	8	9	<u></u>
Workout Plan:	<u>(8)</u>	2	3	4	5	6	7	8	9	<u></u>
Nutrition:	<u>(a)</u>	2	3	4	5	6	7	8	9	<u></u>
•										













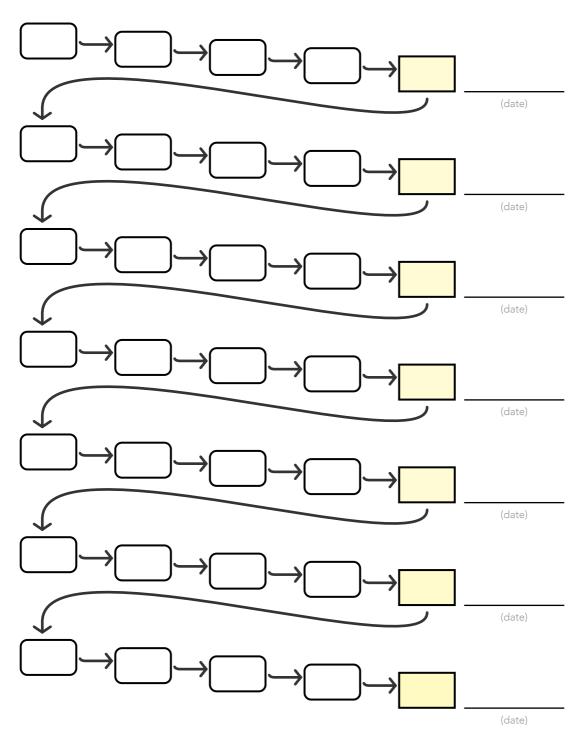
Body Statistics Tracker

DATE	WEIGHT	BF	RHR	CHEST	BUST	WAIST	HIPS	BUTT	THIGH	BICEP





Ladder Tracker







Meal Planner

MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast						
Lunch						
Dinner						
Snack						
SHACK						





Hex Color Code/Legend

OB2F6D	
56187D	
79127F	
9C58A1	
F27B8F	
F48063	
DF4018	
89B540	
BCDA78	
97DOA7	
63BA97	
019477	
5C589D	
F5821F	
FAB68A	