

# MY FITNESS PLAN



MONTH:

YEAR:

| M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|
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|   |   |   |   |   |   |   |

**1 SMALL CHANGE**  
I could make today would be:

Always listen to your body and advice from your medical team. Remember to \*MODIFY\* your workout as needed.

EXERCISE:  
DURATION:  
REPS:

EXERCISE:  
DURATION:  
REPS:

EXERCISE:  
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EXERCISE:  
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EXERCISE:  
DURATION:  
REPS:

EXERCISE:  
DURATION:  
REPS:

# GOAL SETTING

My goals should be:  Specific...I will achieve X

**BREAK IT  
DOWN**  
↓

Measurable...I know I will have achieved this when...

Achievable...because I can do X to get there

Relevant...it is meaningful to me because...

Time bound...I will achieve this by (date)

Long term Goals: This is what I really want to achieve overall

Mid term Goals: Something I can do after achieving my short term goals that will help me to meet my long term goals

Short term Goals: Something I can do today to meet my mid term goals

## GET MOTIVATED

