



FITNESS

Planner

CREATED BY

AFFINITY
FITNESS

WHEN I FEEL...



I NEED...

1. Like giving up
2. Unmotivated to start
3. Not good enough

I FEEL MOST:



WHEN

1. Resilient
2. Confident
3. Driven



SHORT-TERM GOAL:

How can I make this happen?

LONG-TERM GOAL:

How can I make this happen?

BIGGEST DREAM:

How can I make this happen?



MY 2025 VISION

This year I want to feel...

I'll be overcome with joy if...

One good habit I want to instill is...

One bad habit I want to break is...

I will nourish my mind with...

I will nourish my body with...

I will nourish my soul with...

2025 is going to be...



SET A GOAL

Pick a goal you want to focus on this week.
Be specific.

What steps can you take toward
accomplishing this goal?

1.

2.

3.



TRACK A HABIT

Pick a habit you’s like to start or stop. Every day that you keep your habit, check the circle.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

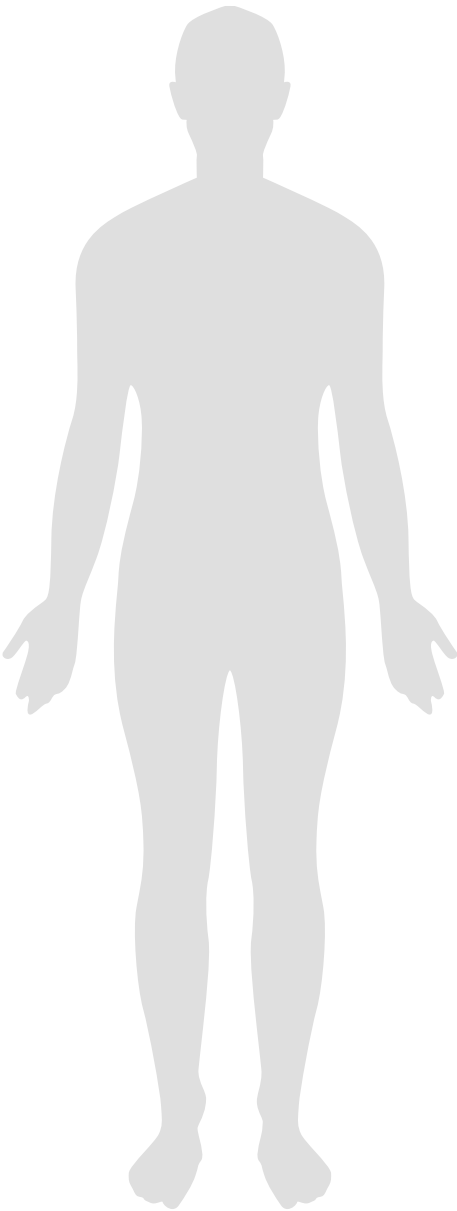
Why will creating or breaking this habit benefit you? Reflect blow & refer to this “Why” throughout the month.



WEEKLY MEASUREMENTS

Use the space below to track your measurements.

Date	
Weight	
Body Fat %	
Muscle Mass %	
Chest	
Hips	
Waist	
Thighs	
Arms	





WORKOUT PLANNER

Move	Reps	Sets

Today’s workout was

1

2

3

4

5

EASY

INTENSE



TODAY’S MOOD



SLEEP HOURS _____

WATER INTAKE



BREAKFAST

LUNCH

DINNER

SNACKS

