HELLO FIT FRIEND!

Congratulations on your decision to commit to a healthier, more fit, life!

This Fitness Calendar is a place to set simple monthly health and fitness goals, to record your exercise each day, and track your progress.

Below are some tips to help you make the most out of this simple, but effective, tool!



HOW TO USE THE FITNESS CALENDAR

- Print the calendar and fill in the month and year.
- Set one to three simply monthly goals and write them in the "My Monthly Goals" section. Some ideas are: walk 10,000 steps every day, exercise for 30 minutes 5 days per week, take a walk outside daily, strength train 3 times per week, do 10 minutes of yoga before bed, etc. Choose a doable goal that feels right to you!
- Then choose a reward for when you meet your goal. Make it a good one!
- Fill in the dates on the Fitness Calendar for this month. Since the calendar is undated, you can start *today*.
- Take your "Before" stats and add them to the box at the bottom of the page.
- Each day fill in the box with your exercise. A sample entry might be "30 minutes Zumba and 15 minute walk," or you can track steps and enter the number of steps you walk inside the box.
- ◆ You can also use the calendar to pre-plan your workouts, if you are following a program like the <u>21 Day Fix</u> or training for a 5k.

RESOURCES

- ♦ If you enjoy this Fitness Calendar, check out the printable 12 Week Epic Diet & Fitness Journal at PlanAHealthyLife.com which not only tracks your exercise (in lots more detail) but also has a comprehensive goal setting section, meal planning section, detailed progress tracking, a daily food and workout journal, and much more.)
- Tracking your steps each day is a simple way to be sure you are getting enough activity. I love my <u>Fitbit Alta</u>.
- For more information on health and fitness goal setting and meal planning, see the <u>Plan a Healthy Life section</u> at WeighToMaintain.com.
- If you need help holding yourself accountable, see 6 Easy Ways to Hold Yourself Accountable.
- For more free worksheets, calendars and printables to plan your healthiest life, see WeighToMaintain.com.

Wishing you a happy and healthy day!

Jacqui at WeighToMaintain.com / PlanAHealthyLife.com

DISCLAIMER: This Fitness Calendar is intended only for use by the original recipient. You may not forward, share, sell, or otherwise distribute this file. PlanAHealthyLife/WeighToMaintain retains all rights. The Fitness Calendar is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your health or a medical condition.

PLAN A HEALTHY LIFE FITNESS CALENDAR

MONTH: YEAR:

my monthly goals:					MY REWARD WILL BE:	
MON	TUE	WED	THU	FRI	SAT	SUN
	WEIGHT	WAIST	HIPS	THIGH	BICEPS	CHEST
Before	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	11113	111011	D. CLI 3	CITEOT
AFTER						
ALILK						