

Fitness goal planner

HOW TO USE THE FITNESS GOAL PLANNER

- 1** Take time when creating yourself goals related to fitness to think about what you want and what is ultimately best for your physical and mental health and wellbeing.
- 2** Make sure that your goals are S.M.A.R.T - specific, measurable, achievable, realistic and time-based. So instead of *'I want to get fit'*, try *'I'd like to attend three workout classes a week over the next 3 months'*.
- 3** Do they make you excited? If not get back to the drawing board and create yourself goals that you look forward to smashing.
- 4** Try something new. It's a good way to break out of your comfort-zone and the feeling of accomplishment when you complete that first new class will feel GREAT.
- 5** When you've got your goals write them down in the chart below putting your S.M.A.R.T goal at the top, the weekly steps you'll take to complete it and the time you'd like to complete it by. Print them off or save them digitally and keep them somewhere where you'll see them everyday - whether it's your screensaver or on your fridge.

AN EDITED LIFE

Goal planner

FITNESS GOAL 1	FITNESS GOAL 2
Goal:	Goal:
Weekly steps:	Weekly steps:
Completed by:	Completed by:
FITNESS GOAL 3	FITNESS GOAL 4
Goal:	Goal:
Weekly steps:	Weekly steps:
Completed by:	Completed by:

PURCHASE YOUR COPY OF AN EDITED LIFE FOR MORE GOAL PLANNING AND FITNESS ROUTINE ADVICE.

Fitness routine planner

HOW TO USE THE FITNESS ROUTINE PLANNER

- 1** Print it out, use it digitally or use this framework to jot down your own fitness routine planner that's more suitable to your needs.
- 2** Before you add in any **workouts**, you need to be realistic with your **time** - so consult your diary, see how it's looking and find what days it's possible to allocate a sweat session to.
- 3** Add your workouts in the first column and the time in the second - I find this is a real '*Yeah I did it!*' when you add up just how long you've worked out for each week. Hey, even 20 minutes is better than nothing.
- 4** In the next column add in any **notes**. I find it handy to put in how I found the workout, but you could add the specific video title if you're doing at-home workouts courtesy of YouTube, or any ideas you've had for new exercises or classes you'd like to try.
- 5** **Rest** is super important too, which is why there's a whole column dedicated to it. Give the box a tick when you're having a day off. Then at the end of the week tot up how many workouts you've done and how many rest days you've had to ensure that there's some balance in our routines and to make sure the routine is sustainable long term.

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	WORKOUT	TIME	NOTES	REST DAY
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

TOTAL WORKOUTS:

TOTAL REST DAYS:

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