

Filness Hanner



## body measurements



Having a clear plan for your fitness goals is vital. Writing down your goals and your fitness routine helps you to remain disciplined. Walking into the gym with a clear routine will ensure that:

- 1. You don't waste any time contemplating what you should do.
- 2. You're focused and consistent.
- 3. You don't quit early or give your session half the time you should.
- 4. you can track your progress week by week.

Use the planner below to plan and track your workouts.

#### Tips:

Strength training is important! Use your body weight or light weights, and work your strength up.

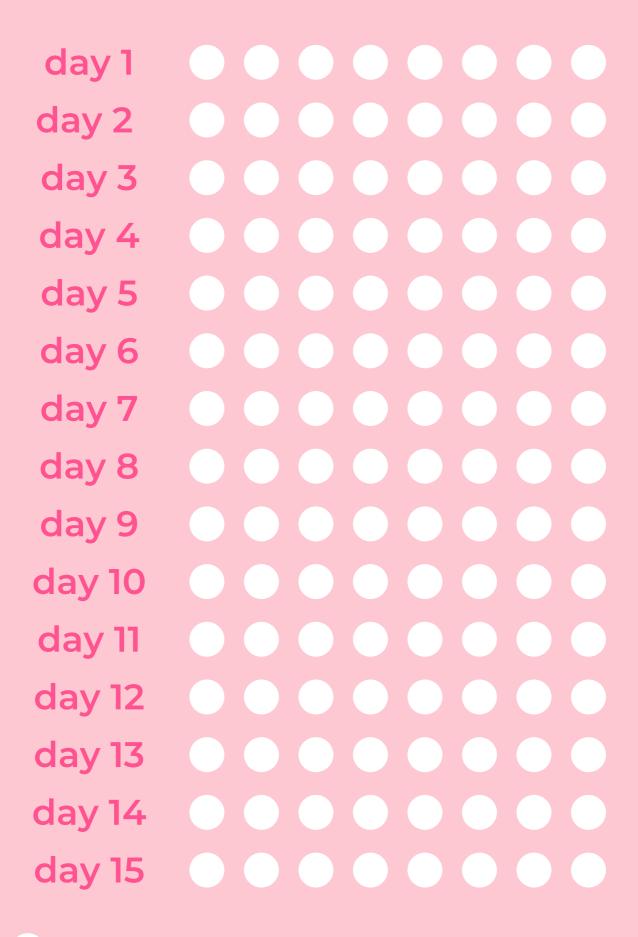
Aim for atleast 3-4 workouts a week, for 20-60mins.

Mark your planner by month- e.g week 1-4, 5-8 etc, as your goals and workouts may change.

### WEEK:

THIS WEEK'S GOALS:			
DAY:	MUSCLE GROUP:		
WARMUP		CARDIO	DURATION
	IT FORCE		
•			
EXERCISE	REPS	SETS	WEIGHT
	_	4	
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# Mater intake



Each circle: 250ml

#### **MY PROGRESS**

week 1

week 2

week 3

week 4

note



