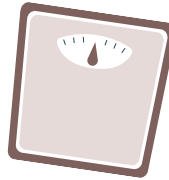


Fitness PLANNER



YOU RECEIVE:

- WEEKLY FITNESS PLANNER
- MONTHLY WORK OUT CHALLENGE
- RECIPE CARD
- VITAMIN TRACKER
- WEIGHT LOSS JOURNEY
- SLEEPING TRACKER
- HABIT TRACKER
- MEASUREMENTS
- HEALTHY MONTH CHALLENGES
- WORK OUT PLANNER
- SELF-CARE CHECKLIST
- MEAL PLANNER 6X
- GROCERY LIST

Weekly fitness planner

MEASUREMENTS		DATE: _____
BODY PART	SIZE BEFORE	SIZE AFTER
BUST		
WAIST		
HIPS		
THIGHS		

DREAM WEIGHT: _____ CURRENT WEIGHT: _____

HEALTHY HABITS

M T W TH F S S

M T W TH F S S

M T W TH F S S

TRAINING SCHEDULE

@PLANSMART

MON *Kcal:*

NOTES:

WHAT MOTIVATES ME:

TUE *Kcal:*

WED *Kcal:*

THU *Kcal:*

FRI *Kcal:*

SAT *Kcal:*

SUN *Kcal:*

Monthly work out challenge

MONTH: _____

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
29	30	YOU DID IT!		START:	END:	

NOTES:

THINGS NEEDED:

WHAT MOTIVATES ME:

REWARD:

Calories:

Recipe card

Title:

Rate:

Total time:



Ingredients:

To buy:

Notes:

Instruction:

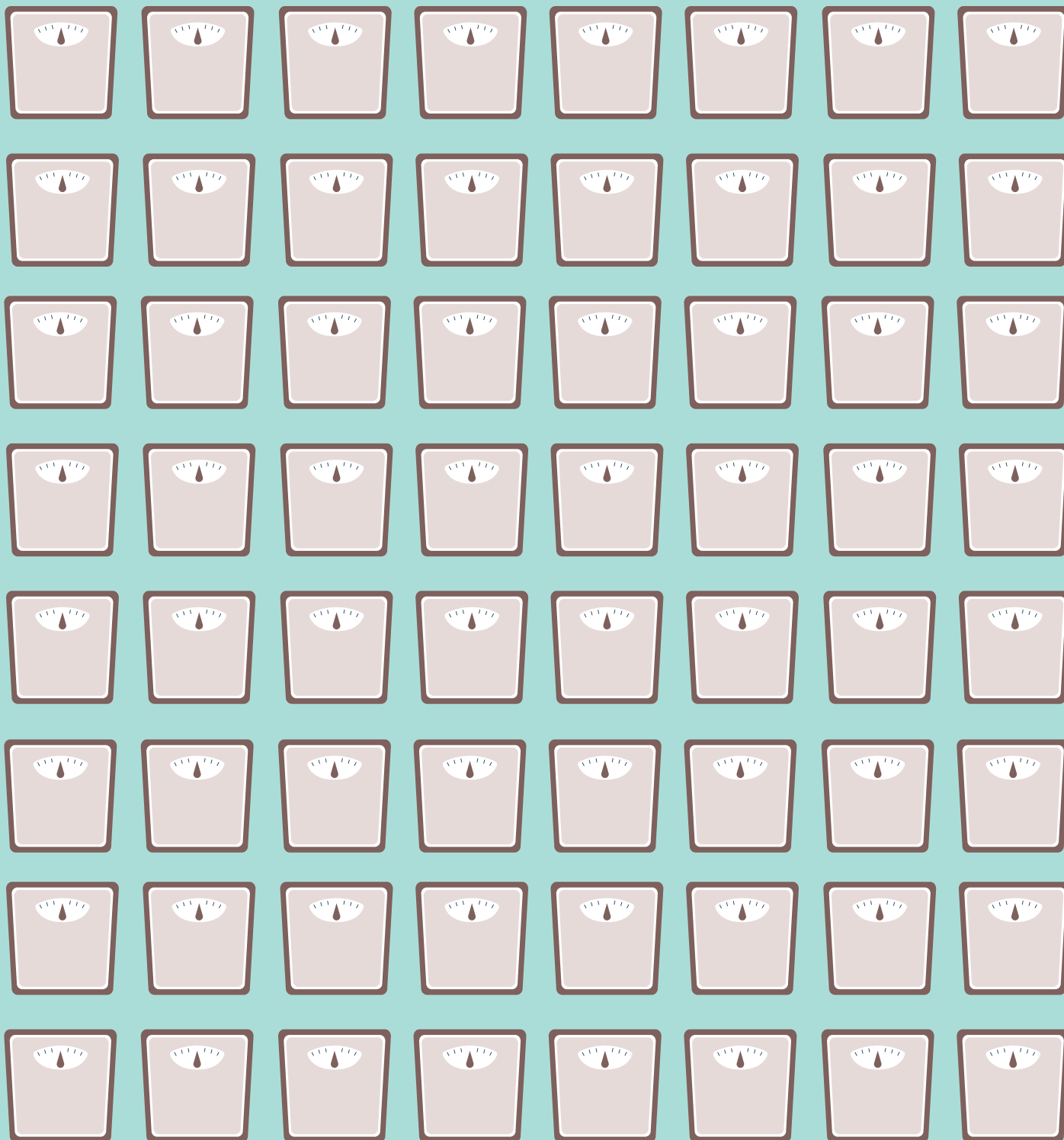


Weight loss journey

STARTS:

ENDS:

WEIGH YOURSELF EVERY WEEK IN THE MORNING



Measurements

MEASUREMENTS DATE: _____		
BODY PART	SIZE	DREAM SIZE
BUST		
WAIST		
HIPS		
THIGHS		
ARMS		
HEIGHT:	WEIGHT:	

MEASUREMENTS DATE: _____		
BODY PART	SIZE	DREAM SIZE
BUST		
WAIST		
HIPS		
THIGHS		
ARMS		
HEIGHT:	WEIGHT:	

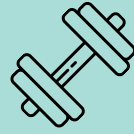
MEASUREMENTS DATE: _____		
BODY PART	SIZE	DREAM SIZE
BUST		
WAIST		
HIPS		
THIGHS		
ARMS		
HEIGHT:	WEIGHT:	

MEASUREMENTS DATE: _____		
BODY PART	SIZE	DREAM SIZE
BUST		
WAIST		
HIPS		
THIGHS		
ARMS		
HEIGHT:	WEIGHT:	

MEASUREMENTS DATE: _____		
BODY PART	SIZE	DREAM SIZE
BUST		
WAIST		
HIPS		
THIGHS		
ARMS		
HEIGHT:	WEIGHT:	

MEASUREMENTS DATE: _____		
BODY PART	SIZE	DREAM SIZE
BUST		
WAIST		
HIPS		
THIGHS		
ARMS		
HEIGHT:	WEIGHT:	

Healthy month



CHALLENGE:



M	T	W	T	F	S	S
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
29	30	YOU DID IT!				

M	T	W	T	F	S	S
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
29	30	YOU DID IT!				

CHALLENGE:



CHALLENGE:



M	T	W	T	F	S	S
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
29	30	YOU DID IT!				

Workout planner



	ACTIVITY	TIME	REPS
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			

Self-care



CHECKLIST

“If you have the ability to love,
love yourself first.”

DAILY



TWICE A WEEK



ONCE A WEEK



MONTHLY



Meal planner

YOUR DIET IS A BANK ACCOUNT. GOOD FOOD CHOICES ARE GOOD INVESTMENTS. /BETHENNY FRANKEL/

DONT FORGET TO STAY HIDRATED! 

MON	BREAKFAST : :	LUNCH : :	DINNER : :
TUE	BREAKFAST : :	LUNCH : :	DINNER : :
WED	BREAKFAST : :	LUNCH : :	DINNER : :
THU	BREAKFAST : :	LUNCH : :	DINNER : :
FRI	BREAKFAST : :	LUNCH : :	DINNER : :

Meal planner

YOUR DIET IS A BANK ACCOUNT.
GOOD FOOD CHOICES ARE GOOD
INVESTMENTS.

/BETHENNY FRANKEL/

TIME	MEALS
	BREAKFAST
	LUNC
	H DINNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Meal planner

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



Blank area for meal planning on Monday.

Blank area for meal planning on Tuesday.

Blank area for meal planning on Wednesday.

Blank area for meal planning on Thursday.

Blank area for meal planning on Friday.


Blank area for meal planning on Saturday.

Blank area for meal planning on Sunday.

Weekly meal planner


MON

Kcal:



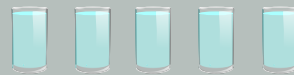
TUE

Kcal:




WED

Kcal:




THU

Kcal:




FRI

Kcal:




SAT

Kcal:



SUN

Kcal:



GROCERIES LIST:

NOTES:

Meal planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

