

Planning

for

Success



# My Fitness Goals

Duration:

	Start	End
Date		
Weight		
Bodyfat		
Bust		
Neck		
Waist		
Hips		
Thighs		
Calves		

Milestones

Date		Reward

My Motivation

Ultimate Reward

Notes

*A goal without a plan is just a wish.*

# Monday

## Date

- \*
- \*
- \*
- \*
- \*
- \*
- \*
- \*

## Goals

## Meals

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
S1: \_\_\_\_\_  
S2: \_\_\_\_\_  
S3: \_\_\_\_\_

## Schedule

5:00 A.M. \_\_\_\_\_  
6:00 A.M. \_\_\_\_\_  
7:00 A.M. \_\_\_\_\_  
8:00 A.M. \_\_\_\_\_ 1  
9:00 AM. \_\_\_\_\_  
10:00 A.M. \_\_\_\_\_  
11:00 A.M. \_\_\_\_\_  
12:00 P.M. \_\_\_\_\_  
1:00 P.M. \_\_\_\_\_  
2:00 P.M. \_\_\_\_\_  
3:00 P.M. \_\_\_\_\_  
4:00 P.M. \_\_\_\_\_  
5:00 P.M. \_\_\_\_\_  
6:00 P.M. \_\_\_\_\_  
7:00 P.M. \_\_\_\_\_  
8:00 P.M. \_\_\_\_\_

Water:



Bowl Movements:

Hunger Levels:

Famished:

Starving:

Full:

Energy Level:

Exhausted:

Fine:

Energized:

Sleep:

0-5 hrs

6-7 hrs

8+ hrs

*You only fail when you stop trying.*

# Tuesday

## Schedule

5:00 A.M. \_\_\_\_\_

6:00 A.M. \_\_\_\_\_

7:00 A.M. \_\_\_\_\_

8:00 A.M. \_\_\_\_\_

9:00 AM. \_\_\_\_\_

10:00 A.M. \_\_\_\_\_

11:00 A.M. \_\_\_\_\_

12:00 P.M. \_\_\_\_\_

1:00 P.M. \_\_\_\_\_

2:00 P.M. \_\_\_\_\_

3:00 P.M. \_\_\_\_\_

4:00 P.M. \_\_\_\_\_

5:00 P.M. \_\_\_\_\_

6:00 P.M. \_\_\_\_\_

7:00 P.M. \_\_\_\_\_

8:00 P.M. \_\_\_\_\_

## Date

\*

\*

\*

\*

\*

\*

\*

## Goals

## Meals

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

S1: \_\_\_\_\_

S2: \_\_\_\_\_

S3: \_\_\_\_\_

Water:



Hunger Levels:

Famished:

Starving:

Full:

Energy Level:

Exhausted:

Fine:

Energized:

Sleep:

0-5 hrs

6-7 hrs

8+ hrs

Bowl Movements:

*It always seems impossible until it's done.*

# Wednesday

## Date

- \*
- \*
- \*
- \*
- \*
- \*
- \*
- \*

## Goals

## Meals

- B: \_\_\_\_\_
- L: \_\_\_\_\_
- D: \_\_\_\_\_
- S1: \_\_\_\_\_
- S2: \_\_\_\_\_
- S3: \_\_\_\_\_

## Schedule

- 5:00 A.M. \_\_\_\_\_
- 6:00 A.M. \_\_\_\_\_
- 7:00 A.M. \_\_\_\_\_
- 8:00 A.M. \_\_\_\_\_ 1
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- 4:00 P.M. \_\_\_\_\_
- 5:00 P.M. \_\_\_\_\_
- 6:00 P.M. \_\_\_\_\_
- 7:00 P.M. \_\_\_\_\_
- 8:00 P.M. \_\_\_\_\_

Water:



Hunger Levels:

Famished:

Starving:

Full:

Energy Level:

Exhausted:

Fine:

Energized:

Sleep:

0-5 hrs

6-7 hrs

8+ hrs

Bowl Movements:

Know this-you can start over each morning.

# Thursday

## Schedule

5:00 A.M. \_\_\_\_\_

6:00 A.M. \_\_\_\_\_

7:00 A.M. \_\_\_\_\_

8:00 A.M. \_\_\_\_\_

9:00 AM. \_\_\_\_\_

10:00 A.M. \_\_\_\_\_

11:00 A.M. \_\_\_\_\_

12:00 P.M. \_\_\_\_\_

1:00 P.M. \_\_\_\_\_

2:00 P.M. \_\_\_\_\_

3:00 P.M. \_\_\_\_\_

4:00 P.M. \_\_\_\_\_

5:00 P.M. \_\_\_\_\_

6:00 P.M. \_\_\_\_\_

7:00 P.M. \_\_\_\_\_

8:00 P.M. \_\_\_\_\_

## Date

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## Goals

## Meals

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

S1: \_\_\_\_\_

S2: \_\_\_\_\_

S3: \_\_\_\_\_

Water: Hunger Levels: Energy Level: Sleep:



Famished:

Exhausted:

0-5 hrs



Starving:

Fine:

6-7 hrs



Full:

Energized:

8+ hrs

Bowl Movements:

Let's Do This!



# Friday

## Date

- \*
- \*
- \*
- \*
- \*
- \*
- \*
- \*

## Goals

## Meals

- B: \_\_\_\_\_
- L: \_\_\_\_\_
- D: \_\_\_\_\_
- S1: \_\_\_\_\_
- S2: \_\_\_\_\_
- S3: \_\_\_\_\_

## Schedule

- 5:00 A.M. \_\_\_\_\_
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- 6:00 P.M. \_\_\_\_\_
- 7:00 P.M. \_\_\_\_\_
- 8:00 P.M. \_\_\_\_\_

Water:



Bowl Movements:

Hunger Levels:

- Famished:
- Starving:
- Full:

Energy Level:

- Exhausted:
- Fine:
- Energized:

Sleep:

- 0-5 hrs
- 6-7 hrs
- 8+ hrs

*I Will Get There!*



# Saturday

## Schedule

5:00 A.M. \_\_\_\_\_

6:00 A.M. \_\_\_\_\_

7:00 A.M. \_\_\_\_\_

8:00 A.M. \_\_\_\_\_

9:00 AM. \_\_\_\_\_

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4:00 P.M. \_\_\_\_\_

5:00 P.M. \_\_\_\_\_

6:00 P.M. \_\_\_\_\_

7:00 P.M. \_\_\_\_\_

8:00 P.M. \_\_\_\_\_

Water:



Hunger Levels:

Famished:

Starving:

Full:

Energy Level:

Exhausted:

Fine:

Energized:

Sleep:

0-5 hrs

6-7 hrs

8+ hrs

Bowl Movements:

## Date

\*  
\*  
\*  
\*  
\*  
\*  
\*

## Goals

## Meals

B: \_\_\_\_\_

L: \_\_\_\_\_

D: \_\_\_\_\_

S1: \_\_\_\_\_

S2: \_\_\_\_\_

S3: \_\_\_\_\_

*Set goals and crush them.*

# Sunday

## Date

- \*
- \*
- \*
- \*
- \*
- \*
- \*
- \*

## Goals

## Meals

B: \_\_\_\_\_  
L: \_\_\_\_\_  
D: \_\_\_\_\_  
S1: \_\_\_\_\_  
S2: \_\_\_\_\_  
S3: \_\_\_\_\_

## Schedule

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8:00 P.M. \_\_\_\_\_

Water:



Hunger Levels:

Famished:

Starving:

Full:

Energy Level:

Exhausted:

Fine:

Energized:

Sleep:

0-5 hrs

6-7 hrs

8+ hrs

Bowl Movements:

*The best view comes after the hardest climb.*

# To Do

*Work*

*Personal*

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# WEEKLY

Week of: \_\_\_\_\_

- \*
- \*
- \*
- \*
- \*
- \*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Goals

NOTES

*I believe in the person I am becoming.*

# WEEKLY

Week of: \_\_\_\_\_

- \*
- \*
- \*
- \*
- \*
- \*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Goals

NOTES

*Purpose fuels passion.*

# Meal Plan

Monday

Grocery List

Tuesday

Wednesday










Thursday

Friday

Saturday

Sunday

# Daily Food Journal

<p>Date: _____</p> <p>Calorie Goal: _____</p> <p>Calories Used: _____</p>	<p>Starting Weight: _____</p> <p>Goal Weight: _____</p>																				
<p>Breakfast: _____</p> <p>_____</p> <p>_____</p> <p>Cal: _____ Carbs: _____ Protein: _____ Fat: _____</p>	<p>Highs: _____</p>																				
<p>Lunch: _____</p> <p>_____</p> <p>_____</p> <p>Cal: _____ Carbs: _____ Protein: _____ Fat: _____</p>	<p>Lows: _____</p>																				
<p>Dinner: _____</p> <p>_____</p> <p>_____</p> <p>Cal: _____ Carbs: _____ Protein: _____ Fat: _____</p>	<p>Rewards: _____</p>																				
<p>Snacks: _____</p> <p>_____</p> <p>_____</p> <p>Cal: _____ Carbs: _____ Protein: _____ Fat: _____</p>	<p>Notes: _____</p>																				
<p>Weight: _____ +/- _____</p> <p>Milestone: _____</p>	<table border="1"> <thead> <tr> <th>Water:</th> <th>Hunger Levels:</th> <th>Energy Level:</th> <th>Sleep:</th> </tr> </thead> <tbody> <tr> <td></td> <td>Famished:</td> <td>Exhausted:</td> <td>0-5 hrs</td> </tr> <tr> <td></td> <td>Starving:</td> <td>Fine:</td> <td>6-7 hrs</td> </tr> <tr> <td></td> <td>Full:</td> <td>Energized:</td> <td>8+ hrs</td> </tr> <tr> <td colspan="4">Bowl Movements: _____</td> </tr> </tbody> </table>	Water:	Hunger Levels:	Energy Level:	Sleep:		Famished:	Exhausted:	0-5 hrs		Starving:	Fine:	6-7 hrs		Full:	Energized:	8+ hrs	Bowl Movements: _____			
Water:	Hunger Levels:	Energy Level:	Sleep:																		
	Famished:	Exhausted:	0-5 hrs																		
	Starving:	Fine:	6-7 hrs																		
	Full:	Energized:	8+ hrs																		
Bowl Movements: _____																					
<p>Measurements</p> <p>BMI: _____ Bodyfat%: _____</p> <p>Chest: _____ Waist: _____</p> <p>Arms: _____ Hips: _____</p> <p>Thighs: _____</p>																					



# Exercise Tracker

## Warm up

<i>Exercise</i>	<i>Time</i>	<i>Notes</i>

## Main Workout

<i>Exercise</i>	<i>Set 1</i>		<i>Set 2</i>		<i>Set 3</i>		<i>Set 4</i>	
	<i>Reps</i>	<i>Lbs</i>	<i>Reps</i>	<i>Lbs</i>	<i>Reps</i>	<i>Lbs</i>	<i>Reps</i>	<i>Lbs</i>

## Cool-Down

<i>Exercise</i>	<i>Time</i>	<i>Notes</i>



# JANUARY

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*Trust the timing of your life.*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*


# FEBURARY

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*Life begins at the end of your comfort zone.*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*


# MARCH

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS



*When you feel like quitting think about why you started.*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*


# APRIL

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*Have the courage to live life the way you want to.*

<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>

# May

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*Do it now. Sometimes 'later' becomes 'never'.*

<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>

# JUNE

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*Create your own opportunities. Do not wait for them.*

<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>



# JULY

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*Persist until you succeed.*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*


# AUGUST

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*Inhale confidence-exhale doubt.*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*


# SEPTEMBER

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*You only get out, what you put into it.*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*

<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>

# OCTOBER

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS



*Never be afraid of change.*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*


# NOVEMBER

NOTES





















SUNDAY

MONDAY

TUESDAY

GOALS

*Your potential is endless.*

<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
			
			
			
			
			

# DECEMBER

NOTES

SUNDAY

MONDAY

TUESDAY

GOALS

*My strength is greater than any struggle.*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*


Month: \_\_\_\_\_

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>

*Notes*



# 2018 at a glance

## JANUARY

Mo	Tu	We	Th	Fr	Sa	Su
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	31				

## FEBRUARY

Mo	Tu	We	Th	Fr	Sa	Su
			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				

## MARCH

Mo	Tu	We	Th	Fr	Sa	Su
			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	31	

## APRIL

Mo	Tu	We	Th	Fr	Sa	Su
						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						

## MAY

Mo	Tu	We	Th	Fr	Sa	Su
	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	31			

## JUNE

Mo	Tu	We	Th	Fr	Sa	Su
				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	

## JULY

Mo	Tu	We	Th	Fr	Sa	Su
						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	31					

## AUGUST

Mo	Tu	We	Th	Fr	Sa	Su
		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	31		

## SEPTEMBER

Mo	Tu	We	Th	Fr	Sa	Su
					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

## OCTOBER

Mo	Tu	We	Th	Fr	Sa	Su
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	31				

## NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su
			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		

## DECEMBER

Mo	Tu	We	Th	Fr	Sa	Su
					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
31						