

BEGINNER'S

# *Workout*

WEEKLY PLANNER





## BEGINNER'S WORKOUT WEEKLY PLANNER

# Week 1

### MONDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### TUESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

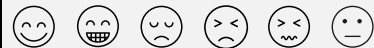
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### WEDNESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER





## BEGINNER'S WORKOUT WEEKLY PLANNER

# Week 1

### THURSDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

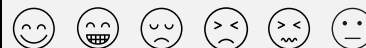
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



## SATURDAY REST

### SUNDAY \_\_\_\_\_

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

*You made it to first week! Good job.*



## BEGINNER'S WORKOUT WEEKLY PLANNER

### Week 2

MONDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

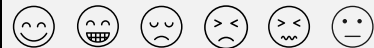
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



WEDNESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER





## BEGINNER'S WORKOUT WEEKLY PLANNER

### Week 2

THURSDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

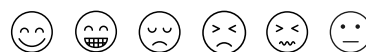
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



SATURDAY REST

SUNDAY \_\_\_\_\_

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

*You made it to second week! Good job.*



## BEGINNER'S WORKOUT WEEKLY PLANNER

# Week 3

### MONDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### TUESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

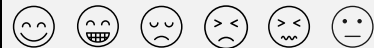
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### WEDNESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER





## BEGINNER'S WORKOUT WEEKLY PLANNER

### Week 3

#### THURSDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



#### FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

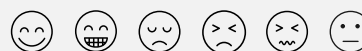
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### SATURDAY REST

#### SUNDAY \_\_\_\_\_

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

*You made it to third week! Good job.*



## BEGINNER'S WORKOUT WEEKLY PLANNER

# Week 4

### MONDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### TUESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

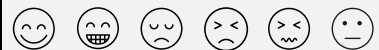
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### WEDNESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER







## BEGINNER'S WORKOUT WEEKLY PLANNER

### Week 4

THURSDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

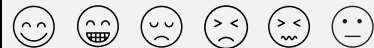
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



## SATURDAY REST

SUNDAY \_\_\_\_\_

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

*You made it to forth week! Good job.*



## BEGINNER'S WORKOUT WEEKLY PLANNER

# Week 5

### MONDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### TUESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

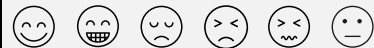
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### WEDNESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER





## BEGINNER'S WORKOUT WEEKLY PLANNER

# Week 5

### THURSDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



### FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



## SATURDAY REST

### SUNDAY \_\_\_\_\_

COMPLETED: YES / NO

SMALL STRETCH / WORKOUT

YOUR CHEAT FOOD REQUEST

*You made it to fifth week! Good job.*