

# FITNESS & WELLNESS PLANER

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### MONTHLY CHECK-IN

MONTH: \_\_\_\_\_

HOW DID YOU DO THIS MONTH?

Dates: \_\_\_\_\_

TODAY'S GOALS/FOCUS

TODAY'S MOTIVATION

#### WORKOUT TYPE

- YOGA/STRETCHING
- PILATES
- WALKING
- RUN
- CARDIO
- WEIGHTS

STEPS

CALORIES

MOOD

WATER

1 2 3 4 5 6 7 8

EMOTIONAL CHECK-IN  
TODAY WAS:

NOTES:

#### WORKOUT FOCUS

TODAY'S WORKOUT WAS:  
1 2 3 4 5  
OK THE BEST

#### SELF-CARE

- BIBLE STUDY/DEVOTION
- PRAYER TIME
- MEDITATION
- BREATHING EXERCISES
- READING

OR COMPLETE ANY CHALLENGE!

FOR:

STARTING WEIGHT  
ENDING WEIGHT  
CHEST  
WAIST  
RIGHT ARM  
LEFT ARM  
HIPS  
RIGHT THIGH  
LEFT THIGH  
RIGHT CALF  
LEFT CALF

# Wellness Planner For Beginners

**S. M. R. Wellness**

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