

# FITNESS & WELLNESS PLANNER

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## MONTHLY CHECK-IN

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

HOW DID YOU DO THIS MONTH?

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

TODAY'S GOALS/FOCUS

TODAY'S MOTIVATION

### WORKOUT TYPE

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

### WORKOUT FOCUS

STEPS

CALORIES

MOOD

1 2 3 4 5 6 7 8

EMOTIONAL CHECK-IN

TODAY WAS:

NOTES:

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 CHALLENGES?

FOR:

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

# Wellness Planner For Beginners

**Jicheng Xie**



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