EVERYDAY WORKOUT FOCUSED

A FAITH-BASED FITNESS PLANNER

I can do all things through Christ who strengthens me.

PHILIPPIANS 4:13

DATE: _____

M T W T F S S

TODAY'S WORKOUT

FOCUS:
(e.g., Upper Body, Lower Body, Full Body, Cardio, Run)

_____

WORKOUT TYPE:

- ☐ Strength Training
- ☐ Cardio / Endurance
- ☐ HIIT
- ☐ Pilates / Mobility
- ☐ Run / Walk
- ☐ Other: _____

PLANNED DURATION:

_____ minutes

WORKOUT PLAN

EXERCISE	SETS	REPS	WEIGHT	NOTES

HOW I'M FEELING

ENERGY LEVEL ♡ ♡ ♡ ♡ ♡

MOTIVATION ☆ ☆ ☆ ☆ ☆

SORENESS (0–10)

0 1 2 3 4 5 6 7 8 9 10

STRESS LEVEL (0–10)

0 1 2 3 4 5 6 7 8 9 10

SLEEP LAST NIGHT: _____ hours

SLEEP QUALITY ☆ ☆ ☆ ☆ ☆

NUTRITION & FUEL

PRE-WORKOUT FUEL:

_____

_____

POST-WORKOUT FUEL:

_____

_____

_____

WATER INTAKE:

💧 💧 💧 💧 💧 💧 💧 💧 ☐ = 8 oz

WORKOUT RESULTS

I COMPLETED:

- ☐ All planned exercises
- ☐ Most of my workout
- ☐ Half of my workout
- ☐ Modified workout
- ☐ Rest / Recovery day

TOTAL TIME:

_____

CALORIES BURNED (ESTIMATE):

_____

NOTES, WINS & HOW I FELT AFTER:

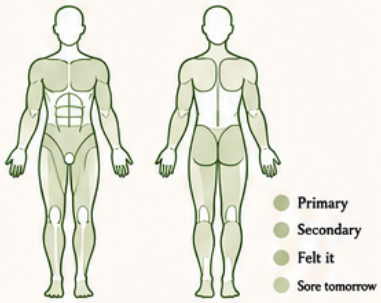
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MUSCLE FOCUS



STRENGTH TRAINING TRACKER

EXERCISE	SET 1		SET 2		SET 3		SET 4		NOTES
	WT.	REPS	WT.	REPS	WT.	REPS	WT.	REPS	
EXERCISE 1									
EXERCISE 2									
EXERCISE 3									
EXERCISE 4									
EXERCISE 5									
EXERCISE 6									

CARDIO & CONDITIONING

ACTIVITY: _____

DURATION: _____

DISTANCE: _____

INTENSITY: LIGHT ○ MODERATE ○ HARD ○

NOTES: _____

_____

_____

TODAY I WILL...

- ☐ Show up for myself
- ☐ Stay consistent
- ☐ Push with purpose
- ☐ Fuel my body well
- ☐ Rest & recover
- ☐ Trust the process

REMINDER TO MYSELF ♡

Discipline today,
Strength tomorrow.

TOMORROW'S PLAN

WORKOUT FOCUS: _____

TOP EXERCISES:

1. _____
2. _____
3. _____

ANYTHING I NEED TO PREP?

_____

_____

MONTHLY PROGRESS

TOTAL WORKOUTS COMPLETED: _____

CONSISTENCY (DAYS):

S M T W T F S

BIG WIN THIS MONTH:

_____

_____

GOAL FOR NEXT MONTH:

_____

_____

MINDSET

PROGRESS OVER PERFECTION. KEEP SHOWING UP.

A MOTHER'S DESIGN
purposeful planning for the heart of your home