BEGINNER'S

Workout

WEEKLY PLANNER



SUSAN JACKSON, WELLNESS COACH

MONDAY _			COMPLETED: YES / NO
MY FOCUS TODAY		WRITE 3 AFF	IRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER
TUESDAY _			COMPLETED: YES / NO
MY FOCUS TODAY	,	WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER
WEDNESDA	Y		COMPLETED: YES / NO
MY FOCUS TODAY		WRITE 3 AFF	IRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER

Week 1

THURSDAY	COMPLETED: YES / NO
MY FOCUS TODAY	WRITE 3 AFFIRMATIONS
WARM UP WORKOUT	MOOD TRACKER MOOD TRACKER WATER TRACKER
FRIDAY	COMPLETED: YES / NO
MY FOCUS TODAY	WRITE 3 AFFIRMATIONS
WARM UP WORKOUT	MOOD TRACKER WATER TRACKER WATER TRACKER
SATURE	DAY REST
SUNDAY	COMPLETED: YES / NO
SMALL STRETCH / WORKOUT	YOUR CHEAT FOOD REQUEST

You made it to first week! Good job.

MONDAY _			COMPLETED: YES / NO
MY FOCUS TODAY	,	WRITE 3 AFF	IRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER
TUESDAY _			COMPLETED: YES / NO
MY FOCUS TODAY	(WRITE 3 AFF	FIRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER
WEDNESDA	Υ		COMPLETED: YES / NO
MY FOCUS TODAY		WRITE 3 AFF	IRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER

Week 2

THURSDAY	COMPLETED: YES / NO
MY FOCUS TODAY	WRITE 3 AFFIRMATIONS
WARM UP WORKOUT	COOL DOWN MOOD TRACKER WATER TRACKER WATER TRACKER
FRIDAY	COMPLETED: YES / NO
MY FOCUS TODAY	WRITE 3 AFFIRMATIONS
WARM UP WORKOUT	COOL DOWN MOOD TRACKER WATER TRACKER
SATUR	RDAY REST
SUNDAY	COMPLETED: YES / NO
SMALL STRETCH / WORKOUT	YOUR CHEAT FOOD REQUEST

You made it to second week! Good job.

		COMPLETED: YES / NO	
MY FOCUS TODAY	WRITE 3 AF	WRITE 3 AFFIRMATIONS	
WARM UP WORKOU	JT COOL DOWN	MOOD TRACKER WATER TRACKER	
TUESDAY		COMPLETED: YES / NO	
MY FOCUS TODAY	WRITE 3 AF	FIRMATIONS	
WARM UP WORKOU	JT COOL DOWN	MOOD TRACKER WATER TRACKER	
WEDNESDAY		COMPLETED: YES / NO	
MY FOCUS TODAY	WRITE 3 AF	FIRMATIONS	
WARM UP WORKOU	JT COOL DOWN	MOOD TRACKER	

Week3

THURSDAY	COMPLETED: YES / NO
MY FOCUS TODAY	WRITE 3 AFFIRMATIONS
WARM UP WORKOUT	COOL DOWN MOOD TRACKER WATER TRACKER WATER TRACKER
FRIDAY	COMPLETED: YES / NO
MY FOCUS TODAY	WRITE 3 AFFIRMATIONS
WARM UP WORKOUT	COOL DOWN MOOD TRACKER WATER TRACKER
SA	TURDAY REST
SUNDAY	COMPLETED: YES / NO
SMALL STRETCH / WORKOUT	YOUR CHEAT FOOD REQUEST

You made it to third week! Good job.

MY FOCUS TODAY		WRITE 3 AFF	IRMATIONS
WADA IID	WORKOUT	COOL DOWN:	MOOD TRACKER
WARM UP	WORKOUT	COOL DOWN	
			WATER TRACKER
TUESDAY			COMPLETED: YES / NO
			COMPLETED. TES / NO
MY FOCUS TODAY	,	WRITE 3 AFF	FIRMATIONS
			7
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER
			WATER TRACKER
AVEDALECDAY			WATER TRACKER
NEDNESDA'	Y		WATER TRACKER
WEDNESDA'		WRITE 3 AFF	WATER TRACKER COMPLETED: YES / NO
			WATER TRACKER COMPLETED: YES / NO
			WATER TRACKER COMPLETED: YES / NO
			COMPLETED: YES / NO SIRMATIONS MOOD TRACKER
MY FOCUS TODAY		WRITE 3 AFF	WATER TRACKER COMPLETED: YES / NO TIRMATIONS

Week 4

MY FOCUS TODAY		WRITE 3 AFF	IRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER
FRIDAY			COMPLETED: YES / NO
MY FOCUS TODAY		WRITE 3 AFF	IRMATIONS
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER
	SATU	RDAY REST	
SUNDAY _			COMPLETED: YES / NO
SMALL STRETCH /	WORKOUT	VOLID CHEA	T FOOD REQUEST

You made it to forth week! Good job.

MY FOCUS TODAY		WRITE 2 AFFIRMATIONS		
MY FOCUS TODAY		WRITE 3 AFF	WRITE 3 AFFIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER	
TUESDAY _			COMPLETED: YES / NO	
MY FOCUS TODAY	,	WRITE 3 AFF	FIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER	
WEDNESDA	Υ		COMPLETED: YES / NO	
MY FOCUS TODAY		WRITE 3 AFF	FIRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER	

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 AFF	IRMATIONS	
WARM UP	WORKOUT	COOL DOWN	MOOD TRACKER WATER TRACKER	
	SATU	RDAY REST		
SUNDAY			COMPLETED: YES / NO	
SMALL STRETCH /	WORKOUT	YOUR CHEA	T FOOD REQUEST	

You made it to fifth week! Good job.