

BEGINNER'S

# *Workout*

WEEKLY PLANNER



SUSAN JACKSON, WELLNESS COACH

BEGINNER'S WORKOUT WEEKLY PLANNER

*Week 1*

MONDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

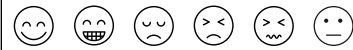
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

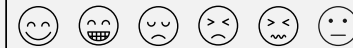
WRITE 3 AFFIRMATIONS

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

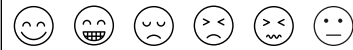
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

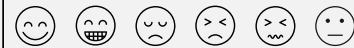
WRITE 3 AFFIRMATIONS

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

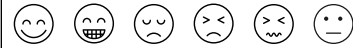
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

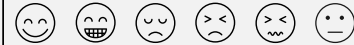
WRITE 3 AFFIRMATIONS

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

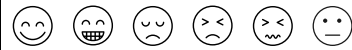
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

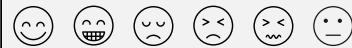
WRITE 3 AFFIRMATIONS

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

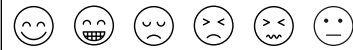
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



TUESDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

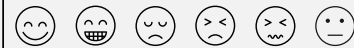
WRITE 3 AFFIRMATIONS

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

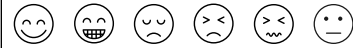
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

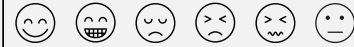
WRITE 3 AFFIRMATIONS

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

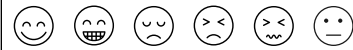
WRITE 3 AFFIRMATIONS

WARM UP

WORKOUT

COOL DOWN

MOOD TRACKER



WATER TRACKER



FRIDAY \_\_\_\_\_

COMPLETED: YES / NO

MY FOCUS TODAY

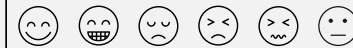
WRITE 3 AFFIRMATIONS

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.*