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FITNESS

- JOURNAL -

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Measure your progress «
Celebrate achievements «
Make and break habits «





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FITNESS

- JOURNAL -

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Fitness Journal

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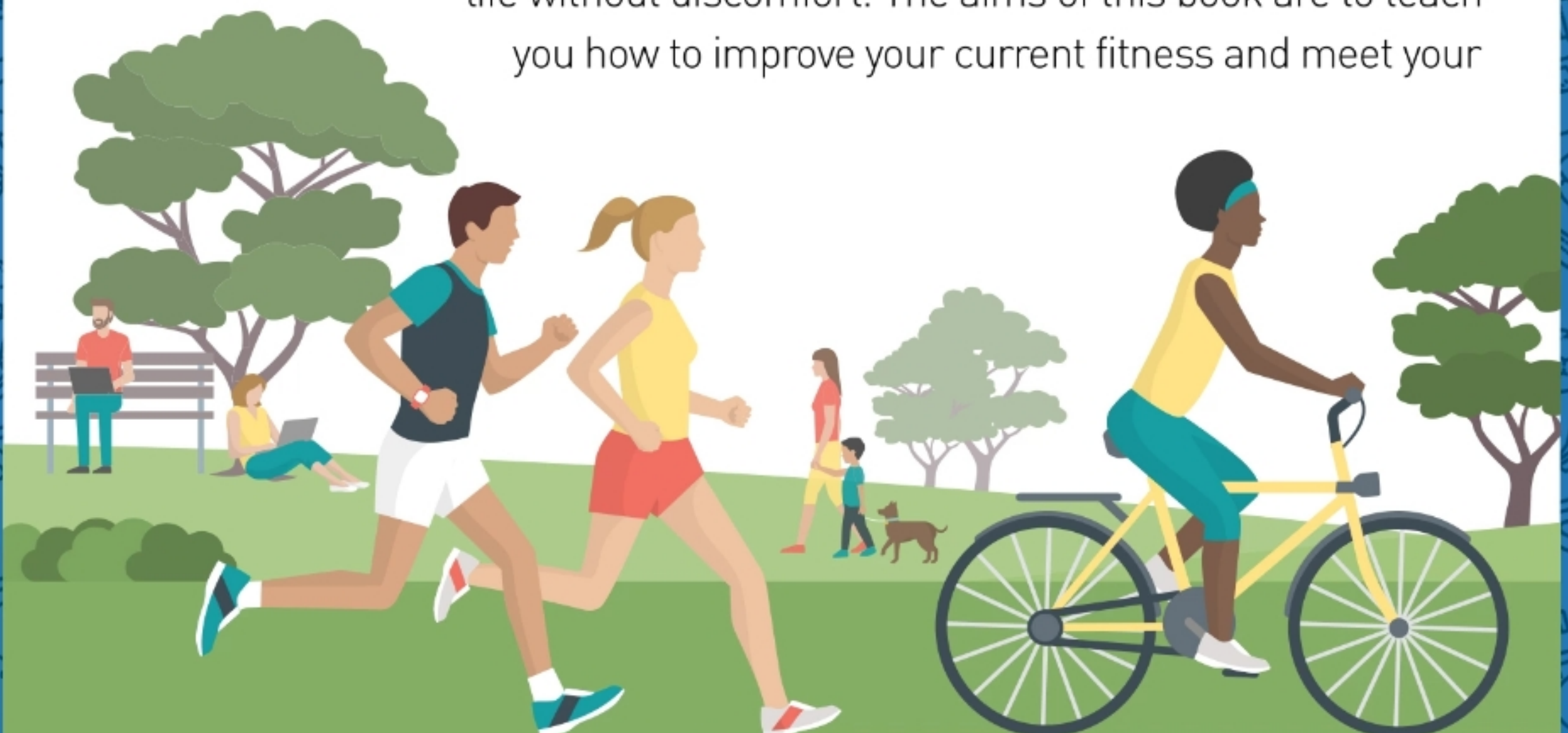
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A NOTE FROM THE AUTHOR

“I feel so unfit” are words we have all uttered at one time or another. What often follows is a burst of motivation as we frantically sign up to the local gym, book lots of classes, and devour every health and fitness book we can get our hands on... Only for the bubble to burst a couple of weeks later, as we slip back into old habits, feeling like we’ve completely failed on our journey to ultimate fitness.

It’s not a failure, of course. It’s a misunderstanding on what fitness is and what it means to us as individuals. Type ‘fitness’ into your search engine and you will likely be overwhelmed by the sheer number of articles promising to get you fit, images of glistening bodies with rock-hard abs, and demanding regimes that will have you up at 5am every day to get a couple of hours’ solid gym time in before you head to work.

But this is not what we mean by fitness in this journal. According to *Wikipedia*, physical fitness can be defined as ‘a state of health and wellbeing and, more specifically, the ability to perform aspects of sports, occupations and daily activities’. Notice how that doesn’t say ‘The ability to bench-press your own weight’ or ‘To be able to run a marathon’. While you will set personal goals along the way in your pursuit of fitness, the most important aspect of being fit is the ability to do what you need to do every single day in your normal life without discomfort. The aims of this book are to teach you how to improve your current fitness and meet your



own personal goals, and to empower you. You can do anything you set your heart on with the right mindset – even if it is running that marathon!

This journal is for everyone. It's not just for those who are new to the concept of fitness, nor is it just for those who are super-fit. It is for anyone who wants to work towards an improved level of fitness, whatever that may be, regardless of their starting point. I was incredibly excited and honoured to have been given the opportunity to write this book, as one of my passions in life is to encourage others to explore their own fitness.

“The aims of this book are to teach you how to improve your current fitness and meet your own personal goals, and to empower you”

You might assume, then, that fitness comes naturally to me and that I have always been ‘fit’, but that’s simply not true. I think the reason that I have enjoyed writing this book is that it was a cathartic experience. It made me reflect on how I perceive fitness and the areas that I need to keep working on.

I’m definitely that person who has uttered the words at the start of this introduction – “I feel so unfit” – on numerous occasions. At least twice this week already. This year I have run three marathons and one ultramarathon. I’m clearly not ‘unfit’ by any conventional definition, but the fact that I regularly perceive myself as such goes to show just how complicated the notion of fitness really is.

What I am really saying to myself is that I’m not as fit as I would like to be, and that is a completely different statement altogether. It’s the fact that I constantly move the goalposts, set impossibly high standards that I will inevitably ‘fail’ to reach or sustain, and set myself punishing routines that don’t fit in with the realities of my busy life.

My own journey towards fitness has been a rollercoaster over the years. I enjoyed being active as a child and into early secondary school. I ran at school and at kid-friendly sessions held while my parents were at running club. I



loved running, but back then I didn't give two hoots about fitness. I ran because I could, because it was fun. This passion for running subsided a little in my later teenage years and college days as it was replaced by my social life. When I reached university, for the first time I really felt 'unfit'. I felt tired, lethargic, run-down – for the most part due to the student lifestyle of late nights, too much junk food and alcohol, and trying to keep up with my studies while working for an income. I vividly remember going for a run around the block and struggling. It was a shock to me; I had always been able to run, yet there I was out of breath and unable to run even a couple of miles without walking.

So, I hit the gym and started running again. I did improve my fitness and even entered a few races to stay motivated, but if I am truly honest with myself, my motivation really came from a completely different place. I was far more concerned with how the effects of exercise made me *look* rather than how they made me *feel*. I'd drag myself to the gym so I could go out clubbing at the weekend. It was definitely a reward/punishment system.

In my later 20s, I rediscovered my love of running – beyond simply using it as a means to keep my weight down. I got a charity place in the 2009 London Marathon, my first long-distance event.

This really changed my mindset on what fitness was. Going to the gym to stay slim was not going to prepare my body to tackle 26.2 miles! I had to really think about what training I needed to do, what food I needed to eat, and the importance of rest and recovery. I would say that was a huge



“Doing something active in nature truly is the best medicine in the whole world”



turning point in my life when it came to fitness (the other was having my two boys and being in complete awe of what the human body can achieve). I had a completely different goal physically, but the real change came in my perception of what fitness means to me. In those long training runs, I found a peace I didn't have in the rest of my life. I knew then that I always wanted to be fit enough to lace up my trainers and spend time with my thoughts running. It wasn't just about speed, distance, weight or any of those other arbitrary goals I set myself (and I certainly set a lot of those!). It was about my own overall health and wellbeing. Once I discovered trail running, the benefits became even greater – doing something active in nature truly is the best medicine in the whole world.

The calmness I get from running makes me a better person in my daily life – a better partner and a better mother. It's also shifted my whole mindset on physical fitness. I do still worry about my weight (that's one demon that will never go away), but now I want to be fit for other reasons. I want to be healthy, to live life to the fullest for as long as possible, and to have the energy to face every day and every new challenge as best I can.

While I know all this, and on the good days I can reflect on the positives, I still struggle. I will always want to try harder, do better, run faster, be stronger – be fitter. I still set goals that are unmanageable. It's a constant battle to remind myself that this is not the point; I should reframe my mindset on fitness and be grateful for what my body allows me to do. I'm a work in progress, as we all are, no matter what point we have started from.

I will be using this journal alongside you, as a daily reminder to strive for progress and not perfection. Always remember what brought you to this point, and don't forget to enjoy the journey along the way.

Julie Bassett



ABOUT ME

Name

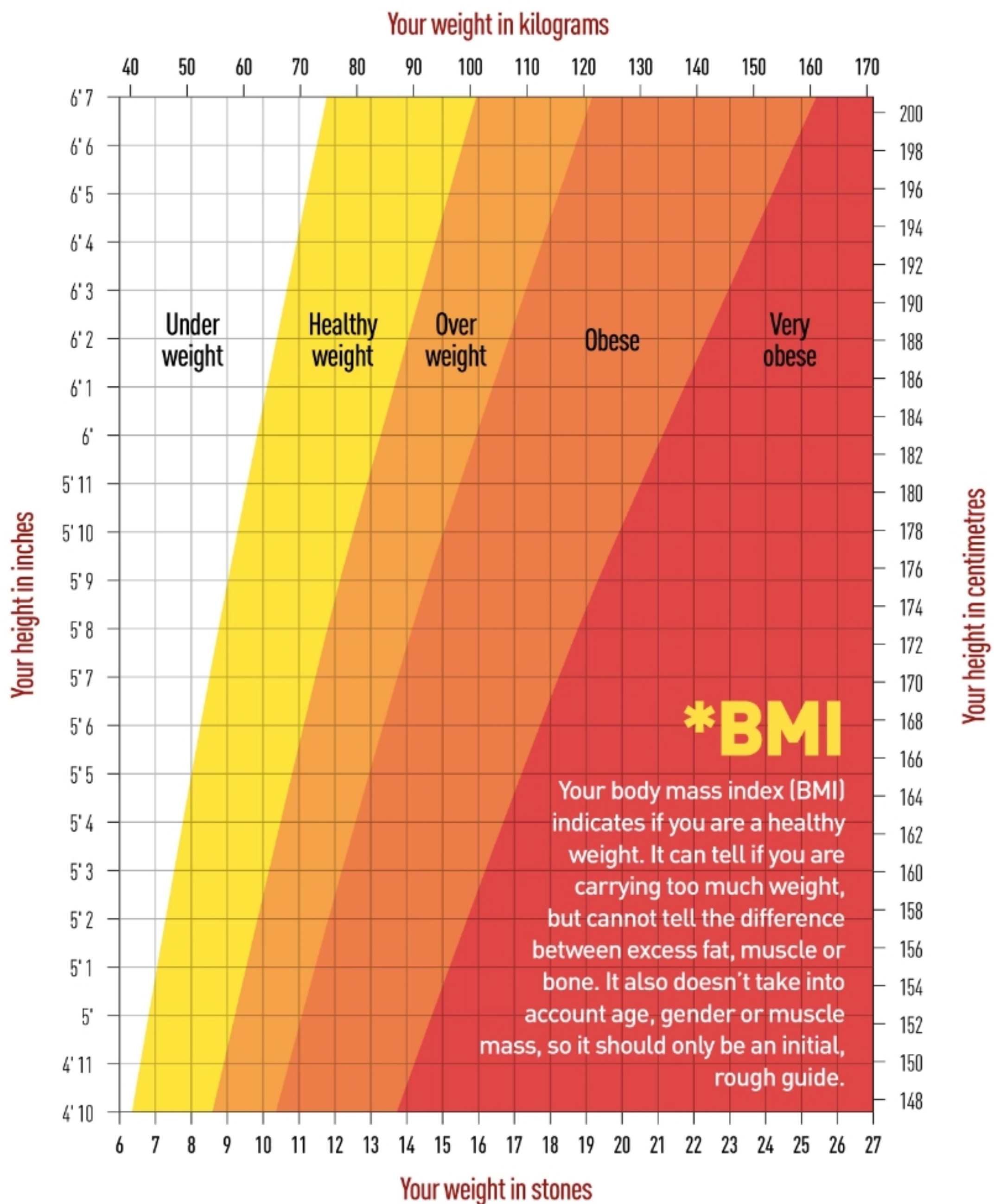
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Age

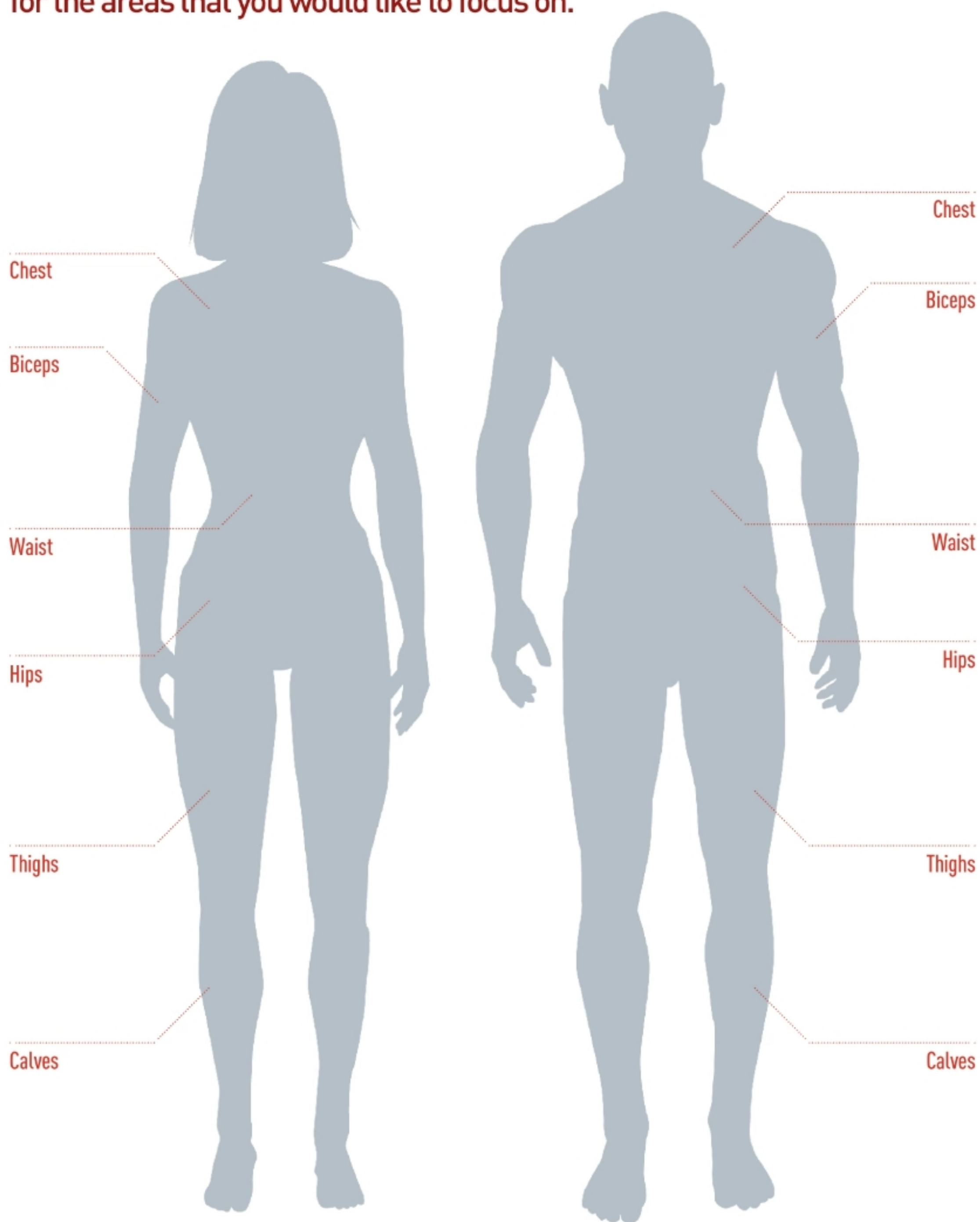
Weight

Gender

BMI*



Annotate this diagram with your own measurements for the areas that you would like to focus on.



■ Fitness is important to me because...

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WHAT DOES FITNESS MEAN?

Fitness is a very personal thing that differs for everyone.
Have a think about what it means to you

Fitness is not a universal term that means exactly the same to **everyone**. Its definition is 'the condition of being physically fit and healthy', which is pretty broad. For one person, being physically fit might mean being able to lift heavy weights or run long distances; to another, fitness might mean being able to walk further, or to climb a few flights of stairs to the office without getting out of breath.

At its most basic, physical fitness is the ability to carry out daily tasks, do our jobs and take part in gentle activities, like walking, without any trouble. Of course, there are different levels of physical fitness, from general everyday fitness to the super elite we see at the Olympics. Most of us aspire to be somewhere on this scale.

What fitness doesn't mean is being good at sports. There are many factors that determine someone's aptitude for sport, and this extends far beyond how fit you are. It comes down to training, skill, coordination, motivation, self-belief, practise and commitment. Taking part in a sport might be a route to fitness for you, but it doesn't have to be.

START SAFE

If you've never exercised before, or have any medical conditions or health concerns, have a chat with your GP about your planned fitness journey. They will be able to advise you on how to stay safe and healthy as you begin to improve your fitness.



Fitness is also closely linked with being healthy, which is another term with a wide range of meanings to different people. Healthy is a state in which a person feels their personal best in terms of physical, mental and social wellbeing, and as a result can live their own life to its fullest.

Fitness and health are often linked to weight, but weight is not a sole measure of either. It is possible to both be fit and carry a little extra weight, just as it is possible to be unfit and unwell while being physically slim.

Over the next few pages, we invite you to consider what 'being fit' means to you. What would improved fitness enable you to do that you aren't able to do at the moment?

DON'T FORGET TO CELEBRATE

Success is worthy of celebration and reward. You should give yourself praise when you have achieved something amazing. Whether that success is the realisation of a goal or something completely unexpected, take some time to reflect on how far you have come and what changes you have already made to your life. These small celebrations are great for motivating you and spurring you onwards in your journey.

■ What does fitness mean to you?



MEASURE YOUR FITNESS PROGRESS

As fitness means something different to everyone, your journey towards improved fitness will be very different to someone else's. Later in this journal we will explore how to set your own goals and how to work towards them. Along the way you will make progress from where you are now to where you want to be. By monitoring this progress, you will find yourself feeling more motivated, as you can see or feel the results of all your hard work.

But how do you actually monitor progress? It is entirely up to you, but the best methods are measurable in some way. This enables you to track and compare much more easily.

Say, for example, you want to get fit to help you lose weight. You may chose to 'weigh in' once a week and log what the scales say. You could also monitor your progress by taking key body measurements, or simply pay attention to how your clothes feel – do those jeans that you couldn't get on last month now fasten easily? You could also take before and after photos, which offer you a direct visual comparison.

Progress towards fitness can also be measured through your choice of exercise. If you like to run, you could run a mile as fast as you are able to once a month and log your times and improvement. This also works for any set distance or course you have in mind – anything that can be directly compared. In the gym, you can log what weights you lift, how many reps you complete and so on.

You could also measure progress based on how you feel day to day by keeping a log – you might see a correlation between improved fitness and a lift in energy or mood. Have a think about how you could measure progress in a way that would inspire and motivate you to keep going.



“The mind is the most important part of achieving any fitness goal. Mental change always comes before physical change”

– Matt McGorry

COPING WITH SETBACKS

At some point on your fitness journey, you will have to cope with setbacks and obstacles. You might get ill or injured, or have a busy time at work or a lot of family commitments. Fitness should fit into your life, not define it. There will be times when you can't stick to your planned gym session or walk, for example. Acceptance and being adaptable are key to coping; accept that right now you can't do what you want to do, and plan something that you can do and when you can do it instead.



UNDERSTANDING SUCCESS

As important as it is to measure your progress, you also need to think about **how you will measure your success**. It's really important that you don't keep moving the goalposts, or you will never feel that you have achieved your fitness goal. This is why it helps to have a very clear and defined goal in the first place – you can always set a new one when you have succeeded in the first!

Have a good think about what success means to you. This isn't always the same as your end goal, at least not directly. For example, your goal could be to get fit enough to run 5K. But the real successes might be an increase in confidence to put on running gear, to run alone, to take part in an event, to join a running club – all things you may not have expected to be part of your fitness journey. Success might be that very first step out of the front door, breaking through a barrier that's been holding you back.

BUDDY UP

Ask a friend to join you on your fitness endeavour! Having someone to share the journey with can help you to stay motivated, as well as lend you a listening ear when you need to talk to someone who is going through the same process as you.



MINDFUL FITNESS

Understand how taking a mindful approach to fitness can help you to become healthier and happier

Mindfulness is about being present in whatever you're doing. It means giving your mental focus solely to the activity you're taking part in, which can be a lot more difficult than it sounds for many of us.

It's easy to let the mind wander when we're exercising, thinking about other things that have happened during the day, trying to solve problems or even just going through the motions without really considering what we're doing. There are a few problems with this. For a start, multitasking often leads to doing lots of things half-heartedly, rather than one thing well. If your mind isn't fully engaged in the exercise, you are unlikely to be giving it your all.

There are real benefits to taking a more mindful approach. By concentrating on what you're doing in the present moment, you can ensure you're doing it to the best of your ability. This is not about criticising what you're doing, noticing things you're doing 'wrong' or focusing on how out of breath you feel. You can gently guide and correct your body kindly, making note of what feels

right. When an exercise is hard, it's good to be aware of that and make a conscious effort to adjust your intensity accordingly.

As you get used to an exercise or fall into a rhythm, you might find that your mind starts to wander again. Notice when these new thoughts intrude and mindfully push them to one side, refocusing on what you're doing. It can be hard to master at first, but with practise, mindful fitness will become second nature.

GET OUTSIDE

Increase the benefits of mindful fitness by exercising outside. Pay attention to the things around you – the weather, the colours, the landmarks. Being outside can greatly boost your mental wellbeing and lift your mood.

■ What can you do to be more present while you're exercising?

■ How can you stop negative thought patterns from holding you back?



■ What can you do to be less critical of yourself?

EATING FOR FITNESS

Enjoying a healthy, balanced diet will not only make you feel better, it will help you on your fitness journey

For many people, **fitness = exercise**. But exercise is just one part of the puzzle when it comes to getting fit and healthy. What you eat is as important, if not more so, than how much you move. The saying goes that you 'can't out-train a bad diet'. While this is a bit over-simplified, there is an element of truth. If your diet includes lots of unhealthy foods – by which we mean highly processed foods – this has a direct impact on your fitness, mental wellbeing and physical health.

Eating a balanced diet will keep you feeling your best. You may have more energy and sleep better, which will enable you to give more to your workouts. A good diet also reduces your risk of developing certain illnesses and conditions, and helps you to reach and maintain a healthy weight.

The problem is that it can be hard to understand what a 'healthy diet' is, especially when there are so many diets out there. While many trendy diets will work in the short term, they can be much harder to maintain in the long term, which is why it is not uncommon to quickly fall back into old habits.

A balanced diet doesn't have to be confusing – it is much better to avoid fad diets and keep things simple. What you're looking to do is improve your overall daily nutrition and maintain it in the long term. Small changes all start to add up, and you don't need to do everything all at once. There is room in a balanced diet for a small amount of treats (whatever that means to you), as long as the majority of the time you are eating well.

WATER WORKS

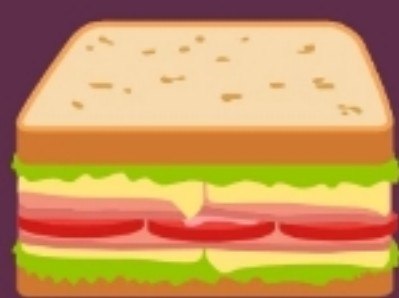
Make sure that you drink enough fluids. Water is the best thing to drink, as your body relies on it to keep functioning at its best. Aim for 6-8 glasses a day (around 1.5-2 litres). You could also drink some fruit or herbal teas, very weak squash or milk in moderation.

WHAT IS IN A BALANCED DIET?



FRUIT AND VEGETABLES

You should aim to have at least five portions of fruit and vegetables every day, choosing a wide variety and focusing more on vegetables. One portion is 80g of fresh, canned or frozen fruit or veg, or 30g of dried fruit. You can also include 150ml of juice or smoothies, but this only counts as one portion no matter how much you have. The same is true of beans and pulses; an 80g portion counts once, even if you eat more.



STARCHY CARBOHYDRATES

Low-carb diets come in and out of fashion, but you should try to include some starchy carbs (like bread, potatoes and pasta) in your meals. We need carbohydrates for energy and brain function, so they should make up about a third of your diet. Choose wholegrain versions where possible.



DAIRY OR DAIRY ALTERNATIVES

Dairy products, and dairy-free alternatives, are a good source of calcium, protein and certain vitamins. Try to include some milk, cheese and yoghurt in your daily diet, to help keep your bones strong. Plain yoghurt is best; flavoured varieties are often high in sugar.



PROTEIN

Protein helps us to build and repair muscle, especially when we are exercising. Choose lean cuts of meat, and avoid processed items like bacon or sausages. Aim for two portions of fish a week, one of which should be oily. If you don't eat meat, focus on beans, peas, pulses, eggs and nuts.



HEALTHY FATS

We need some fats in our diet, as these can help with brain function. But the focus should be on healthy fats, such as those found in oily fish, nuts and seeds, olive oil, avocados and so on. They are very energy-dense so you don't need a large portion, and they can help to fill you up.

When we say a diet is 'well-balanced', we mean eating the right amount from each of the key food groups (see the box on the previous page) at most meals. You don't need to get this balance exactly right at every single meal, but you're looking to achieve a good balance over a day or a week.

Many of the simplest lifestyle diets are based on the Mediterranean way of eating, which consists of plenty of fresh fruit and vegetables, grains, pulses and starchy high-fibre carbohydrates, plus some dairy, lean meat, fish and healthy fats in moderation. Foods that are high in fat, salt and sugar should be seen as occasional treats, not everyday indulgences. This includes cakes, crisps, sweets, chocolate, ready meals, takeaways and fast food.

In the UK, the NHS's Eatwell Guide offers a good picture of what a balanced diet looks like, as does the US's Dietary Guidelines for Americans. All of these programmes focus on introducing healthy eating patterns to last a lifetime, with a clear focus on foods that are nutrient-dense. You are aiming to eat a good variety of foods that offer a variety of nutrients, vitamins and minerals, and to limit calorie intake from ultra-processed foods.

It can be hard to make these big changes to your diet, which is why we suggest introducing changes one at a time. It's not uncommon to feel attached to certain foods and to eat unconsciously, so it takes time to break these old habits and switch to healthier ones – be kind to yourself and persevere.



“A healthy outside starts from the inside”

– Robert Urich

■ What is your relationship like with food?

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■ What changes do you need to make to your diet?

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IMPROVE YOUR BODY IMAGE

Being kind to yourself in terms of your thoughts and self-talk is important for building confidence and staying motivated

Body image is a term that refers to how we perceive our own bodies, whether positively or negatively. It's not always the same as how others see us, and it's often influenced by external factors. We all have personal standards that we hold ourselves to, which affect how we think we 'should' look. But being surrounded by social media, movies, magazines and societal expectations can lead to us setting unrealistic standards by way of comparison, skewing our body image. It's important to remember that

these glossy pictures of celebrities are not a true reflection of reality. That one picture doesn't tell us anything about the person behind the body – for a start, the images may have been digitally altered. Even

if they haven't, it's impossible to compare one person's body to another. We don't all have the same lifestyle, genetics, or access to gyms, personal trainers, nutritionists and so on.

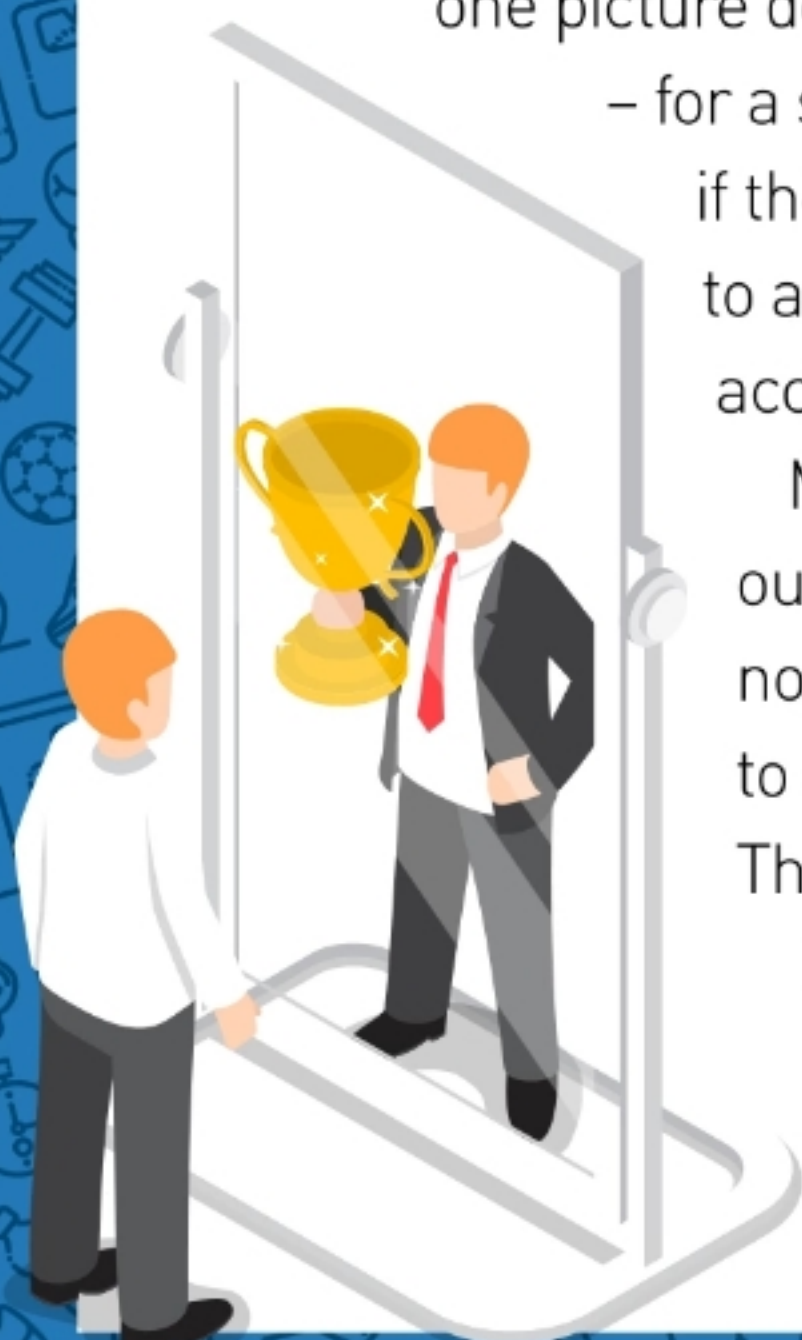
Most of us focus on the negatives that we see in ourselves. It's in our nature to find flaws, and once you notice something that you perceive as a flaw, you are likely to focus on it and – over time – it will warp your perspective. This is why many of us have a negative body image.

However, you have the power to change this and start to build a far more positive body image. First, you need to begin to focus on what you like about yourself. Take

ASK A FRIEND

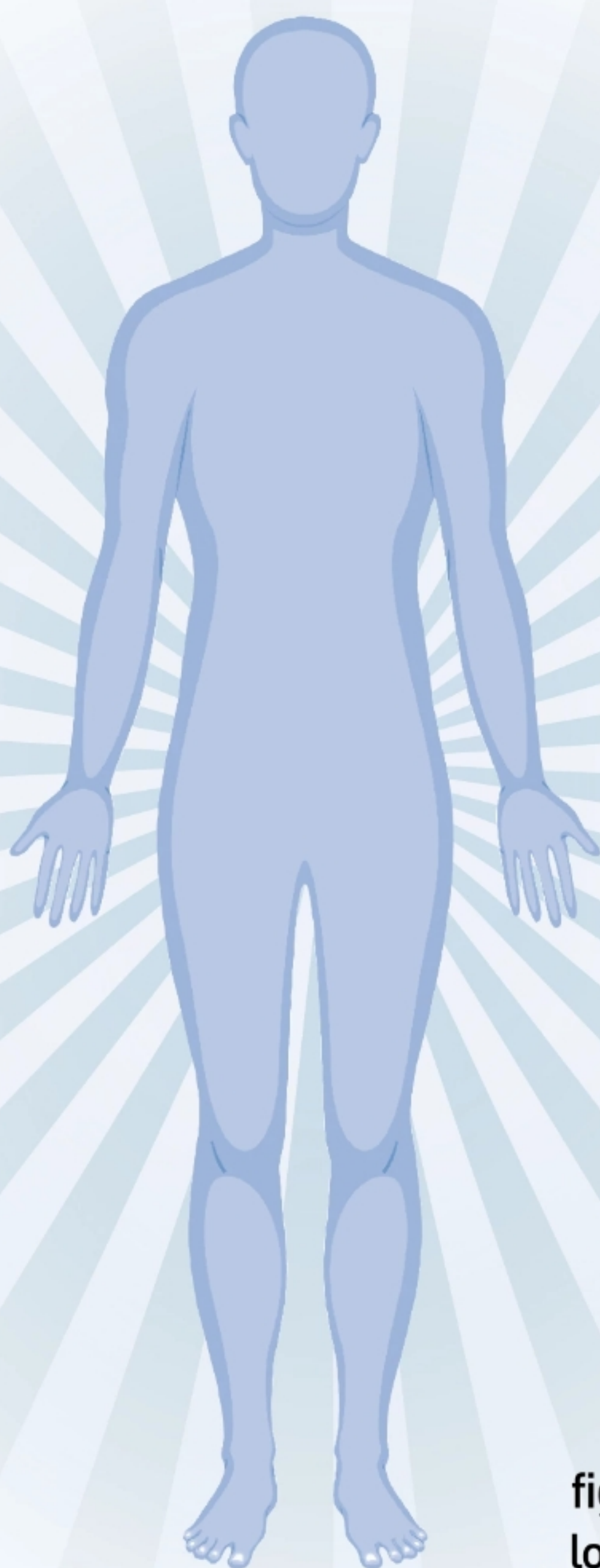
Other people have a great way of noticing things about us that we don't see. Ask a partner or close friend to tell you what they think is great about your body – you might be surprised.

What you view negatively, they may see differently.



a really good look at yourself in a mirror and notice the things you are happy with. Listen when other people compliment you, rather than habitually brush it off. You might even want to write down any nice comments you receive to remind yourself of them when you're feeling negative about your body.

A positive self-image is an important part of your journey towards fitness. If you are positive about your body, you are more likely to want to look after it. Fitness may start to have a physical impact on your body, but the focus should be on enhancing the positive attributes you already have.



 **Doodle and
annotate on this
figure the things you
love about your body**

MAKING AND BREAKING HABITS

Habits are essential for our survival, but how easy is it to break the bad ones and consciously make new positive ones?

Our day-to-day life is mainly habitual. We do certain things every day without even thinking about them. Some of these habits are helpful and useful; others are less so. Many habits are neither good nor bad, and they just sit somewhere in the middle. If you think of your brain like a computer, habits are hardwired shortcuts – they enable us to perform tasks with minimal processing power. Habits are really useful for this reason, and the more we repeat habits, the more hardwired they become.

It's no surprise really that habits we consider 'bad' are so hard to break. Because so many habits are performed at a very subconscious level, the first thing you need to do is bring them into focus and notice when you are doing them. Keeping a journal can be a powerful tool; you can write down what

triggers a habit so you can start to see patterns. For example, you might associate watching a film with eating popcorn, so you reach for it without making a controlled decision. Or you might drive straight home after work, even if you had intended on going to the gym first.

Habits are a pattern of behaviour and they also feel familiar, comfortable and easy to slip into. Think about the habits you would like to break – recognising them is the

BE PATIENT

Breaking a bad habit takes time. It isn't easy to rewrite your thought processes to accept a new pattern, so be kind to yourself. If you do slip up, notice it, accept it and focus on what you can do differently next time.

first step. Be very specific about the exact behaviour you want to change, and think about what triggers it. Next, focus on how to eliminate or minimise those triggers, which will help you to break patterns and hence break the habits. For example, let's say that every day you get home from work and change into more comfortable clothes. You intend on doing some exercise, but find it hard after getting so comfy. The trigger to not exercising could simply be changing your clothes, which tells your brain you are done for the day. Perhaps change into your workout clothes instead, or do your exercise before getting home.

■ What bad habits do you plan to break?

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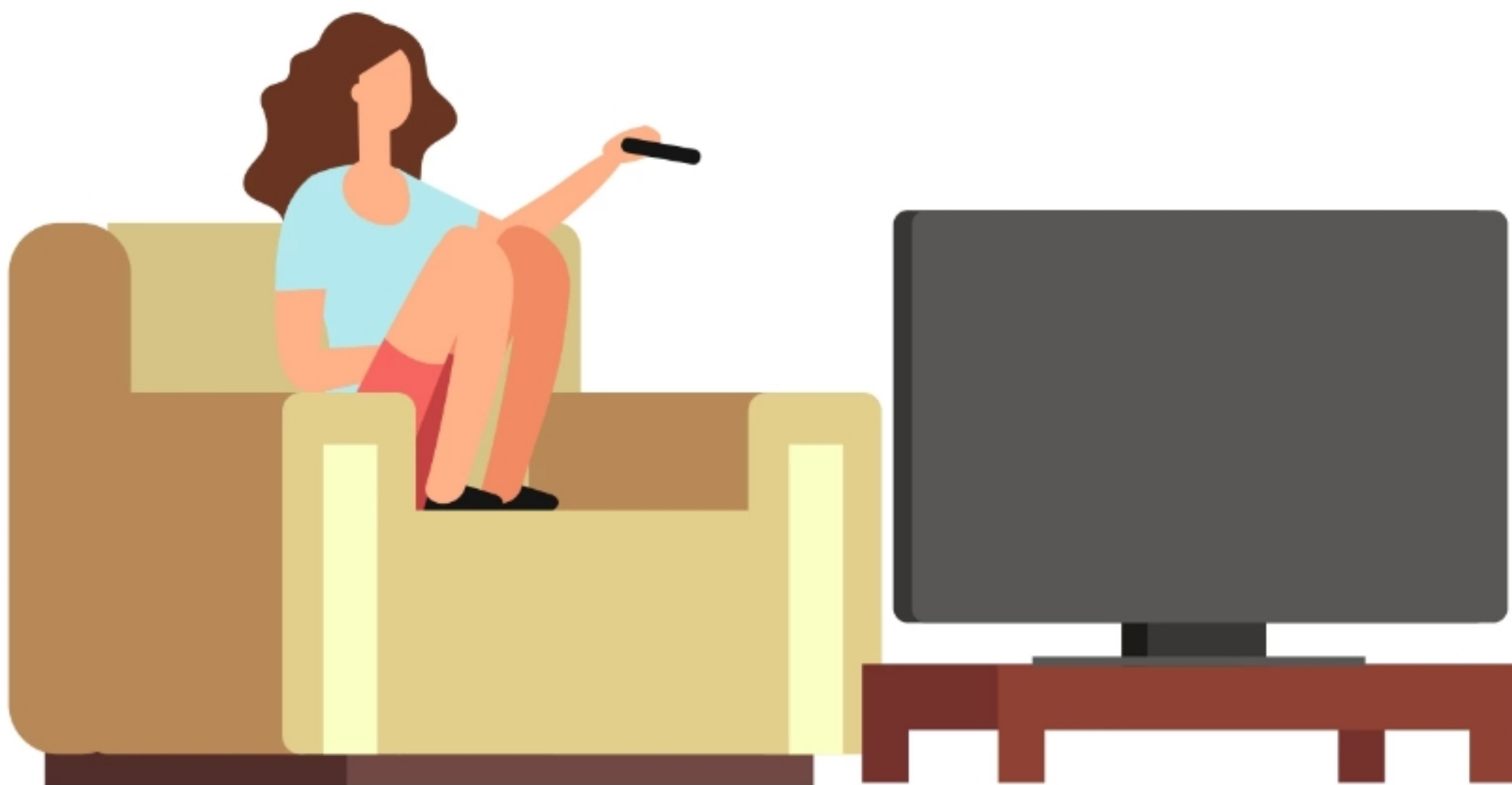
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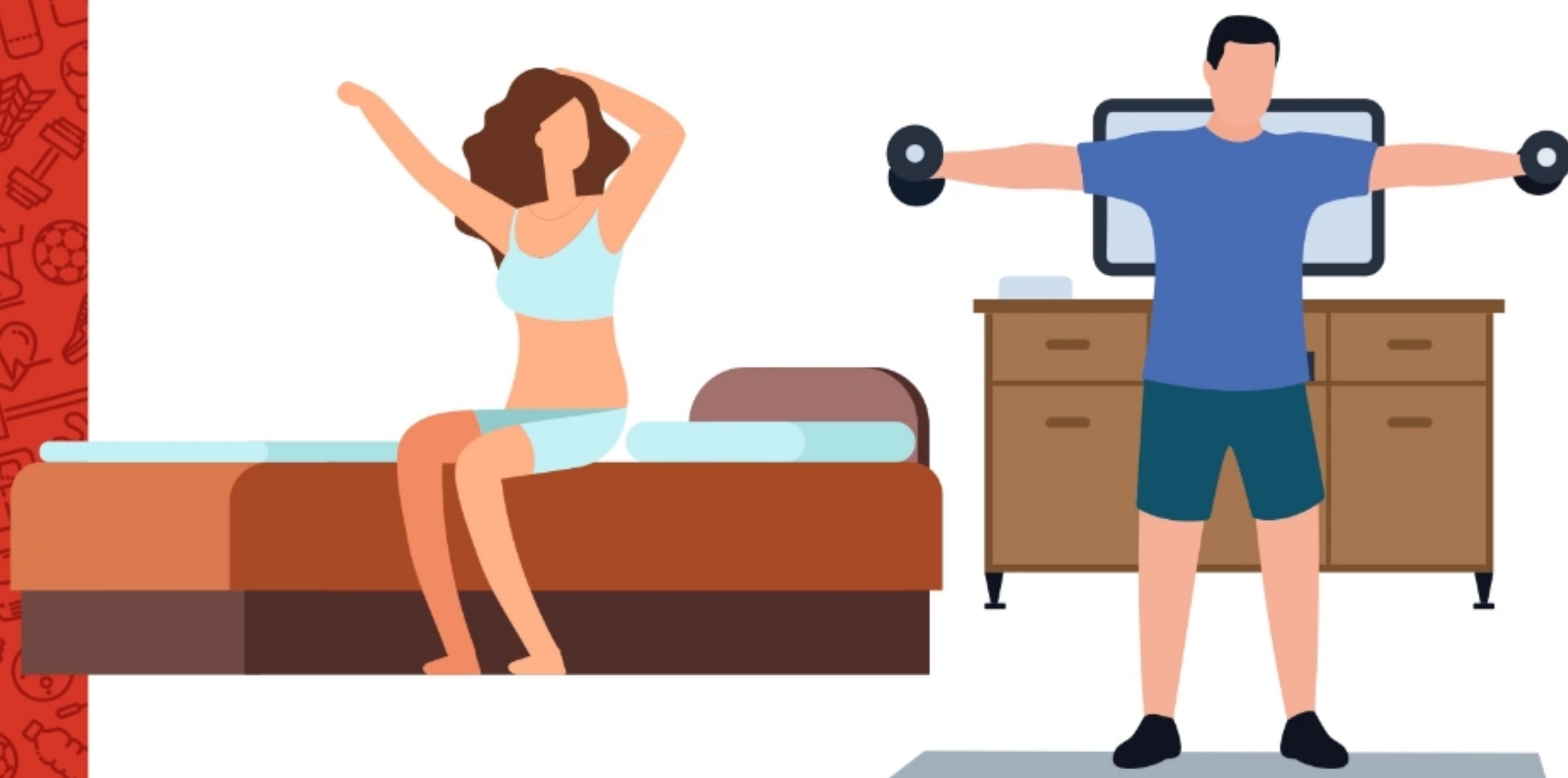
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When it comes to breaking habits, it is better to substitute them with new ones. Often when people stop smoking, for example, they are left with a feeling of having nothing to do with their hands. By replacing a bad habit with a good one, such as a new hobby, a form of exercise or a challenge that uses the hands, it is easier to manage the cravings.

Making new habits isn't easy, but if you stick with it, you will reap the rewards. Most people try to change too many habits in one go, or make the habits they want to introduce too large. Our willpower can only stretch so far, and when we're tired at the end of the day, we will find it harder to stick to a new habit. The key is to pick small habits that you can build on. Say you want to start getting up an hour earlier every day to fit in a workout first thing in the morning – that snooze button is going to be pretty hard to resist at first. Why not start with getting up just ten minutes earlier and doing a little stretch routine? You will build up a connection between waking up and doing something active, and notice the good you feel for the rest of the day. You can then push that habit a little over time until you reach your final goal.

Repetition is key to any habit, so you need to repeat, repeat and repeat to get it to stick. But you shouldn't beat yourself up if you miss a day. It happens

**“We are what we repeatedly do.
Excellence, then, is not an act, but a habit”**

– Aristotle

to us all. Simply accept it and move on. You might find a simple habit chart is useful – tick off every day that you perform a new habit, and leave it blank if you miss it. When you look back, you can see that you performed a new habit 20 days out of 25 days, for example, which is far more motivating than focusing on those few days you missed.

USE REMINDERS

Set up visual prompts to help put your new habits into practice. If you are planning a run in the morning, lay your kit out somewhere you will see it as soon as you wake up. You could even put your alarm clock on top of your trainers!

■ What new habits do you plan to make?

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YOUR CURRENT FITNESS

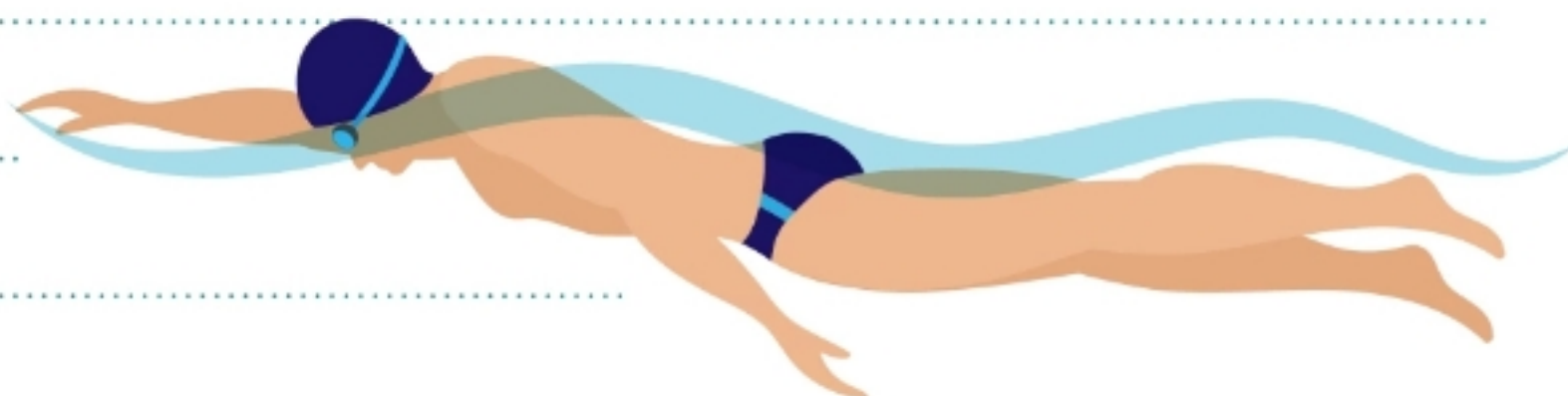
Whether you exercise frequently, occasionally or not at all, it's never too late to get started or become more focused

Before you begin any journey in life, you need to know where you are starting from. This exercise only works if you are completely honest with yourself. Think about what role fitness plays in your life at the moment. It might be that you exercise already, whether regularly or sporadically. Maybe you start a new routine, only to quickly fall out of the habit. Or perhaps introducing exercise into your life is something new for you.

Also consider how you feel about your fitness – do you think you are unfit, reasonably fit or very fit? Is there something in particular that is stopping you from moving forwards in your fitness journey? You should also consider what it is about exercise that you enjoy and what you don't enjoy. All of this information will be helpful when it comes to setting your fitness goals.

■ What exercise are you currently doing?

■ How frequently do you exercise?



■ What exercise do you enjoy doing and why?

“All our dreams can come true if we have the courage to pursue them”

– Walt Disney



■ What exercise do you dislike doing and why?

■ What are your biggest obstacles when it comes to exercise?

HOW TO SET GOALS

There's more to setting goals than you might realise. Take time to set yours carefully, as it is time well spent

Having a goal is an important part of your fitness journey – it's your **destination**. But the type of goals you set are just as important as having goals in the first place. A goal that is too vague is much harder to achieve. One of the most common aims that people have when they come to fitness is, 'I want to lose weight and tone up'. While there is nothing fundamentally wrong with that, it opens up so many other questions: 'How much weight do you want to lose?' 'How long will it take to reach your goal weight?' 'How are you planning on losing weight and toning up?' 'What does toning up mean to you?' On your journey towards fitness, losing weight and toning up are often by-products of the increased exercise and a better focus on nutrition. So you need a goal that is more specific.

In fact, you can use the business principle of SMART goals and apply it to your fitness endeavour. SMART goals are goals that are Specific, Measurable, Attainable, Realistic and Time-Based (there are variations of the acronym,

"If you want to live a happy life, tie it to a goal, not to people or things"

– Albert Einstein

but they all mean broadly the same thing). Hone your goal into something definitive so you can monitor and measure your progress towards it. It should be something that is realistically achievable with the right

work and within a set time limit. For example, your goal could be to take part in a local 5K event (specific) on a set date in the future (time-based). For most people, even if you have never run before, this is a realistic and achievable goal, as long as the event isn't too soon – about 10-12 weeks away would be perfect. You can easily use an app to log your training in the build-up, making it measurable. Over the page, we will be asking you to write down your own goals, so keep the SMART system in mind when setting these.



TOP TIPS FOR SETTING GOALS

BREAK DOWN BIG GOALS

Big goals can seem overwhelming, so it's really important that you break them down into smaller, more manageable steps. Later in this journal, we will teach you how to turn your goal into a plan, and this plan can help you to progress through each of your mini goals. Start thinking about how a goal can be broken down into smaller achievements.

DON'T COMPARE

The point of your goals is that they are *yours*. If you try to compare your goals with other people's, you are less likely to achieve them. This is your personal challenge and you need to think of goals that are right for you, your lifestyle and what you want to accomplish.

SHARE YOUR GOALS

We're more likely to keep to our goals if we share them with other people. Tell a trusted friend, family member or partner what you are trying to achieve. They can help to support you and keep you motivated. Perhaps they will even want to join in!

PLAN REWARDS

As well as setting goals, you should plan rewards. For every mini-step towards your goal, give yourself something to look forward to. It can be a small treat or a bigger celebration, but if you're watching your weight it's best not to use food-based rewards. Why not plan a day trip or a sports massage, buy some new gym kit, enter an event, or have a night out with friends?



SET YOUR GOALS

This is the exciting part at the start of your fitness journey, as you think about what you want to achieve

Now that we've explored how to set a good goal, it's time for you to **have a go at writing down your own.** This isn't something that should be rushed, so make sure you give yourself the time and space to think about what you want to achieve.

Visualise yourself six months or a year from now. What does your future self look like? What is their fitness like? How do they feel? This can help you to realise what your main goals are, whether it's to lose weight, cross the finish line at your first race or feel stronger. You may have a specific deadline in mind too, like an event. Your chosen goal should be something that can be broken down into smaller objectives, so you can celebrate successes along the way.

■ What is your long-term fitness goal?

■ When do you want to achieve this by?

“Setting goals is the first step in turning the invisible into the visible”

– Tony Robbins

CONSIDER YOUR 'WHY'

Your motivation is important. When you write your goals on this page, be clear in your mind why you want to do this for yourself. You might even want to write your 'why' on a sticky note and place it somewhere where you can see it every day.



■ Set yourself some mini goals along the way...

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■ Why do you want to achieve this, and what difference will it make to your life?

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TURNING GOALS INTO PLANS

Having goals without plans makes it so much harder to actually achieve them. Make a plan and do your best to stick to it

How many times have you set the same goal? Take New Year's resolutions, for example; have you noticed you set the same resolutions year in and year out? If you want a goal to succeed, you need to have a clear plan of how exactly you are going to achieve it.

It might be helpful to think of your goals as a project. In every project, there are a series of different steps that you need to take in order to complete it. A project normally has a set timescale, with mini deadlines throughout until the final completion date. You also need to think about what you will need to invest in your project – this isn't always money, although sometimes it might be, but you may need certain resources or tools to enable you to see the project through to completion.

Let's apply that project idea to a specific fitness goal and see how we can make a plan. By now you will have had a chance to create a specific, actionable goal with a timescale. Let's say that your goal is to hit the gym four times a week within the next three months, and your starting point is that you don't currently work out at all. The first thing you need to do is research your local gyms, maybe even go and look at them to see if they are right for you. Find out about memberships and see if any gyms offer a free trial. You will need to weigh up the costs and consider your budget. Once you have found a gym, you will likely need to book an induction and get some appropriate clothing to

WRITE PLANS ON A CALENDAR

Diarise everything you plan to do in the same way that you would write down other appointments. This way, you are giving the same priority to your fitness as you are every other area of your life.



wear. At the induction, you should create a workout plan so you know what you're doing each time you go. You need to schedule in your diary when you are going to go to the gym and what you are going to do. You could schedule in one session a week at the beginning, with a timescale for how and when you are going to increase this. Hopefully you can see how your initial goal has started to be formed into a realistic and achievable plan.

WHICH AREAS NEED THE MOST ATTENTION?

1. EXERCISE ☐

2. DAILY MOVEMENT (NEAT) ☐

3. NUTRITION ☐

4. REST AND RECOVERY ☐

5. MINDSET ☐

6. OTHER ☐

FITNESS: FIRST STEPS



IDENTIFY TOOLS AND RESOURCES List anything you need to achieve your goal, such as new trainers, access to a swimming pool, a gym membership and so on.

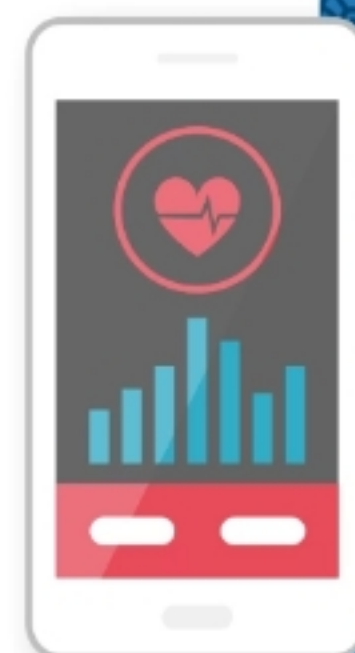
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HOW WILL YOU MEASURE PROGRESS? Write down how you plan to keep track of your progress towards your goal – whether this is through an app or writing in a journal – and what you will be measuring.

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SET WEEKLY TASKS Think about what you can do every week to work towards your fitness goal. Identify what you can manage on what days of the week, and at what times.

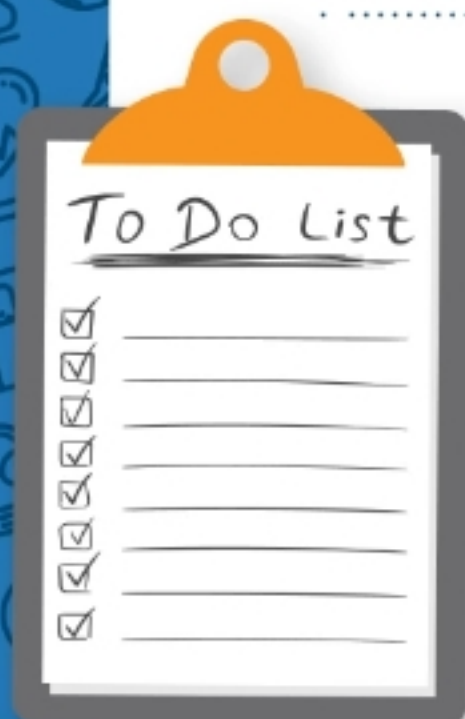
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SET DAILY TASKS Think about what you can do every day to work towards your fitness goals. For example, making sure you have a gym bag packed with what you need, or setting the alarm early.

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ORGANISE YOUR PLAN This includes things like setting reminders for your weekly and daily tasks, and creating a checklist of everything you have identified that you need to do to get started.

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NUTRITION: FIRST STEPS



PREPARATION What do you need to do to prepare for your new nutritional lifestyle? This could include clearing the cupboards of unhealthy foods, or recycling takeaway menus.

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IDENTIFY TOOLS AND RESOURCES What do you need to help you get started with your nutritional goal? This could be investing in cookery books or recipes, kitchen equipment or some storecupboard staples.

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FOCUS ON KEY AREAS List the types of foods you want to eat more of and the types of foods you want to eat less of as you work towards your goal. This will help you to focus on the right areas.

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PRACTICAL IDEAS List any ideas you have for making your diet easier to follow. Could you batch cook once a week, prepare lunches for each day, or do a weekly meal plan, for example?

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GET ORGANISED Write down when you will achieve certain tasks. For example, whether you will create a meal plan on certain days, and when you will go shopping for ingredients.

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PICK THE RIGHT EXERCISE

It's important that you enjoy your fitness activities, so choose something you like to do

There is no one form of exercise that is better than another. There are lots of different types of exercise that you can choose from. If you prefer something low-impact and gentle but that gets your heart rate up a little, consider walking or swimming. If you're looking for something to work both the mind and body, then things like yoga, Pilates and Tai Chi are great options. If you want to get outside in the fresh air, then look at cycling, running or outdoor bootcamps. And if you like the idea of being among other like-minded people and trying something new, there is a plethora of gym classes to get involved with.

Exercise is simply moving your body in some way, getting your heart rate up and warming your body. There really is something for everyone. You might think you 'hate' exercise, but this could be because you haven't found the right thing for you yet. It's so important that you enjoy the type of exercise you do; it will encourage and motivate you to do it more often and get better results.

If you don't want to join a gym or go for a run, then think outside the box. Consider activities like paddleboarding or kayaking, which are great forms of exercise as they use your core, challenge your balance and raise your heart rate.

Any form of exercise counts, so even if you walk faster on the school run, take the stairs more often, get off the bus a few stops early or jump about on a trampoline, it's all part of your fitness journey.

TRY BEFORE YOU BUY

Many clubs, groups, gyms or pools will have the option of a free trial so you can give something a go before committing to it. This can be a good way of exploring your options and seeing what you like.

WHAT'S RIGHT FOR YOU?

IF YOU'RE COMPETITIVE

If you enjoy pushing yourself and like winning, why not consider trying a team sport? Things like football, netball, hockey, rugby and tennis doubles are available in most areas for all levels. There is always the chance to improve your game, play matches and make the most of that competitive streak.

How competitive are you?

☐ Very ☐ A bit ☐ Not at all

IF YOU LIKE VARIETY

Consider a bootcamp or circuits class, which challenges you to move from station to station performing lots of different exercises. There is no chance to get bored as you are continually switching it up.

Do you get bored easily when it comes to exercise?

☐ Yes ☐ No

IF YOU'RE SHORT OF TIME

When time is tight, interval training is your perfect go-to activity. High-Intensity Interval Training (HIIT) is a type of exercise that involves hard work for a short period of time, with a rest in between sets. You can complete a workout in just 20 minutes and feel great!

How much spare time do you have for fitness?

☐ A lot ☐ A bit ☐ Very little

IF YOU HAVE LIMITED FUNDS

Running is a great way to get fit quickly without spending too much. As long as you have some decent trainers, you can start running. If your office has a shower, you could even combine running with your commute to save money on travel too.

Do you have spare money to spend on fitness?

☐ Yes ☐ A bit ☐ No

IF YOU LOVE THE OUTDOORS

Get those walking boots on and start hiking! Exploring rural trails can be a great way to see the country, as well as get fit. As long as you have the right kit, you can do it all year round and increase the length and elevation of your hikes to push your fitness.

Do you enjoy spending time outdoors?

☐ Very much so ☐ Sometimes
☐ Not really

IF YOU LIKE MAKING NEW FRIENDS

Dancing is a great way to make friends in your local area. Whether you fancy ballroom or salsa, Zumba or line dancing, there are plenty of styles for you to try to meet like-minded people along the way.

Would you like to make new friends through fitness?

☐ Yes ☐ Don't mind ☐ No

IF YOU STRUGGLE TO GET MOTIVATED

Motivation can be hard to come by, especially when there are so many distractions in life. Try pre-booking classes or gym sessions in advance, so that you have them in your diary. There's something about having paid for a class that helps motivate you to stick with it.

Do you struggle to get motivated when it comes to exercise?

☐ Yes ☐ Sometimes ☐ No

IF YOU LACK CONFIDENCE

Start in the comfort of your own home by investing in a few workout DVDs or finding some workouts on the internet. This will help you build the confidence to perform exercises correctly, which might lead to you joining public classes in time.

How confident are you when you are exercising?

☐ Very ☐ Fairly ☐ Not at all



RUNNING AND WALKING

Running and walking are the most natural forms of exercise that you can do. We all walk every single day, even if it's just from A to B. You don't need any fancy equipment to start walking, you don't need a gym membership and you can adapt it to suit any amount of time that you have.

Walking is very underrated as a form of exercise, but it is the perfect place to start. The idea is to walk slightly faster than your normal walking pace so that you raise your heart rate a little. Try to fit extra steps into your day on a regular basis, such as walking to work if you can, or planning a walk after dinner to shake off the day. Start with just 15 minutes and build up from there. You can challenge yourself by walking in different environments, such as off-road or uphill, and it's easy to get family members and friends involved. Many areas

will offer health walks that are specifically designed to help you get fit through walking.

If you want to move a bit faster, you might want to take up running. If you have never run before, then consider a Couch to 5K style programme, of

BASIC RUNNING KIT

There is very little you need to start running, but there are a few basics to consider. Most importantly, you need trainers that are designed for running, and it can be worth going to a sports shop to get advice. If you are a woman, you will need a high-impact sports bra too. Comfortable leggings or shorts, a t-shirt, a lightweight waterproof jacket, something to carry your phone in, a water bottle and a high-visibility vest should be enough to see you through all year round.



which there are a few to pick from. These start with a walk-and-run approach, with set intervals that build up week on week until you can, over time, run a 5K distance. If you run a little already, you might want to follow a plan designed to help you hit your next milestone distance or improve your pace.

You can run or walk on a treadmill in the gym or at home if you prefer, but getting outside will give you more health and fitness benefits. You'll be out in the fresh air, and your body works harder to adapt to the changing terrain, camber and bends.

TRACK YOUR STEPS

If you're interested in using walking as your choice of exercise, invest in a method of tracking steps, such as a pedometer, phone app or activity watch. You can set yourself goals on how many steps you want to walk in a day, and you can slowly increase this goal as you get fitter. It can be a great way of keeping your motivation up.

POP UP AT PARKRUN

If you can run, walk or even combine both over 5K, why not try your local parkrun? There are hundreds of these events across the country, taking place every Saturday morning. They are free to attend and open to all.

"If you run, you are a runner. It doesn't matter how fast or how far"

– John Bingham





CYCLING AND SWIMMING

You might already use a bike on a casual basis, or it may have been years since you last got on one, but cycling is a great form of exercise. It's endlessly adaptable to suit your ability and preferences.

You can use a bike to commute to work – great for your wallet, your fitness and the planet! There are lots of cycling groups around too, which cater for those who want more structure with a training plan, or those who want group rides with like-minded people on a more leisurely basis. You may prefer to cycle off-road or on a traffic-free cycle path. There are plenty of good cycling networks that offer both long- and short-distance routes, so take a look to see what paths there are near you. Cycling is also a great activity for the whole family to enjoy together, and once you have a bike, it's fairly budget-friendly.

You could also improve your cycling fitness by going to spinning classes at the gym. These are held on static bikes with different

CYCLE SAFE

If you've not been on the roads for a while, you should consider a cycle safety course before getting on your bike. These courses offer a refresher on things like how to switch lanes, signal, turn across traffic, use roundabouts and keep a safe distance between yourself and vehicles. This can help to build your confidence on the roads and help you to stay safe.

“Nothing compares to the simple pleasure of a bike ride”

– John F Kennedy

resistance levels to simulate hills. They are high-intensity classes, so you'll burn lots of calories!

If you prefer to be in the water rather than on the roads, then consider swimming. This can be a great option if you want to focus on cardiovascular fitness.

Swimming is a low-impact activity, so it's easy on the joints and good for those who may struggle with injury. You can increase your stroke speed to raise your heart rate, or go for the endurance option and see how many lengths you can manage at a slower pace. Check out your local pool timetable – you can usually find adults-only sessions, which can be good if you don't want kids jumping in around you. Or, if you have children, you can all go together and make it a fun way to work out as a family.

You're not limited to the pool either. Wild and outdoor swimming is gaining popularity. If it's your first time, stick to designated lakes or lidos to get used to it. Join an outdoor swimming group to pick up hints and tips, and discover safe places to swim.



TRY A TRI

Ever considered a triathlon? It's not just for the super fit or elite! Beginner triathlon events often include a pool swim rather than in the sea. You can start with a Super Sprint, which is a 300-metre swim, 8K bike ride and 2K run, then build up to longer distances.

SWIMMING LESSONS

Swimming lessons are not just for children; you can start learning at any age. There are lessons to take you from non-swimmer to swimmer, or if you can already swim, you can take lessons to improve your stroke or breathing techniques. You can even get swimming-based circuits or HIIT classes to challenge your fitness even further while working up a sweat in the pool.



THE GYM AND GROUP TRAINING

Got a gym membership that you never use? Well, now is the time to change that. The gym offers so many different possibilities and there is sure to be something that suits you.

For a start, there is the gym itself. It can be quite an intimidating environment at first, so don't be afraid to ask for an induction or a re-induction so that a member of staff can show you how to use all the equipment properly. It can help to have a proper workout plan to follow, so you don't just flit from

machine to machine. The gym staff should be able to help with this, but you could always hire a personal trainer for a few sessions to go through a programme with you and help you get confident with it.

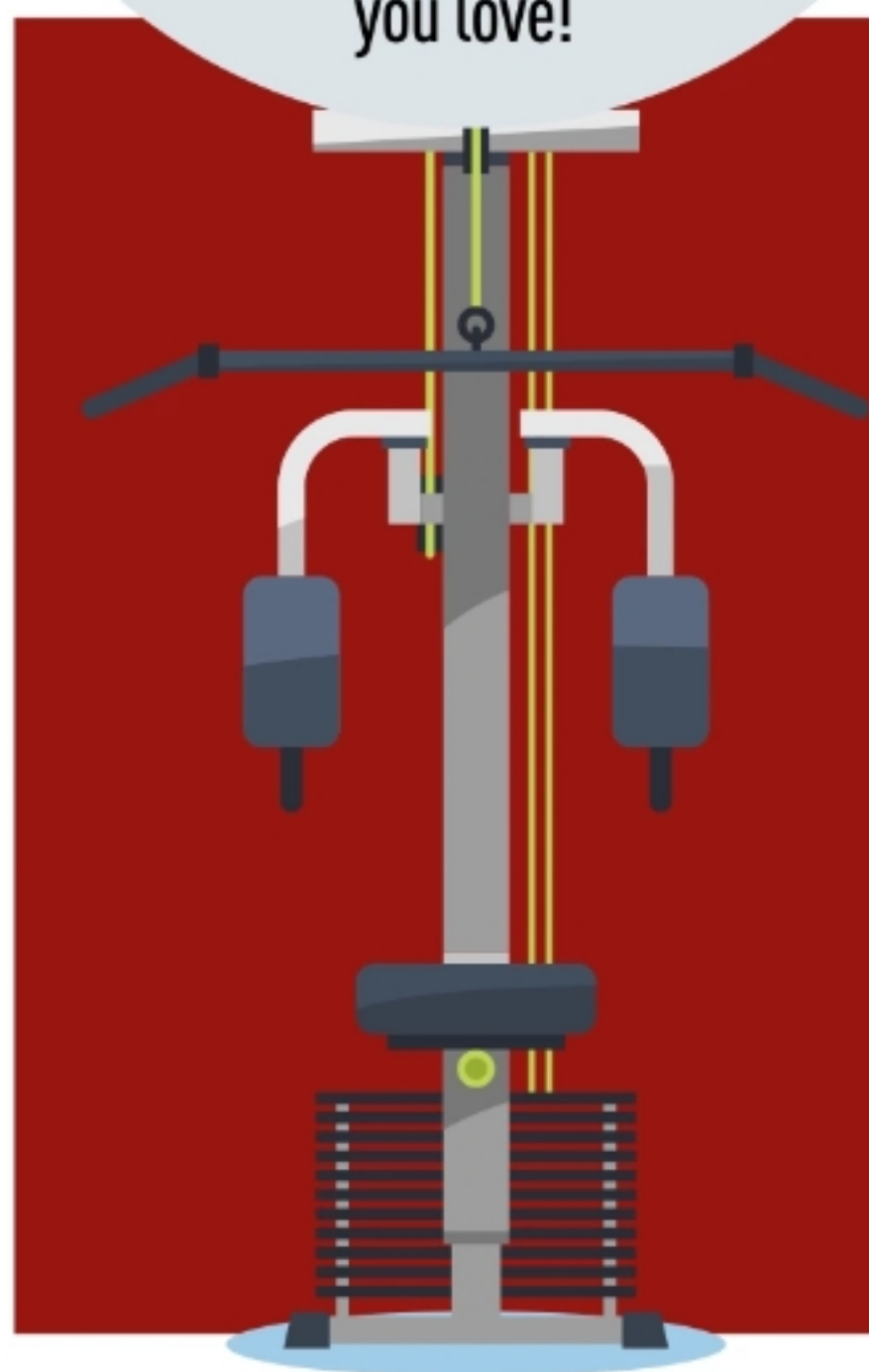
Think about what you want to get out of your gym sessions. It might be that you want to work solely on strength to complement cardio work that you already do, or perhaps

TRY SOMETHING NEW

Gyms provide lots of opportunities to try new activities. You may not enjoy everything you try, but by taking a chance on something different, you could discover a class you love!

GYM MACHINES

Gyms have various weight machines for you to use. These offer an alternative, or a complement, to using free weights. They do offer some advantages. For a start, they are easy to start using and will help you to target a very specific muscle group. However, they don't work multiple muscles in the way that free weights do; you could overwork one muscle at the expense of another.





“Your mind will quit a thousand times before your body will. Feel the fear and do it anyway”

– Unknown

Don't be afraid of the free weights area either. You don't have to be building big muscles to go here. There are plenty of bodyweight and free weight exercises that you can try, which will help you to build lean muscle, improve your fitness and burn calories. If you're unsure, see if your gym offers any gym floor classes. These are small classes, of usually no more than six people, that use the equipment in the gym itself to give you a good workout. As they are run by an instructor, you can be sure that you are doing it properly.

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YOGA AND PILATES

Yoga and Pilates are often put together, but while they are similar in many ways, they are also quite different.

Yoga is an ancient form of exercise, which challenges you to move from pose to pose while controlling your breathing. The poses are designed to help build your strength, flexibility and fitness, while the breathing techniques can help you to practise mindfulness and improve mental wellbeing.

There are lots of different types of yoga that you can try. They range in difficulty from gentle beginners' classes, where you will spend more time in each pose in order to learn proper technique, to more dynamic classes that get your heart rate up by moving from one pose to another more quickly. There are lots of variations and progressions for each pose, which means that you can continue to challenge yourself over and over again.

Pilates, however, is relatively modern. It was invented by Joseph Pilates, who brought it into the USA

HOME VS CLASSES

You can get plenty of apps, DVDs and online videos to guide you through yoga or Pilates routines. This can be useful to keep your workouts going at home, it's easy to fit into your day and very useful if you're away from home. However, it is also useful to attend some classes if you can, as the instructor can help you to get your posture and poses right, so that you get the most out of your workouts.

AND RELAX...

The relaxation element at the end of a yoga or Pilates class can take some getting used to, especially if you're not one for lying still or meditating, but it's a great skill to learn and has a whole host of benefits. Spending a few minutes relaxing after a workout, listening to the silence or working through a guided meditation helps your mental wellbeing. The more you do it, the easier it will become.

when he moved there from Germany in the 1920s. Pilates works to improve core strength and help you to become more aware of how the body connects. It can be adapted for people of all ages and abilities, and can be quite challenging, even if you are fit. It helps you to develop strength, which can also help to protect from injury. It is also possible to use different equipment, like resistance bands, to adapt exercises.

Because both Pilates and yoga provide similar low-impact, strength-building benefits, there are now classes that bring the two together into combined workouts. PIYO, for example, is a fast-moving, high-intensity workout that uses both yoga and Pilates principles in a cardio workout. Body Balance combines Pilates, yoga and Tai Chi, and focuses on working the whole body one area at a time, ending with a chance to relax and meditate. See what's on offer at your local gym.

USE A MIRROR

When you are at a class or practising at home, use a mirror. You can check your alignment and pose, and make subtle corrections to get it right. This will help you to get more out of each pose and build on your skills.



**“Yoga means addition –
addition of energy, strength and
beauty to body, mind and soul”**

– Amit Ray

REST AND RECOVERY

Ensuring you recover properly and get enough rest is just as important as your exercise regime, so look after yourself

When it comes to fitness, it's very easy to focus on the exercise and movement, and forget about the rest and recovery. Yet, rest and recovery are just as important in your journey, and they are things you need to plan for. It's not uncommon to get caught up in enthusiasm for a new regime, and work out too hard or too much. And then, naturally, you get ill, sore, injured or fatigued, which means you stop working out altogether.

When you're exercising, you need to make sure that you are taking enough rest days. Rest is absolutely necessary from a physical point of view. It is the time when your muscles are repaired and rebuilt after a workout, so that you grow stronger and are ready for the next one. This time between workouts is when a lot of the hard work happens; your body adapts to the training you have put it through. It also works hard to replenish the energy stores that you used up, so you are fully ready to do another workout. If you don't give your body enough time to repair between sessions, you will be working out on empty. This puts you at risk of overtraining and getting injured or ill.

Rest is also important from a mental health point of view. We live in busy times where we're constantly working, planning, rushing, looking after others, exercising... and all this takes its toll on our mental health and wellbeing if we don't have a break. We need to take the time to let our minds rest along with our bodies.

CREATE A CALM BEDROOM

Make your bedroom a place to relax. Keep it free of clutter and technological devices, choose relaxing fabrics and colours, and don't use it for stressful things like working. Associate the space with rest and you will find it easier to relax.

This can be in the form of meditation, taking time out from the world to close our mind to external influences. It can be hard to do for the first time, but there are some useful apps, like Calm or Headspace, that guide you through meditative practices. If this doesn't feel right for you, you could do something that you enjoy that is restful, such as reading a book, as this takes all your concentration, shutting out external thoughts and noise.

“Life is a balance between rest and movement”

– Osho



HIGHER INTENSITY = MORE REST

Simply put, the harder you work out during a session, the more time you will need to take in order to rest and recover. A hard workout puts your body under a great deal of stress and you need to ensure you are fully recovered before the next hard session, or you will go into it fatigued and find it a struggle.

LISTEN TO YOUR BODY

Your body is very clever and it knows what it needs. If you feel tired and lethargic, and are struggling with a workout, this could be a sign that you need a bit more rest. If you are mindful about what your body is telling you, you are less likely to get ill or injured over time. If you're feeling unwell, you should skip the workout and focus on getting better.

SLEEP IS KEY

Sleep is so important and very few of us are getting enough of it. It almost becomes a competition to see who has slept the least, but we're not doing our bodies any good. A proper, restful sleep of 7-8 hours a night lowers stress levels, improves brain health and memory, lowers blood pressure, helps us to heal from physical impact (exercise) and illness, helps with weight management, lifts our mood, keeps our heart healthy, and can help reduce our risk of developing certain conditions.

How much sleep do you usually get?

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REMEMBER TO SWITCH OFF

It's hard to switch off a busy mind, but learning to do so is an important technique that we all should master. Mindfulness is a useful skill and can be employed in a number of ways. If you find it hard to sit and meditate, do something that you enjoy, and fully immerse yourself in it, switching off any outside thoughts. Try reading, knitting, gardening, walking or doing puzzles, for example.

Do you struggle to switch off?

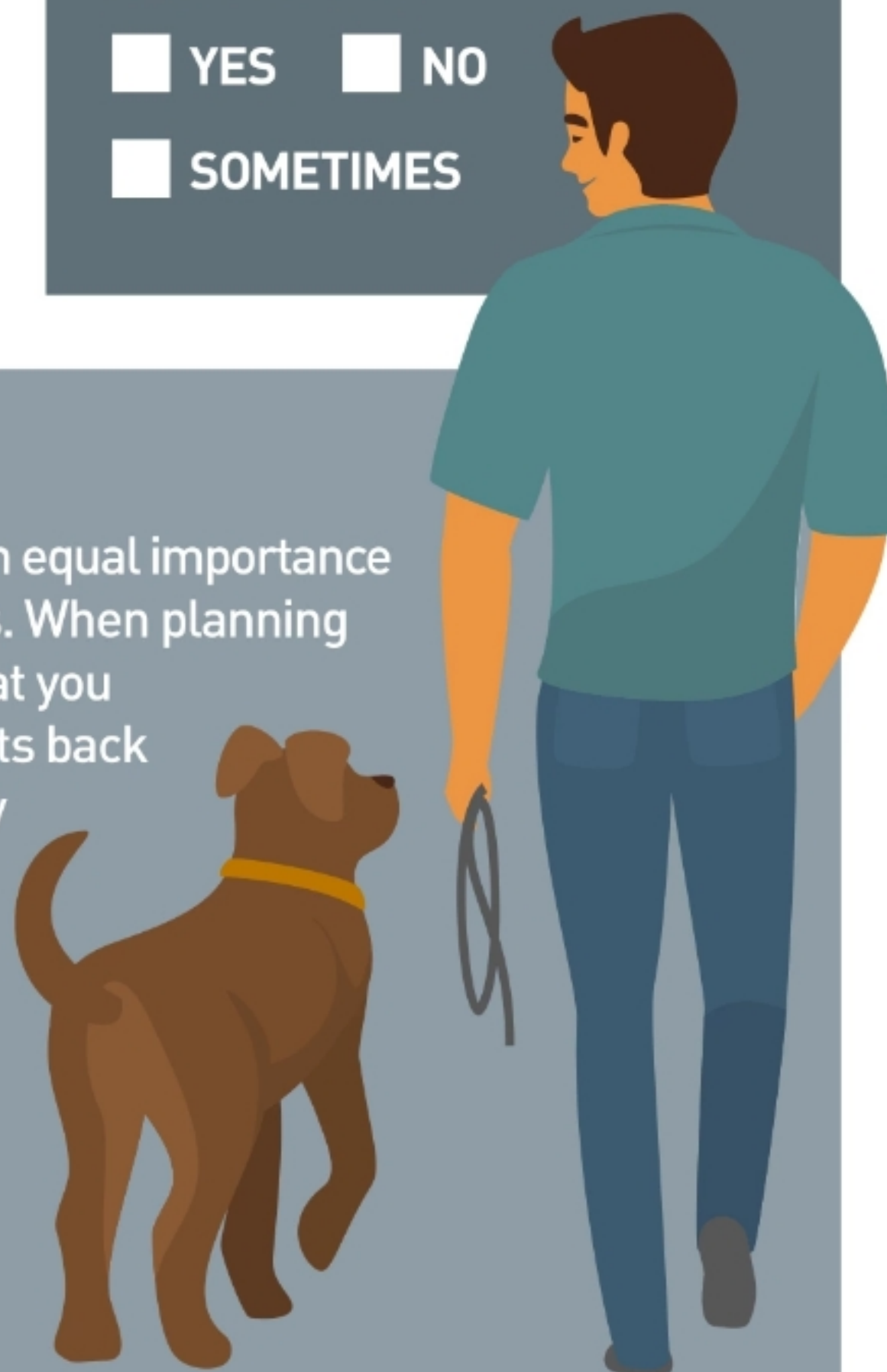
- ☐ YES ☐ NO
- ☐ SOMETIMES

REST DAYS

Treat rest days and exercise days with equal importance – they both contribute to your fitness. When planning your fitness schedule, make sure that you never put two high-intensity workouts back to back. You can still do *some* activity in between, but try to stick to a gentle walk, yoga or another low-impact activity on rest days if you feel the need to do something.

Do you have planned rest days built in to your fitness regime?

- ☐ YES ☐ NO



ENVIRONMENTAL REST FACTORS

The things and the people around you can have an impact on your ability to get proper rest and recovery. Sometimes this is unavoidable – a new parent, for example, is unlikely to get good sleep for a few months. However, other environmental factors are within your control to change, and being mindful of how these affect you is the first step.



■ Create physical environments that are calming and stress-free.

Keep your work desk tidy and organised, and pin up a couple of motivational quotes. Keep your car tidy and use the time driving to play relaxing music or listen to a podcast. The more you can control the space around you, the more relaxed you will feel.

■ Other people can create situations that make it hard to rest. At work, you have less control over those around you, which can lead to stress. At home, make sure that family and friends are aware when you're taking rest time and support your need for some time out.



■ Get outside as much as possible. Nature has a profound effect on our mental wellbeing. It has been shown in numerous studies that the invigorating sights and sounds of the natural world can help us to feel more energised, happier and calmer.





Journal

Use these pages to record your fitness experiences. Set weekly goals to keep yourself on track, and consider what you've enjoyed and what you've found particularly difficult or challenging each week. Then use the reflection pages to acknowledge the progress you've made along the way.

WEEK 01

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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FOCUS ON YOU

Do not waste time comparing
yourself to others. We're all different;
we all have different bodies, minds,
goals and so on. Focus on your own
journey, while being supportive
of those around you.

■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 02

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



“Fitness is not just about hitting the gym; it is also about an inner happiness and an overall wellbeing”

– Rakul Preet Singh

WEEK 03

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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EMBRACE CHANGE

Doing something outside of your comfort zone often comes with an element of resistance. Our brains try to revert to old habits, but master your mind and push through this difficult phase.

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 04

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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“It’s not about perfect. It’s about effort... that’s how change occurs”
— Jillian Michaels

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

- What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

- What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 05

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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BE PATIENT

Unfortunately, long-term change,
and doing it healthily, does take time.
If a diet fad seems too good to be true,
it probably is. Steady and consistent
wins the race – be patient, be
kind to yourself and stick
with it.

■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 06

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



"You're never a loser until you quit trying"

– Mike Ditka

WEEK 07

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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NEGATIVE SELF-TALK

Learn to challenge and change negative self-talk. Be more aware of what your unconscious mind is saying, and start speaking to yourself as you would talk to your best friend.

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 08

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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“It does not matter how slowly you go as long as you do not stop”

– Confucius

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

■ What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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■ What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 09

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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MUSIC & PODCASTS

Compile a training playlist and listen to your favourite songs as you work out. Include motivational songs and tunes with a good beat. Listening to podcasts may also help keep your mind distracted while training.

■ Goal reached?

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HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?



WEEK 10

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



**“Victory is not always winning the battle...
but rising every time you fall”**

– Napoleon Bonaparte

WEEK 11

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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FIND A FRIEND

Find a fitness buddy, whether it's your partner, a friend, a colleague or a total stranger with similar goals. Having someone to train with can give you a real boost – and prevent you from slacking!

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 12

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**“The pain you feel today
will be the strength you
feel tomorrow”**

– Ritu Ghatourey

**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

- What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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- What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 13

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week?
 What have you enjoyed and what
 have you found difficult?

HABIT BREAKING

Change one habit at a time. Review
 your progress every 30 days, and then
 choose another destructive habit to
 rewire. Your brain will try to pull
 you back – just be aware of
 this and keep going.

■ Goal reached? _____

**HOW DO YOU FEEL ABOUT
 THIS WEEK'S FITNESS?**



WEEK 14

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week? What have you enjoyed and what have you found difficult?

■ Goal reached? _____

**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



**“He can who thinks he can, and he can't who thinks he can't.
This is an inexorable, indisputable law”**

– Pablo Picasso

WEEK 15

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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START AFRESH

Forget any deep-rooted beliefs that could sabotage your progress. Lose the mindset that if nothing has worked in the past, it never will. Recognise the beliefs that hold you back, and develop new thought processes.

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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-

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 16

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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“You must expect great things of yourself before you can do them”

– Michael Jordan

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

■ What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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■ What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 17

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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STAY STRONG

Rather than giving up, bounce back from small failures, such as giving in to treats or missing out on exercise. This is how you will get long-term results. Just accept that it might require a few sacrifices along the way.

■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 18

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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.....
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week? What have you enjoyed and what have you found difficult?

■ Goal reached? _____

**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



"At the end of the day, your health is your responsibility"
– Jillian Michaels

WEEK 19

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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.....
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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.....
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

TRACK YOUR FOOD

Track your diet over a week using an app like MyFitnessPal (myfitnesspal.com). It will help you to understand how well you're fuelling your body, and you can identify areas for improvement in your eating habits.

- How have you felt this week? What have you enjoyed and what have you found difficult?

- Goal reached? _____
- _____
- _____
- _____

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 20

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week? What have you enjoyed and what have you found difficult?

■ Goal reached? _____

“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway”
 – Earl Nightingale

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

- What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

- What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 21

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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EVERY DAY COUNTS

You may know your final destination,
but lack a plan of how you're going
to get there. Make sure your daily
actions are aligned with your goal
and that you're keeping track
of your progress.

■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 22

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



“All progress takes place outside the comfort zone”

— Michael John Bobak

WEEK 23

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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MAKE REST SIMPLE

Plan bursts of rest and recovery into your everyday life. It's not about setting aside an entire weekend to completely rest; a short walk outside in the fresh air or a brief meditation at lunch can work wonders.

■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 24

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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“Motivation is what gets you started. Habit is what keeps you going”

— Jim Ryun

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

■ What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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■ What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 25

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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DITCH THE LIFT

Take the stairs, not the lift – it's a great way to increase your heart rate and help reach your daily step goals. It may feel like hard work, but you've got to get up there somehow, so you may as well burn a few calories!

■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 26

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



“Take care of your body. It’s the only place you have to live”

– Jim Rohn

WEEK 27

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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.....
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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.....
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SIGN UP

Sign yourself up for an event or a challenge, whether it's a 5K, a sponsored swim or a mini triathlon. Having something in the calendar will keep you motivated and give you something to work towards.

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 28

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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.....
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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“Train hard, turn up, run your best and the rest will take care of itself”

– Usain Bolt

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

■ What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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■ What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 29

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 30

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



"I train to be the best in the world on my worst day"

– Ronda Rousey

WEEK 31

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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PLAN AND PREP

Take time to plan and prepare what you're going to eat for the next few days. This means you won't have to think about meals or food shopping during the day, helping to keep cravings and temptations at bay.

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 32

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**“If something stands
between you and your
success, move it.
Never be denied”**

- Dwayne 'The Rock' Johnson

**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

- What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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- What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 33

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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FRI

- ☐ Cardio
- ☐ Strength
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- ☐ Rest
- ☐ Other

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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week?
 What have you enjoyed and what
 have you found difficult?

ADJUST COMMUTES

Getting off the bus a stop earlier is a simple way to help you reach your daily step goals – you may have to get out of bed earlier, but your body and your mind will thank you for it in the long run.

■ Goal reached? _____

**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 34

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
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- ☐ Other

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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
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Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
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Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



“In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort”

– Jesse Owens

WEEK 35

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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THU

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- ☐ Strength
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FRI

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SAT

- ☐ Cardio
- ☐ Strength
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- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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GET BACK ON TRACK

If something hasn't gone to plan, don't beat yourself up – learn from it. Why did this happen? What triggered it? And how can you avoid the problem in future?

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 36

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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WED

- ☐ Cardio
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- ☐ Other

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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week? What have you enjoyed and what have you found difficult?

■ Goal reached? _____

“Reality is created by
 the mind, we can
 change our reality by
 changing our mind”
 – Plato

**HOW DO YOU FEEL ABOUT
 THIS WEEK'S FITNESS?**



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

- What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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- What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 37

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
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- ☐ Rest
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- ☐ Rest
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SAT

- ☐ Cardio
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- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week?
 What have you enjoyed and what
 have you found difficult?

GET NEAT

Boost your physical activity
 with NEAT (Non-Exercise Activity
 Thermogenesis), the energy you use
 for anything that's not sleeping,
 eating or exercise. This includes
 cleaning, or playing with
 your children.

■ Goal reached? _____

**HOW DO YOU FEEL ABOUT
 THIS WEEK'S FITNESS?**



WEEK 38

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
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- ☐ Other

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- ☐ Flexibility
- ☐ Rest
- ☐ Other

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- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week? What have you enjoyed and what have you found difficult?

■ Goal reached? _____

**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



"I never dreamed about success, I worked for it"

– Estée Lauder

WEEK 39

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
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WED

- ☐ Cardio
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- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
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- ☐ Cardio
- ☐ Strength
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- ☐ Rest
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- ☐ Cardio
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- ☐ Flexibility
- ☐ Rest
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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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GET ENOUGH SLEEP

Don't underestimate the power of sleep. Aim to get between six to eight hours a night to function effectively.

You'll notice a difference with your fitness too.

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 40

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
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- ☐ Other

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FRI

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- ☐ Cardio
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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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"I know that if I set my mind to something, even if people are saying I can't do it, I will achieve it"

- David Beckham

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

- What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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- What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 41

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
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WED

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- ☐ Other

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THU

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- ☐ Other

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FRI

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- ☐ Other

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SAT

- ☐ Cardio
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- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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EAT CLEAN

Know what's going into your food.
Avoid processed items and try to eat
food as close to its natural state as
possible – making your own meals
with fresh ingredients is a
perfect place to start.

■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 42

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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WED

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- ☐ Strength
- ☐ Flexibility
- ☐ Rest
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- ☐ Strength
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



“Fitness is not about being better than someone else...
it’s about being better than you used to be”

– Khloé Kardashian

WEEK 43

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
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- ☐ Other

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- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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DON'T GIVE UP

Accept that your health and fitness journey is going to be full of ups and downs. We're all human and nobody is perfect, so don't give up if you slip up, overindulge or have a bad week.

■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 44

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
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THU

- ☐ Cardio
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FRI

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SAT

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- ☐ Strength
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- ☐ Rest
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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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“It is difficult to say what is impossible, for the dream of yesterday is the hope of today and the reality of tomorrow”

– Robert H Goddard

HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

■ What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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■ What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 45

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week?
What have you enjoyed and what
have you found difficult?

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STAND MORE

Get a standing desk, or have standing meetings – standing is much better than sitting still for long periods of time, because you are engaging muscles to keep you on your feet and balanced.

■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



WEEK 46

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



“Everything is theoretically impossible, until it is done”

– Robert A Heinlein

WEEK 47

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

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- ☐ Strength
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SAT

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- ☐ Rest
- ☐ Other

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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STAY HYDRATED

Water is essential for your body to function properly, especially if you're exercising. Dehydration can cause side effects like fatigue and cramps. Aim for 2-3 litres of fluid a day.

- How have you felt this week? What have you enjoyed and what have you found difficult?

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- Goal reached?
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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 48

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**“You have to think it
before you can do it. The
mind is what makes
it all possible”
— Kai Greene**

**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

■ What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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■ What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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WEEK 49

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
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THU

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- ☐ Strength
- ☐ Flexibility
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
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- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes: _____

■ How have you felt this week?
 What have you enjoyed and what
 have you found difficult?

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GET CREATIVE

Think creatively about how to increase your steps; it doesn't just have to be a dedicated walk. Wander around the office when you're on the phone, park further from the shops, and so on.

■ Goal reached?

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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 50

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



**“IF YOU EVER LACK THE MOTIVATION TO TRAIN THEN THINK
WHAT HAPPENS TO YOUR MIND & BODY WHEN YOU DON'T”**

– SHIFU YAN LEI

WEEK 51

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
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Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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BE HONEST

Life is about balance, but are you being honest with yourself about an odd snack here and a glass of wine there, and is this helping you reach your goal? Take back control and make the decisions you feel are right.

■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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HOW DO YOU FEEL ABOUT THIS WEEK'S FITNESS?



WEEK 52

DATE: to

GOAL:

MON

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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TUE

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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WED

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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THU

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:
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FRI

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

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SAT

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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SUN

- ☐ Cardio
- ☐ Strength
- ☐ Flexibility
- ☐ Rest
- ☐ Other

Notes:

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■ How have you felt this week? What have you enjoyed and what have you found difficult?

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■ Goal reached?

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**“Exercise is done
against one’s wishes and
maintained only because
the alternative is worse”
– George A Sheehan**

**HOW DO YOU FEEL ABOUT
THIS WEEK'S FITNESS?**



DATE:

TAKE SOME TIME TO REFLECT

It's important that you don't lose sight of why you have taken on this fitness journey. Take a moment now to reflect on what you have done so far, and how it has made you feel in retrospect

■ What differences to your health and fitness have you noticed in the last few weeks, and how have these made you feel?

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■ What have you enjoyed over the last few weeks?

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■ What have you found challenging or not particularly enjoyed?

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■ How have your emotions and mood been affected?

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REFLECT ON YOUR PROGRESS

Look back on your fitness journey, think about all the positive changes you've made and how much you've achieved

Congratulations! You've made it to the end of this journal and we're sure that by now you have made huge leaps and bounds towards your personal fitness goal. It's really important to reflect on your journey and look back on how far you've come.

Think back to how you began this journey. Can you remember that person, and how you felt about your own fitness, nutrition, habits and wellbeing? What has changed? If you took 'before' photos or noted

down any starting information at the beginning, look back at it now and compare to where you are today – you might surprise yourself!

If you have met your fitness goal that you set right back at the beginning, well done! You should be feeling very proud of yourself and this is the time to celebrate everything that you have achieved. Do something special to mark your success – you deserve it.

If you haven't quite met your goal yet, do still take pride in all the beneficial changes you've made and will continue to make. You have started on a journey that will have a positive impact on the rest of your life. The great thing about fitness, is that even the smallest improvement can have a great effect. There is no time limit – you can continue to push yourself and improve.

BLOW YOUR OWN TRUMPET

Share your achievements, whether it's just with a few close friends or your whole social media network. You've done something great and should shout about it – your success might inspire others!



You can also use this time to think about the hurdles you faced along the way, or those you continue to face. How did you overcome these challenges? And if you didn't, is there anything you could have done differently? How would you approach those challenges if you have to face them again? Sometimes life changes; things happen that are completely out of your control and you need to accept that. If you did the best you could under the circumstances, then that is fantastic and something to be proud of.

■ How did you ensure you stayed on track with your fitness goals?

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■ How do you feel about how far you've come?

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■ What obstacles did you face along the way?

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■ How did you overcome them?

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THE NEXT LEVEL

It's not uncommon to feel a bit lost when you reach the end of something. You might be wondering where to go from here, but you have plenty of options. Have you discovered something you really enjoy that you could take to the next level? You may have started on a Couch to 5K programme and realised that you love to run, so you could join a club or enter a race to keep you motivated.

■ What has surprised you the most?

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“At the end of the day, walk away
feeling proud of what you have achieved”

– Maneet Chauhan

HELP A FRIEND

Consider paying it forwards by helping a friend who wants to get started on their own fitness journey. You can share what worked for you and what didn't, what lessons you learned and what challenges you faced – doing so can help to inspire and motivate someone else. This can also help you to realise just how far you have come yourself.

■ How did you celebrate your successes along the way?



“The more you praise and celebrate your life,
the more there is in life to celebrate”

– Oprah Winfrey



Well done on your journey to this point. But it's not the end – fitness is an ongoing pursuit. It's time to think about the next steps on your journey, to continue to challenge yourself and see how much more you can achieve.

You might find it helpful to flick back to the beginning of this book and use the same principles all over again. Analyse where you are with your fitness now, think about what you want to set as a new goal, create a fresh plan and keep moving forwards. You never know what you are capable of until you try it!

If you're happy with your current routine, then that's fine too. You can simply make a note to check in with yourself every month or so and ensure you're still on track. Keep up the good practices you have developed along the way and they will help you with continued success. If you ever feel you're falling back into old habits or need some extra motivation, you can use this journal to look back over your notes and get yourself back on track.

Good luck in the rest of your fitness journey!

FOOD DIARY

Use the sample food diary on this page to lead you on your way to writing your own, if it's something you will find useful

SAMPLE	BREAKFAST	LUNCH	DINNER	SNACKS	DRINKS	NOTES
MON	Toasted bagel with peanut butter; banana	Greek salad with feta cheese and olives	Homemade carrot and coriander soup; 1 slice of bread	Small portion of mixed nuts; apple	2 cups of tea; 6 glasses of water	Good start to the week!
TUE	1 slice of sourdough bread, toasted, with mashed avocado and a poached egg	Leftover carrot and coriander soup	Stir-fry with vegetables, prawns and rice noodles	Small chunk of cheddar cheese; apple	1 cup of coffee; 8 glasses of water	Love batch cooking and having leftovers!
WED	Bowl of low-sugar granola with semi-skimmed milk; handful of berries	Ham and salad sandwich; banana; small pot of natural yogurt	Jacket potato with tuna and sweetcorn; large side salad	Carrot sticks with hummus dip	2 cups of tea; 3 glasses of water	Not enough water today – must try to drink more.
THU	1 slice of sourdough bread with low-sugar jam; apple	Low-sugar beans on toast; orange	Ham and mushroom omelette; large side salad	None	2 cups of tea; 1 cup of coffee; 6 glasses of water	Very rushed today – need to prep more meals and snacks in advance.
FRI	Bowl of porridge made with semi-skimmed milk, topped with cinnamon, seeds and some blueberries	Chicken salad with baby spinach, cooked quinoa, tomatoes, red pepper and olives; apple	Spaghetti bolognese	Cucumber, carrot and red pepper batons with hummus dip; small portion of mixed nuts	1 cup of tea; 8 glasses of water	Nice filling dinner – ready for my run tomorrow!
SAT	Scrambled eggs with spinach on 1 slice of toast	Pasta salad; orange; pear	Meal out! Large Margherita pizza with a side salad; ice cream pudding	Apple; orange	1 cup of tea; 6 glasses of water; 2 glasses of red wine	Worked out hard today, then out for a friend's birthday meal.
SUN	Lean turkey bacon rashers, a poached egg, 2 low-fat sausages, mushrooms and tomatoes	Large salad with red peppers, spinach, lettuce, cucumber, olives, tuna, sweetcorn and olive oil	Grilled salmon fillet with boiled potatoes and roasted vegetables	3 squares of dark chocolate; handful of raspberries	8 glasses of water; small glass of orange juice	Lovely end to the week. Must plan next week's menu!

NOTES						
DRINKS						
SNACKS						
DINNER						
LUNCH						
BREAKFAST						
MON	TUE	WED	THU	FRI	SAT	SUN

**“There is no failure
except in no
longer trying”**

- Elbert Hubbard -





This fitness journal is for everyone. It's not just for those who are new to the concept of fitness, nor is it just for those who are super-fit. It is for anyone who wants to work towards an improved level of fitness, whatever that may be, regardless of their starting point. The advice and suggestions in this journal will encourage you to strive for progress and not perfection. Once you're clear on your goals and how you're going to manage your habits, nutrition and recovery, you can record your progress on the pages that follow. Don't forget to reflect on where you've come and celebrate your successes along the way.