

Workout Planner

Personal Information	
Name:	
Date:	Age:
Height:	Weight:
Workout Goals	
Primary Goal:	
Other Goals:	
Duration (Weeks):	
Specific Targets:	
Health and Fitness Assessment	
Current Fitness Level:	
Health Considerations:	
Dietary Restrictions:	

Day	Focus Area	Exercise Type	Exercises & Sets x Reps	Duration	Intensity
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday	Rest / Active Rest				

Nutrition Plan

Daily Caloric Intake:

Protein / Carbs / Fats Ration:

Supplements:

Hydration Goal:

Progress and Adjustments

Week 1 Progress:

Week 2 Progress:

Adjustments for Next Week:

Recovery Period

Rest Days:

Stretching Routine:

Sleep Hours:

Motivation and Rewards

Weekly Motivational Quote:

Reward for Meeting Weekly Goals:

Additional Notes