my 2027 fitness goals

pick goals about how you want to feel, then one you can count.

HOW I WANT TO FEEL BY SUMMER

MY 3 GOALS FOR THIS YEAR

1.

2.

3.

MY STARTING POINT

Workouts a week right now: _____ Daily steps: _____

Longest plank: _____ Push-ups in a row: _____ Mile walk time: _____

WHAT USUALLY MAKES ME QUIT (AND MY PLAN FOR IT)

REWARDS FOR STICKING WITH IT

1 month

3 months

6 months

weekly workout plan

plan the week on sunday. check the box when it's done.

Week of _____ This week's focus _____

DAY	WORKOUT	MINUTES	TIME	DONE	ENERGY 1-5
Monday				☐	
Tuesday				☐	
Wednesday				☐	
Thursday				☐	
Friday				☐	
Saturday				☐	
Sunday				☐	

WATER, SLEEP, AND STEPS THIS WEEK

Water o o o o o o o Sleep 7+ hrs o o o o o o o Steps goal hit o o o o o o o

ONE WIN FROM THIS WEEK

workout log

write down what you lifted so next week you can do a little more.

Date _____ Workout _____ Total time _____

#	EXERCISE	SET 1	SET 2	SET 3	SET 4	NOTES
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

write reps x weight in each box, like 10 x 15 lb.

CARDIO

Type _____ Minutes _____ Distance _____ How it felt o o o o o

STRETCH / COOL DOWN

o 5 min walk o hamstrings o hips o shoulders o calves

2027 movement tracker

color a box on every day you moved. a 10 minute walk counts.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jan	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Feb	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐			
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key: S = strength C = cardio P = pilates/yoga W = walk R = rest day

monthly check-in

print one for the last day of every month. be kind to yourself here.

Month _____ Workouts done _____ Rest days _____

WHAT FELT EASIER THIS MONTH

STRENGTH WINS (MORE REPS, MORE WEIGHT, LONGER HOLD)

HOW I FELT

Energy o o o o o Sleep o o o o o Mood o o o o o Stress o o o o o

WHAT GOT IN THE WAY

NEXT MONTH I'LL TRY

REWARD I EARNED