

# 7 Day Fitness Planner

Week/ Date \_\_\_\_\_

If it doesn't challenge you,  
it doesn't change you.

3 Intentions I'm focused on this week		
1.	2.	3.

## Weekly Targets:

Fitness [ High Intensity: HIIT/ Cardio\_\_\_\_\_ Resistance/Weights\_\_\_\_\_ ]

[Low intensity & Stretching\_\_\_\_\_]

Full rest days:\_\_\_\_\_

Self care activities: \_\_\_\_\_

Food prep days \_\_\_\_\_

## Schedule & book it in:

	Major Projects/ Appointments	Training/ Rest/ Meals/ Self care
Monday		
Tuesday		
Wednesday		
Thursday		
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Sunday		

**Reflection:** How is my inner dialogue? How can I speak even kinder to myself this week?

*My Mindset Coach*

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**Begin to think of yourself becoming the person you  
want to be**

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**Reflection:** How am I embracing change this week?

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Good habits are just as addictive as bad habits,  
just much more rewarding.

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**Reflection:** What negative attitudes are holding me back and how can I overcome those?

*My Mindset Coach*

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**I can do hard things.**

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**Reflection:** How can I stretch myself even further (even 5% more) in my training sessions?

*My Mindset Coach*

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It takes 4 weeks for you to notice your body changing, 8 weeks for your friends and 12 weeks for the rest of the world. Keep going.

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**Reflection:** What have I achieved already, so far? What am I most proud of myself for this week?

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**S-I-M-P-L-I-F-Y.**

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**Reflection:** How can I add some more PLAY and fun into everyday this week?

*My Mindset Coach*

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You are allowed to be both a masterpiece  
and a work in progress simultaneously.

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**Reflection:** Let's celebrate the small progress too!

What nourishing reward can I give to myself this week?

*My Mindset Coach*

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**You yourself, as much as anybody in the entire universe, deserve your love and affection.**

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**Reflection:** How can I make this week 5% better than last week?

*My Mindset Coach*



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You are free, you are powerful, you are good, you  
are love, you have value, you have a purpose.  
All is well -Abraham Hicks

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**Reflection:** What is going well so far and why?

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**Put yourself at the top of your to-do list every single day and the rest will fall into place.**

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**Reflection:** What have I overcome (that I once thought I couldn't)?



