



90 Day Fitness Planner & Tracker

LITTLE STEPS, BIG HAPPY



How to Use This Fitness Planner



Inside this 90-Day Fitness Planner and Tracker you will find printable worksheets to help you plan out and track your fitness progress over the next 90 days.

This workbook is designed to help you feel motivated and organized with your workouts plans. That way you can spend less time putting everything together and more time focusing on getting your workouts done.

Table of Contents:

My Fitness Goals - pg. 5: This page is designed to help you really connect with why exercise is important to you. This helps to keep you motivated and focused on why you need to find time for those workouts. Fill this page out monthly (or even weekly!) to help with motivation and consistency.

My Plan for Getting Fit This Week - pg. 6: This page is where you will fill out which workouts you want to do each week. When you write down your workout plan, you are 42% more likely to follow through. This makes writing out your weekly plan a huge help when it comes to making sure you get those workouts in.

My Plan for Getting Fit This Month - pg. 7: This page is designed for anyone who likes to get a broader view of their workout plan. Fill in which workouts you will do throughout the entire month. For a bonus motivation boost, cross out each workout as you complete it.

My Weekly Meal Plan - pg. 8: This page is where you can write out your meal plan each week. An active body needs healthy food to give you enough energy. A healthy diet plays a big part in being active and fit.

My Plan for a Healthy Day - pg. 9: If long term goals are a little overwhelming, this worksheet is for you. The daily planning page allows you to simplify your planning and just focus on 1 day at a time.

My Fitness Tracker - pg. 10: This page is where you can see the full 90-day overview of how often you are exercising. Use it like a habit tracker to see how consistent you are with your plan. For each month, fill in if you did your workout, missed your workout, or if it was a rest day. Then fill in the percentage of planned workouts you completed.

To find your completed percentage, divide the number of planned workouts by the number of complete workouts. (Example: Planned workouts: 20, completed workouts: 16. 16 divided by 20 is 0.8, so the completed workout percentage would be 80%.

Measuring My Progress - pg. 11: This page is a place for you to track your monthly measurements. This is a great way to see how your body is changing.

Weekly Weight Loss Tracker - pg. 12: This page has space for you to track your weight loss each week. For more accurate tracking, make sure to weigh yourself at the same time of day on the same day each week.

Fitness Test - pg. 14-15: The fitness test is a great way to track your physical fitness progress. The test uses 5 different exercises to measure your overall strength and endurance. Take the test at the beginning of your 90 days to get a baseline for your physical fitness. Then take the test each month to see how much you are improving.

How many copies do I need to print?

Some of the worksheets are designed to be used monthly, weekly, or daily. Most pages will only need to be printed out once, but some will need to be printed out multiple times.

Pages to print out once:

- My Fitness Tracker, pg. 10 (fill out daily)
- Measuring My Progress, pg. 11 (fill out monthly)
- Weekly Weight Loss Tracker, pg. 12 (fill out weekly)
- My Fitness Test Results, pg. 15 (fill out monthly)

If you want to create a full 90-day fitness workbook, here is how many copies you will need of the remaining pages:

- My Fitness Goals, pg. 5: **3 copies** (fill out monthly)
- My Plan for Getting Fit This Week, pg. 6: **12 copies** (fill out weekly)
- My Plan for Getting Fit This Month, pg. 7: **3 copies** (fill out monthly)
- My Weekly Meal Plan, pg. 8: **12 copies** (fill out weekly)
- My Plan for a Healthy Day, pg. 9: **1 copy each day** (fill out daily)

Feel free to make it your own!

All the information in this workbook is designed to be suggestions, ideas, and inspiration. Feel free to use the workbook in whatever way works best for you.

You can print off all the pages and use them as intended or you can pick and choose which worksheets suit your needs the best.

Let's connect!

Find me on:

- Facebook → @littlestepsbighappy
- Instagram → @littlesteps.bighappy
- Pinterest → @Littlestepsbighappy

For any questions, comments, or concerns, email
Candice@littlestepsbighappy.com. Happy exercising!! :)



*A little progress each
day adds up to big
results.*



My *Fitness* Goals



Exercise is important to me because I want to...

My fitness goal is to be able to...

How will I feel when I reach my fitness goal?

My favorite benefits of exercise are...

I plan to exercise days a week.



It's a slow process, but
quitting won't speed it up.



My Plan for Getting *Fit* This Week!



| | | | |
|------------------|------------------|-----------|-------|
| <i>Sunday</i> | <u>Activity:</u> | Location: | Time: |
| <i>Monday</i> | <u>Activity:</u> | Location: | Time: |
| <i>Tuesday</i> | <u>Activity:</u> | Location: | Time: |
| <i>Wednesday</i> | <u>Activity:</u> | Location: | Time: |
| <i>Thursday</i> | <u>Activity:</u> | Location: | Time: |
| <i>Friday</i> | <u>Activity:</u> | Location: | Time: |
| <i>Saturday</i> | <u>Activity:</u> | Location: | Time: |

“The only bad workout is the one that didn't happen.”

My Plan for Getting *Fit* This Month!



| <u>Su</u> | <u>Mo</u> | <u>Tu</u> | <u>We</u> | <u>Th</u> | <u>Fr</u> | <u>Sa</u> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



Wow, I really regret that
workout.

- Nobody. Ever.



My Healthy Meal Plan



| | | | | |
|---------------|-------------------|---------------|----------------|----------------|
| <i>Sunday</i> | <u>Breakfast:</u> | <u>Lunch:</u> | <u>Dinner:</u> | <u>Snacks:</u> |
|---------------|-------------------|---------------|----------------|----------------|

| | | | | |
|---------------|-------------------|---------------|----------------|----------------|
| <i>Monday</i> | <u>Breakfast:</u> | <u>Lunch:</u> | <u>Dinner:</u> | <u>Snacks:</u> |
|---------------|-------------------|---------------|----------------|----------------|

| | | | | |
|----------------|-------------------|---------------|----------------|----------------|
| <i>Tuesday</i> | <u>Breakfast:</u> | <u>Lunch:</u> | <u>Dinner:</u> | <u>Snacks:</u> |
|----------------|-------------------|---------------|----------------|----------------|

| | | | | |
|------------------|-------------------|---------------|----------------|----------------|
| <i>Wednesday</i> | <u>Breakfast:</u> | <u>Lunch:</u> | <u>Dinner:</u> | <u>Snacks:</u> |
|------------------|-------------------|---------------|----------------|----------------|

| | | | | |
|-----------------|-------------------|---------------|----------------|----------------|
| <i>Thursday</i> | <u>Breakfast:</u> | <u>Lunch:</u> | <u>Dinner:</u> | <u>Snacks:</u> |
|-----------------|-------------------|---------------|----------------|----------------|

| | | | | |
|---------------|-------------------|---------------|----------------|----------------|
| <i>Friday</i> | <u>Breakfast:</u> | <u>Lunch:</u> | <u>Dinner:</u> | <u>Snacks:</u> |
|---------------|-------------------|---------------|----------------|----------------|

| | | | | |
|-----------------|-------------------|---------------|----------------|----------------|
| <i>Saturday</i> | <u>Breakfast:</u> | <u>Lunch:</u> | <u>Dinner:</u> | <u>Snacks:</u> |
|-----------------|-------------------|---------------|----------------|----------------|

“Eating well is a form of self-care.”

My Plan for a Healthy Day



Date: _____

How do I feel today? _____

3 Reasons exercise is important to me:

1.) _____

2.) _____

3.) _____

3 Healthy habits to focus on today:

1.) _____

2.) _____

3.) _____

My meal plan for today:

| |
|------------|
| Breakfast: |
| Lunch: |
| Dinner: |
| Snacks: |

My movement for
today will be: _____

My water goal for
today is: _____ OZ

“ *Every day* is a new chance to
keep working toward the
healthy and fit life that I want!

My *Fitness* Tracker



Month 1:

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

☆ = I got my movement in!

○ = I missed my workout today.

✕ = Rest day.

Month 2:

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Month 1:

Planned Workouts: _____

Workouts Completed: _____

My overall percentage: _____

Month 2:

Planned Workouts: _____

Workouts Completed: _____

My overall percentage: _____

Month 3:

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Month 3

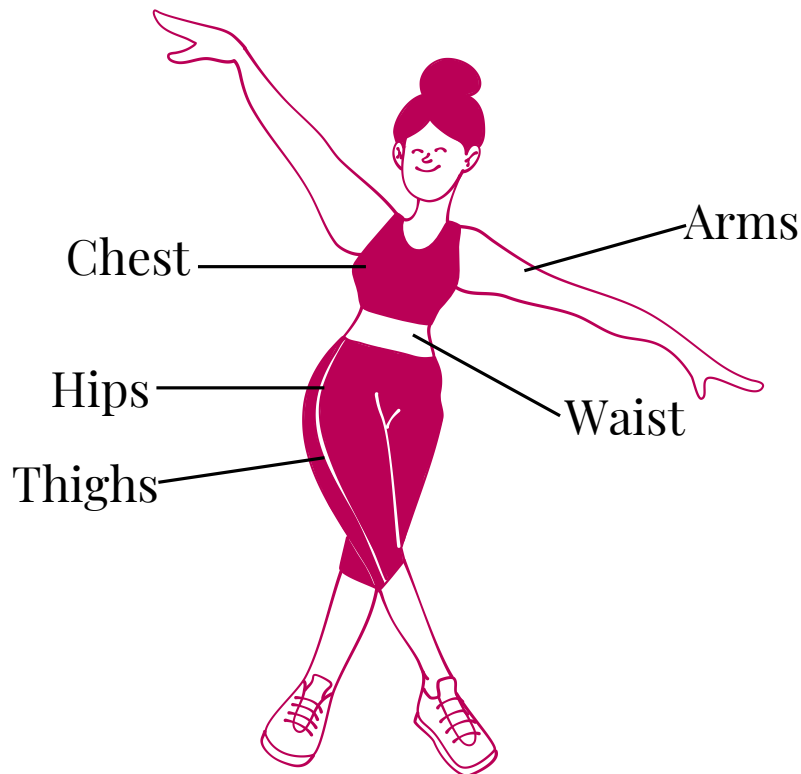
Planned Workouts: _____

Workouts Completed: _____

My overall percentage: _____

“ You don't have to be extreme,
just *consistent*. ”

Measuring My Progress



| | Month 1 | Month 2 | Month 3 |
|--------|---------|---------|---------|
| Arms | | | |
| Chest | | | |
| Waist | | | |
| Hips | | | |
| Thighs | | | |

“ Results happen over time, not overnight - work hard, stay consistent and be patient. ”

Weekly Weight Loss Tracker



Month 1:

| | | | | |
|----------------|----------------|----------------|----------------|----------------|
| <u>Week 1:</u> | <u>Week 2:</u> | <u>Week 3:</u> | <u>Week 4:</u> | <u>Week 5:</u> |
| | | | | |

Month 2:

| | | | | |
|----------------|----------------|----------------|----------------|----------------|
| <u>Week 1:</u> | <u>Week 2:</u> | <u>Week 3:</u> | <u>Week 4:</u> | <u>Week 5:</u> |
| | | | | |

Month 3:

| | | | | |
|----------------|----------------|----------------|----------------|----------------|
| <u>Week 1:</u> | <u>Week 2:</u> | <u>Week 3:</u> | <u>Week 4:</u> | <u>Week 5:</u> |
| | | | | |

“ I deserve to have a healthy,
happy. and fit body. ”

Fitness Test Instructions

Instructions:

Perform this Fitness Test periodically to see how your body is growing stronger and your endurance is improving. To perform the test, all you need is a timer and a mat. Follow the instructions below for each activity. Then score your results in the Chart. Make sure you warm up properly before beginning the test.

Fitness Test Activities:

Balance Test: Stand on one leg and close your eyes. Time how long you can balance on one leg. If your other foot touches the ground or you reach out and hold on to something to catch your balance, stop the timer. Perform on each side.

Push Up Test: Get into a standard push up position and start the timer. Count how many push ups you can do in 1 minute. If you can't perform standard push ups, drop to your knees. If you can't perform knee push ups, do them against a wall.

Wall Sit Test: Find a clear space against a wall. Get into a squat position with your back against the wall. Scoot down until your legs create a 90 degree angle. Time how long you can hold the wall sit with perfect form with your hands by your side. If you have to use your hands or slide higher up the wall, stop the timer.

Sit Up Test: Lay on your back with your knees bent at a 90 degree angle. Place your hands interlaced behind your head or crossed over your chest. Count how many sit ups you can do in 1 minute. Your feet and hips need to remain connected to the ground throughout each sit up. If your feet lift off the ground or you lift your hips up to get more momentum, don't count that rep.

1 Mile Run or Walk Test: Run or walk 1 mile and record your time. You can alternate running and walking or you can just pick one to stick with throughout. Record your time including any stops or breaks in between.



My Fitness Test Results



| Exercise | Day 1 | Day 30 | Day 60 | Day 90 |
|-----------------------|-------|--------|--------|--------|
| Balance Test Right | | | | |
| Balance Test Left | | | | |
| Push Up Test | | | | |
| Wall Sit Test | | | | |
| Sit Up Test | | | | |
| 1 Mile Run/Walk | | | | |



Fitness isn't about being better than
someone else... It's about being better
than you used to be.

