

The Ideal

# WORKOUT

PLANNER



[www.gailpostoncoaching.com](http://www.gailpostoncoaching.com)



# Introduction

Welcome to your journey towards a healthier, stronger you! This worksheet is designed to help you create an ideal workout routine that aligns with your personal goals, fitness level, and lifestyle. By taking the time to reflect on your motivations and needs, you can craft a workout plan that is both effective and enjoyable.

## Personal Reflection & Goal Setting

Before jumping into the specifics of your workout routine, let's start with some introspection. Understanding your 'why' and 'how' is crucial for creating a routine that you can stick to and enjoy.

### 1. UNDERSTANDING YOUR 'WHY'

**A.** What are your primary fitness goals (e.g., weight loss, muscle gain, improving endurance, etc.), and why are these goals important to you?

- Goals: \_\_\_\_\_
- Importance: \_\_\_\_\_

**B.** Have any specific events or motivations led you to these goals (e.g., health concerns, personal milestones, etc.)?

- Motivations: \_\_\_\_\_
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### 2. ASSESSING YOUR CURRENT

**A.** How would you describe your current fitness level (beginner, intermediate, advanced)? What experiences or criteria are you basing this assessment on?

- Fitness Level: \_\_\_\_\_
- Criteria/Experiences: \_\_\_\_\_

**B.** Are there any health considerations or physical limitations you need to take into account when planning your routine?

- Health Considerations: \_\_\_\_\_

### 3. LIFESTYLE CONSIDERATIONS

**A.** How does your daily schedule look, and how can you integrate your workout routine into it?

- Daily Schedule: \_\_\_\_\_

**B.** Are there any other lifestyle factors (e.g., work, family commitments) that might influence your workout schedule or intensity?

- Lifestyle Factors: \_\_\_\_\_

## Setting Realistic & Achievable Goals

When goal setting for behavior change, it is helpful to set goals that are SMART specific, measurable, attainable, realistic, and timely. Do consider the time, energy, health, resources and desire you have to commit to right now.

### 1. SHORT-TERM GOALS

**A.** What are some achievable fitness milestones you'd like to reach in the short term (e.g., running a certain distance, consistent workout frequency, etc.)?

- Short-Term Goals:

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### 2. LONG-TERM ASPIRATIONS

**A.** What do you ultimately aspire to achieve through your fitness journey in the long term?

- Long-Term Goals:

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### 3. STRATEGIES FOR OVERCOMING

**A.** What potential obstacles do you anticipate facing, and how do you plan to address them?

- Anticipated Obstacles: \_\_\_\_\_

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- Strategies: \_\_\_\_\_

*These reflective questions are designed to create a strong foundation for your workout routine, ensuring it is tailored to your unique goals, needs, and circumstances. Once you've completed this section, we'll move on to building your specific workout plan and tracking your progress.*

## Workout Routine Planning

Having reflected on your goals and lifestyle, let's now create a detailed workout plan that suits your individual needs and preferences.

### WEEKLY WORKOUT STRUCTURE

**A.** How many days per week are you committing to exercise?

- Days per Week: \_\_\_\_\_

**B.** What variety of workouts (e.g., strength training, cardio, flexibility) will you incorporate, and why?

- Types of Workouts: \_\_\_\_\_
- Reasons: \_\_\_\_\_

**C.** What time of day can you consistently dedicate to your workouts?

- Time of Day: \_\_\_\_\_

## DAILY WORKOUT PLAN

Plan each day's workout, considering the type, duration, and intensity. Remember to balance intense workout days with lighter activities or rest.

- **Monday:**

Activity:

Duration:

Intensity:

- **Tuesday:**

Activity:

Duration:

Intensity:

- **Wednesday:**

Activity:

Duration:

Intensity:

- **Thursday:**

Activity:

Duration:

Intensity:

- **Friday:**

Activity:

Duration:

Intensity:

- **Saturday:**

Activity:

Duration:

Intensity:

- **Sunday (Rest Day / Light Activity):**

Activity:

Notes:

## WORKOUT COMPONENTS DETAIL

### 1. Warm-Up:

- What specific activities will you do to warm up? How long will each warm-up session last?

### 2. Main Workout:

- Detail the specific exercises, sets, reps (for strength training), or duration (for cardio).
- How will these exercises help you achieve your goals?

### 3. Cool Down and Recovery:

- What activities will you do to cool down? How will you ensure adequate recovery?

## Adaptability and Flexibility

Fitness is a journey, and it's important to be adaptable. Reflect on how you will adjust your plan based on feedback from your body, schedule changes, or other factors.

### ADJUSTING YOUR ROUTINE:

- What signs will indicate that you need to modify your routine (e.g., fatigue, lack of progress)?

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- How will you incorporate rest and active recovery into your routine?

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*By completing this detailed planning section, you'll have a clear roadmap for your workout routine, tailored to your goals, preferences, and lifestyle. This plan will serve as a guide, but remember to listen to your body and be flexible with adjustments as needed.*

## Weekly Workout Routine

This template will help you organize your weekly workouts, ensuring a balanced mix of activities. Fill it out each week to stay on track with your fitness goals.

### WEEKLY OVERVIEW

WEEK OF:

MONDAY	WORKOUT TYPE:	INTENSITY LEVEL: LOW   MEDIUM   HIGH
	DURATION:	SPECIFIC EXERCISES/ACTIVITIES:
	ADDITIONAL NOTES:	
TUESDAY	WORKOUT TYPE:	INTENSITY LEVEL: LOW   MEDIUM   HIGH
	DURATION:	SPECIFIC EXERCISES/ACTIVITIES:
	ADDITIONAL NOTES:	
WEDNESDAY	WORKOUT TYPE:	INTENSITY LEVEL: LOW   MEDIUM   HIGH
	DURATION:	SPECIFIC EXERCISES/ACTIVITIES:
	ADDITIONAL NOTES:	

THURSDAY

WORKOUT TYPE:	INTENSITY LEVEL: LOW   MEDIUM   HIGH
DURATION:	SPECIFIC EXERCISES/ACTIVITIES:
ADDITIONAL NOTES:	

FRIDAY

WORKOUT TYPE:	INTENSITY LEVEL: LOW   MEDIUM   HIGH
DURATION:	SPECIFIC EXERCISES/ACTIVITIES:
ADDITIONAL NOTES:	

SATURDAY

WORKOUT TYPE:	INTENSITY LEVEL: LOW   MEDIUM   HIGH
DURATION:	SPECIFIC EXERCISES/ACTIVITIES:
ADDITIONAL NOTES:	

SUNDAY  
REST/ACTIVE RECOVERY

ACTIVITY (IF ANY):	DURATION:
NOTES ON RECOVERY:	

## WEEKLY REFLECTION

- Achievements This Week:

- Challenges Faced:

- Adjustments for Next Week:

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Signature for  
Commitment:

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Date:

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*By using this weekly workout routine template, you can effectively plan and track your fitness activities, ensuring a well-rounded approach to achieving your health and fitness goals. Remember, consistency and adaptability are key to a successful workout routine.*



Hi, I'm  
**Gail**

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Gail Poston Coaching



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**LET'S CONNECT**

I believe that true health is about more than just the number on the scale or the amount of kale you eat. It's about creating a balanced, joyful life that nourishes your body, mind, and spirit.

As your health coach, I'll be your biggest cheerleader and support system, guiding you on your journey to vibrant health. Together, we'll work on developing healthy habits that fit into your busy lifestyle, and we'll celebrate your successes every step of the way.

Think of it like a delicious recipe: you bring the ingredients (your goals and challenges), and I'll help you mix them together in just the right way to create a masterpiece (a healthier, happier you!).

So let's get started on creating the healthy, happy life you deserve!

*Gail*

# Gail Poston Coaching

## Program Offerings

These coaching packages are designed to help you uncover the patterns affecting your well-being, build sustainable habits, and receive personalized guidance and support as you create lasting changes in your health.



### FOUNDATIONS & INSIGHTS SESSION

A clarity-building session that reveals the patterns impacting your mind, body, and overall well-being.

**Includes:**

- *Comprehensive health and lifestyle questionnaires*
- *1x 60 minute virtual call*
- *A personalized summary of your results via email*

### A 30 DAY SELF-CARE RESET

A guided, step-by-step four week coaching program designed to help woman focus on their health consistently for 30 day's at a time.

**Includes:**

- *Foundations + Insight Session*
- *1 x 60-minute weekly group coaching session*
- *Daily teachings plus lessons to complete*
- *Access to direct messaging for questions and to share wins!*
- *FM Meal Plans + Recipes, Workout Planner, Menopause guides and more!*



### 1:1 COACHING

For clients who want ongoing one-on-one support after completing the Foundations & Insights Session (or the 30-Day Reset). This program helps you stay accountable, adjust strategies, and deepen your health progress.

**Includes:**

- *Foundations & Insights Session (Month 1)*
- *Two 1:1 coaching sessions each month (45-60 minutes)*
- *Weekly check-in messages for accountability*
- *Monday-Friday messaging support (24-48 hr response time)*
- *Personalized monthly action plan*
- *Access to resources (meal ideas, planners, templates, worksheets)*



# Ready to look and feel your absolute best?

Investing in a health coach isn't just about changing habits, it's about gifting yourself more 'you-time' to rejuvenate, to recalibrate, and to nurture your health journey.

Consider me your wellness ally, your guiding hand, here to help you streamline your goals, bring clarity to your health journey, and uplift your overall well-being.

## LET'S CHAT

In this complimentary, no-commitment session, we'll discuss your health objectives, your wellness aspirations, and explore how we can work together to ignite your health journey. Let's shift your daily life from overwhelm to vibrant well-being.

[BOOK A CALL](#)

