



FITNESS PLANNER



Online Studio Fit

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ONLINE STUDIO FIT

FACEBOOK TRENING GROUP





MY GOALS FOR 2025

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MY GOALS FOR 2025

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FITNESS

planner

MONTH OF:

M T W T F S S



MY DAILY GOALS



MY MOTIVATION



MEALS AND SNACKS

B

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D

S

WATER



REPS

MINUTES

COLORIES

INTENSITY

WEIGHT



EXERCISE



NOTES

TO DO LIST

[illegible]



Daily Planner

Do more of what you love

DATE

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6:00

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23:00

TOP 3 PRIORITIES

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REMINDER

DAILY AFFIRMATIONS

FOR TOMORROW

NOTES

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(Daily)

DATE ____ / ____ / ____

SELF-CARE

S M T W T F S

C H E C K L I S T

- | | |
|--|---|
| ☐ MAKE YOUR BED | ☐ TAKE A LONG BATH |
| ☐ TAKE YOUR MEDICATIONS & VITAMINS | ☐ DO A FACE MASK |
| ☐ SKINCARE ROUTINE | ☐ CALL A FRIEND OR FAMILY |
| ☐ HEALTHY MEALS | ☐ MEDITATION |
| ☐ GO FOR A WALK | ☐ WATCH A MOVIE |
| ☐ CLEANING HOUSE | ☐ CUDDLE A PET OR HUMAN |
| ☐ WASHING CLOTHES | ☐ TRY A NEW RESTAURANT |
| ☐ LISTEN TO MUSIC | ☐ MAKE TIME TO READ |
| ☐ HAVE A POWER NAP | ☐ TRY A NEW RECIPE |
| ☐ SOCIAL MEDIA BREAK | ☐ NO PHONE 30 MINS BEFORE BED |

WORKOUT

- | | | |
|-------------------------------|--------------------------------|-----------------------------|
| ☐ CARDIO | ☐ WEIGHT | ☐ YOGA |
| ☐ STRETCH | ☐ REST DAY | ☐ OTHER |

THINGS THAT
MAKE ME
HAPPY TODAY

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD





January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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	

Work

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Habits

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Self-care

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Notes



February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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	

Work

Habits

Self-care

Notes



March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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					

Work

Habits

Self-care

Notes



April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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
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Work

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Habits

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Self-care

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Notes



May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	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

Work

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Habits

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Self-care

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Notes



June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					

Work

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Habits

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Self-care

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Notes



July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
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Work

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Habits

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Self-care

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Notes



August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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						

Work

Habits

Self-care

Notes



September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	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				

Work

Habits

Self-care

Notes



October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Work

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Habits

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Self-care

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Notes



November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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Habits

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Self-care

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Notes



December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Work

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Habits

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Self-care

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Notes
