

FITNESS PLANNER



CHERISCHULTZ.COM

WELCOME, ENTHUSIAST!

I know you are driven! I know you have it in you - the ambition, the desire, the vision. I also know life gets in the way too many times to count. That's why I've written this planner.

Create and make your fitness plan so you really enjoy and feel good, without conditioning, tension or mental resistance. The only thing that matters is that you feel good about yourself, whatever you do. Listen to your body and the signals from it. Remember it always knows the way and be sure to create a no judgment zone since it induces resistance and resistance lowers motivation.

Scripting and writing helps to visualize your goals and clearly manifests your wishes. I know it seems simplistic but it can be a very powerful force when you write down your intentions. It maintains motivation and if done consistently, you will improve your overall well-being.

**Exercises are a way of harmonizing the mind and consciousness.
Enjoy the process!**

”

Seek patience and passion in equal amounts. Patience alone will not build the temple. Passion alone will destroy its walls.

MAYA ANGELOU



 @chair.yoga

 cheri@cherischultz.com

CHERI SCHULTZ, RYT

CHAIR EXERCISE AND CHAIR YOGA INSTRUCTOR

I BELIEVE IN YOU!

HOW TO USE THIS PLANNER

First, set up your goals. Your personal goals, no matter what someone else thinks or does. Let your goals be smart, specific, measurable, well-timed, realistic and simply achievable. When setting your goals, focus on what feels best for you, what really fulfills your experience. Follow your feelings and embrace them with joy and zest. Write them down freely and express them without any conditions. You can be everything you desire, if you believe in Yourself!

Consider your habits, your routines and create your daily, weekly and annual plans with respect to your everyday life. Be consistent in planning and evaluation of the process. You are in the process of achieving goals, so follow every aspect, analyze it or improve it.

When it comes to motivation, if you notice and feel any motivational gap, remember a pause is also a part of the process and just turn your focus to positive feelings, visualizing pleasant experiences and images.

Use this planner as your personal mindset transformation book. The mind is always expressing itself in our bodily activities, in our habits and in our behavior. Your new fitness plan will change the habits of your mind. Just relax and let it be transformed. Consider this fact: when establishing a new habit, the first three weeks are crucial for adopting it and the first three months are crucial to integrating it as part of your behavior.

It's time to set your goals without any preconditions or resistance.

Just relax & exercise with ease.

MY FITNESS & HEALTH GOALS

What are your fitness and health goals? What are you hoping to accomplish?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How will you feel when you accomplish your goals? What would be different?

VISIONBOARD

THE BEST VERSION OF ME

Putting your goals on paper in a visual format (text & images) can actually help you achieve them. For example, if you're hoping to be more fit and energized, you might put pictures of happy, healthy & fit persons coupled with empowering words like "confidence" on your vision board. To make your vision board work, review it often.

A large, empty rectangular box with a thin red border, intended for users to create their vision board by adding text and images.

BREAK BAD HABITS

& DEVELOP GOOD ONES

Getting fit or losing weight can be hard if we do not consider our habits. To break any bad habits that prevent you from getting fit and healthy, you need to make them difficult and unattractive. In addition, plan how to replace them with the new habits. It is extremely helpful to have an accountability partner when working with habits, since they can support you and hold you accountable in a multitude of ways.

HABIT TO BE ELIMINATED

How will you make it difficult?

How will you make it unsatisfying?

HABIT TO BE DEVELOPED

How will you make it easy?

How will you make it satisfying?

PERSONAL DECREE (WITNESSED BY ACCOUNTABILITY PARTNER)

Signature

Witness

LIST OF POSITIVE ASPECTS

Working out and eating healthy foods can be difficult at times. This is why we must have a mechanism to boost the motivation in those challenging situations. Write out the list of positive aspects for any habits that are aligned with your goals.

Example: Working out daily.

HABIT

LIST OF POSITIVE ASPECTS

HABIT
LIST OF POSITIVE ASPECTS

HABIT

LIST OF POSITIVE ASPECTS

HABIT
LIST OF POSITIVE ASPECTS

HABIT

LIST OF POSITIVE ASPECTS

HABIT
LIST OF POSITIVE ASPECTS

HABIT

LIST OF POSITIVE ASPECTS

HABIT
LIST OF POSITIVE ASPECTS

YEARLY FITNESS PLANNER

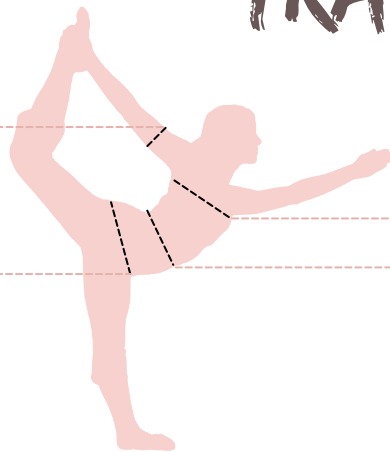
YEAR: _____

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

QUARTERLY PROGRESS TRACKER

ARM

Measure where the upper arm is the widest



Measure around the breasts and the back
BUST

HIPS

Measure around the widest part of the hips

WAIST
Measure around the narrowest part of the waist



If you want something you've never had, you must be willing to do something you've never done.

		MEASUREMENTS	LOSS/GAIN
MONTH	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

		MEASUREMENTS	LOSS/GAIN
MONTH	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

		MEASUREMENTS	LOSS/GAIN
MONTH	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

NOTES

MONTHLY FITNESS PLANNER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

GOALS FOR THE MONTH

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

ACTION STEPS

REFLECTION

THINGS I MASTERED

- _____
- _____
- _____

THINGS THAT WERE A CHALLENGE

- _____
- _____
- _____

MESSAGE TO SELF

WEEKLY FITNESS PLANNER

MONTH: _____ WEEK OF: _____

MONDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

TUESDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

WEDNESDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

THURSDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

FRIDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

SATURDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

SUNDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

NOTES

WEEKLY FOOD PLANNER

WEEK OF _____

	MEALS	CALORIES
MON		<input type="text"/>
TUE		<input type="text"/>
WED		<input type="text"/>
THU		<input type="text"/>
FRI		<input type="text"/>
SAT		<input type="text"/>
SUN		<input type="text"/>

DAILY FOOD PLANNER

DATE: _____

MON TUE WED THU FRI SAT SUN

Let's make healthy food flavorful and yummy!

TODAY'S MEALS

BREAKFAST

	PROTEINS	
	CARBS	
	FATS	

LUNCH

	PROTEINS	
	CARBS	
	FATS	

DINNER

	PROTEINS	
	CARBS	
	FATS	

SNACKS

	PROTEINS	
	CARBS	
	FATS	

HEALTHY ALTERNATIVES

WORKSHEET

**MY FAVORITE
MAIN FOODS**

**HEALTHY MAIN
ALTERNATIVES**

**MY FAVORITE
SNACK FOODS**

**HEALTHY SNACK
ALTERNATIVES**

YOU'VE MADE IT! CONGRATULATIONS!

My friend, I want to personally congratulate you for taking the time to go through this process of self-development!

It takes extreme courage and persistence to get out of your comfort zone. It takes commitment to do the hard work of changing your habits and developing the plans and routines to transform your life and improve your overall well-being.

As you change your habits, you begin to discover confidence in yourself, You find yourself more energetic, it boosts your mood and makes you mentally stronger.

NEXT STEPS

It's time for a new cycle of exercises and activities. Make them richer with your own pace and tempo. Open new doors and opportunities for the next level of your overall well-being.

The excitement is in the process. Feel it, Embrace It and Adopt a new way of life to LIVE YOUR BEST LIFE!!

Love and Hugs,
Cheri

CHERSCHULTZ.COM

BECAUSE YOU MATTER