FolarraStudio

Fitness Planner

move · grow · glow

UNDATED · PRINTABLE · WORKOUT LOGS & TRACKERS

This Planner Belongs To

strong, steady and kind to yourself

NAME _____

EMAIL / PHONE _____

STARTED ON _____

FAVORITE WORKOUT _____

MY BIG GOAL _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Workout Log and Weekly Workout Plan pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Plan your week on the Weekly Workout Plan and log each session on a Workout Log page.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My fitness word for this year

Why I want to move more

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tap a title in the digital planner to jump to it

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Fitness Goals

what I am working towards

My goals

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Why it matters

Habits to build

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Rewards

Weekly Workout Plan

move a little every day

WEEK OF _____

Monday
REST DAY ☐

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Tuesday
REST DAY ☐

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Wednesday
REST DAY ☐

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Thursday
REST DAY ☐

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Friday
REST DAY ☐

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Saturday
REST DAY ☐

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Sunday
REST DAY ☐

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

This week's focus

_____
_____
_____
_____
_____
_____

Workout Log

sets, reps & progress

DATE _____ WORKOUT _____

DURATION _____ ENERGY (1-10) _____

EXERCISE	SETS	REPS	WEIGHT	NOTES

Cardio Log

walk, run, cycle, swim, dance

DATE	ACTIVITY	TIME	DISTANCE	HOW I FELT

Daily Tracker

water, steps, sleep & movement

MONTH _____ GOAL _____

DAY	WATER	STEPS	SLEEP	WORKOUT	NOTES
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				☐	

Progress Tracker

measure progress, not perfection

UNIT _____ START DATE _____

MEASUREMENT	DATE	DATE	DATE	DATE	DATE	DATE
Weight						
Chest						
Waist						
Hips						
Thigh						
Upper arm						
Energy (1-10)						
Mood (1-10)						

Personal Bests

celebrate every win

EXERCISE / ACTIVITY	RECORD	DATE	NOTES

30-Day Challenge

one small step a day

MY CHALLENGE _____

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 ☐

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this planner helps you stay calm, organized and on track. If you enjoy it, tell a friend about folarrastudio.com.

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