

JESS COATE
fitness



**PLAN TO
S U C C E E D**

**YOUR ULTIMATE
FITNESS PLANNER**

HEALTH & FITNESS GOALS



Your health and fitness journey has began and lets write down short and long term goals to manifest.

SHORT TERM GOALS:

LONG TERM GOALS:

HOW I WILL ACHIEVE MY GOALS:

DAILY PLAN



Date:

5 am:

2 pm:

6 am:

3 pm:

7 am:

4 pm:

8 am:

5 pm:

9 am:

6 pm:

10 am:

7 pm:

11 am:

8 pm:

12 pm:

9 pm:

1 pm:

10 pm:

Priority list:

WORKOUT SPLIT



MONDAY

Blank rectangular area for Monday workout notes.

TUESDAY

Blank rectangular area for Tuesday workout notes.

WEDNESDAY

Blank rectangular area for Wednesday workout notes.

THURSDAY

Blank rectangular area for Thursday workout notes.

FRIDAY

Blank rectangular area for Friday workout notes.

SATURDAY

Blank rectangular area for Saturday workout notes.

SUNDAY

Blank rectangular area for Sunday workout notes.

CHECKLIST



MONTH:

WEEK:

THINGS TO DO:

S

M

T

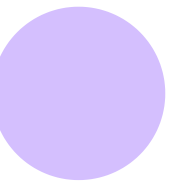
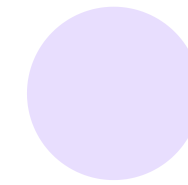
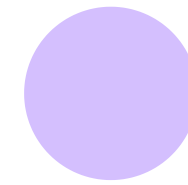
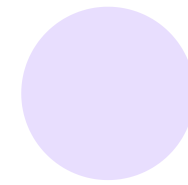
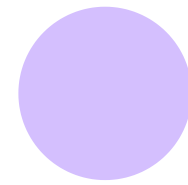
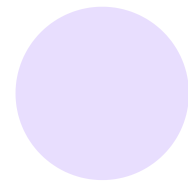
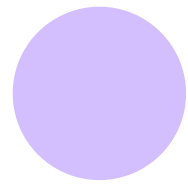
W

T

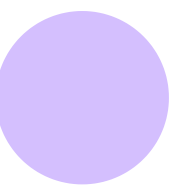
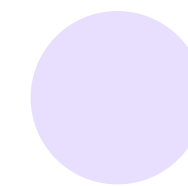
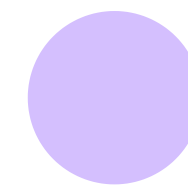
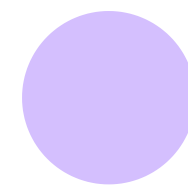
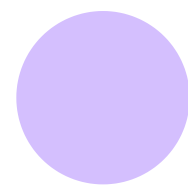
F

S

BREAKFAST:



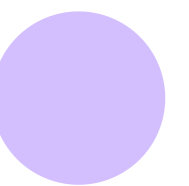
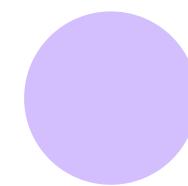
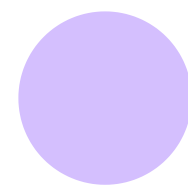
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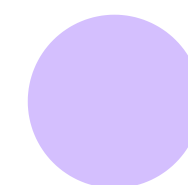
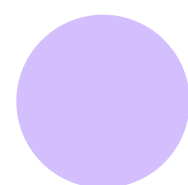
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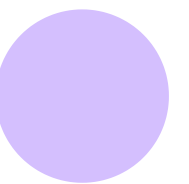
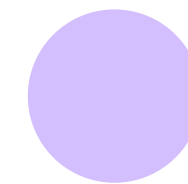
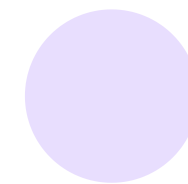
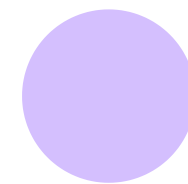
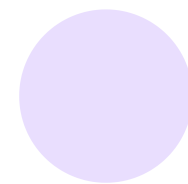
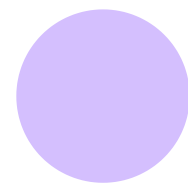
DINNER:



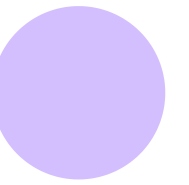
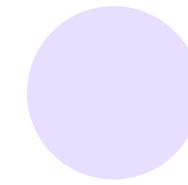
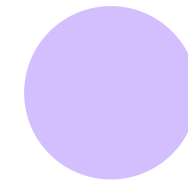
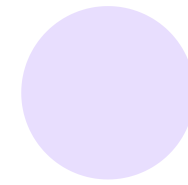
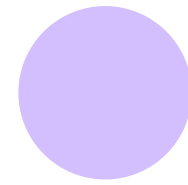
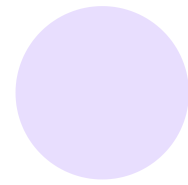
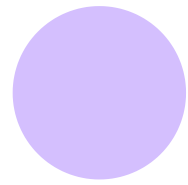
DESSERT:



WATER:



EXERCISE:



NOTES:

GOALS FOR THE WEEK



This week I will achieve:

1.

2.

3.

4.

5.

GOAL REFLECTION



Goals achieved:

Empty rectangular box for writing goals achieved.

Highlights of the week:

Empty rectangular box for writing highlights of the week.

What I could have done better:

Empty rectangular box for writing areas for improvement.

General mood of the week:

Empty rectangular box for writing general mood of the week.

MEAL PLANNER



MONDAY

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

DESSERT:

TUESDAY

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

DESSERT:

WEDNESDAY

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

DESSERT:

THURSDAY

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

DESSERT:

FRIDAY

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

DESSERT:

SATURDAY

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

DESSERT:

SUNDAY

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

DESSERT:

NOTES

GROCERY LIST



FRUIT

VEGETABLES

PROTEIN

DIARY

BEVERAGES

HERBS + SPICES

GRAINS + CEREALS

SNACKS

WEEKLY FOOD DIARY



MONTH:

WEEK:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

SUNDAY:

WEIGHT TRACKER



DATE

WEIGHT

SELF - CARE



<i>Daily mood tracker</i>	OR	<i>Daily gratitude list</i>
<i>Afternoon nap</i>	OR	<i>Early bedtime</i>
<i>Time with family</i>	OR	<i>Time with friends</i>
<i>Lunch with a friend</i>	OR	<i>Lunch by myself</i>
<i>Scented candles</i>	OR	<i>Essential oils</i>
<i>Stay indoors</i>	OR	<i>Stay outdoors</i>
<i>Warm blankets</i>	OR	<i>Soft socks</i>
<i>Sheet facial mask</i>	OR	<i>Clay facial mask</i>
<i>Meditate</i>	OR	<i>Deep breathing</i>
<i>Social media break</i>	OR	<i>Break from work</i>
<i>Workout</i>	OR	<i>Take a walk</i>

THANKFUL FOR



1.

2.

3.

4.

5.

In a world full of chaos, ground
yourself with the beautiful things
going in your life.
#GRATITUDE

JESS COATE
Fitness

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