



# HOME FITNESS TEMPLATE



**MAIN FITNESS ASPIRATION (IE. GET A 6-PACK)**

**SPECIFIC AND REALISTIC MICRO GOALS  
(IE. RUN 1 MILE, COMPLETE 10 PUSH-UPS)**

- 1.
- 2.
- 3.

**HAVE A MINIMUM, (IE. 3, 15 MIN. HIGH INTENSITY)**

**FREQUENCY:**

**DURATION:**

**INTENSITY:**

**WHAT TYPE OF ACTIVIES WILL YOU DO?  
(IE. RUNNING + MOBILITY + REST)**

- 1.
- 2.
- 3.

**LIST 3 PEOPLE THAT WILL KEEP YOU ACCOUNTABLE**

- 1.
- 2.
- 3.



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**DAY 1**

**ACTIVITY:**  
**DURATION:**  
**INTENSITY:**

**DAY 2**

**ACTIVITY:**  
**DURATION:**  
**INTENSITY:**

**DAY 3**

**ACTIVITY:**  
**DURATION:**  
**INTENSITY:**

**DAY 4**

**ACTIVITY:**  
**DURATION:**  
**INTENSITY:**

**DAY 5**

**ACTIVITY:**  
**DURATION:**  
**INTENSITY:**

**DAY 6**

**ACTIVITY:**  
**DURATION:**  
**INTENSITY:**

**DAY 7**

**ACTIVITY:**  
**DURATION:**  
**INTENSITY:**