



*THE*  
**GO** *FITNESS*  
*WEEKLY*  
**WORKOUT**  
**& NUTRITION**  
*PLANNER*



## WELCOME!

Congratulations on taking the first step towards a healthier lifestyle! Our planner is designed to help you achieve your fitness and nutrition goals with ease and efficiency.

Whether you're looking to lose weight, gain muscle, or simply improve your overall well-being, our planner offers everything you need to efficiently reach your goal.

Remember, consistency is key on your journey to a healthier you. Let our planner be your guide as you embark on this exciting adventure towards a happier, fitter, and more vibrant life.

Get ready to sweat, nourish, and thrive!

Yours in health & fitness,  
Coach Nick & Coach Sharon

*Nick & Sharon*

# WHAT ARE MY GOALS?

## NUMBER 1 GOAL

*What is my goal?*

*Why do I want to achieve this?*

## NUMBER 2 GOAL

*What is my goal?*

*Why do I want to achieve this?*

## NUMBER 3 GOAL

*What is my goal?*

*Why do I want to achieve this?*

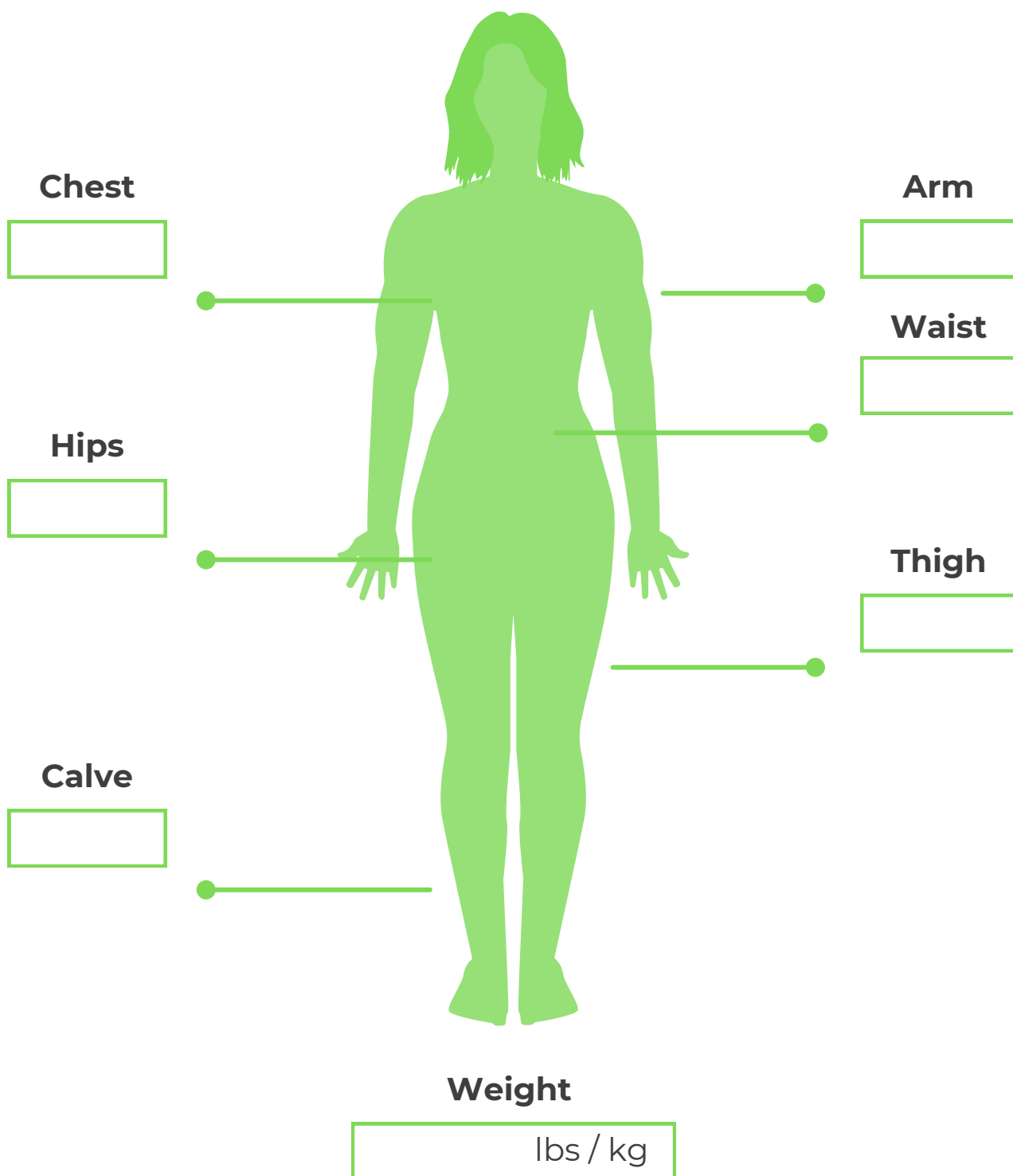
## NUMBER 4 GOAL

*What is my goal?*

*Why do I want to achieve this?*

# BODY MEASUREMENTS

WEEK: \_\_\_\_\_ DATE: \_\_\_\_\_



# BODY MEASUREMENTS

WEEK: \_\_\_\_\_ DATE: \_\_\_\_\_

**Chest**

**Arm**

**Hips**

**Waist**

**Thigh**

**Calve**

**Weight**  
 lbs / kg

# 30 DAY CHALLENGE

**GOAL:** \_\_\_\_\_

**START DATE:** \_\_\_\_\_

**REWARD:** \_\_\_\_\_

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# MOTIVATIONAL TOOLKIT

## WEEK 1 ACHIEVEMENTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Believe you can and you're halfway there." - Theodore Roosevelt*

## WEEK 2 ACHIEVEMENTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"Your limitation—it's only your imagination." - Unknown*

## WEEK 3 ACHIEVEMENTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"The difference between ordinary and extraordinary is that little extra." - Jimmy Johnson*

## WEEK 4 ACHIEVEMENTS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt*

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*TRAINING*  
**WEEK 1-4**



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# WORKOUT SCHEDULE


WEEK: \_\_\_\_\_ DATE: \_\_\_\_\_

## WORKOUT PHASE OVERVIEW




### MONDAY

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### TUESDAY

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### WEDNESDAY

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### THURSDAY

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### FRIDAY

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### SATURDAY

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### SUNDAY

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**NOTES:**

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# MONDAY WORKOUT

DATE	MUSCLE GROUP	CARDIO					
<b>WARM-UP</b>							
EXERCISE	TIME	NOTES					
<b>WORKOUT</b>					WEIGHTS		
EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4
<b>CARDIO/COOLDOWN</b>							
EXERCISE	TIME	NOTES					



# WEDNESDAY WORKOUT

DATE	MUSCLE GROUP	CARDIO						
<b>WARM-UP</b>								
EXERCISE	TIME	NOTES						
<b>WORKOUT</b>						WEIGHTS		
EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4	
<b>CARDIO/COOLDOWN</b>								
EXERCISE	TIME	NOTES						





# SATURDAY WORKOUT

DATE	MUSCLE GROUP	CARDIO						
<b>WARM-UP</b>								
EXERCISE	TIME	NOTES						
<b>WORKOUT</b>						WEIGHTS		
EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4	
<b>CARDIO/COOLDOWN</b>								
EXERCISE	TIME	NOTES						



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*NUTRITION*  
**WEEK 1-4**

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# WEEKLY MEAL PLANNER

WEEK: \_\_\_\_\_ DATE: \_\_\_\_\_



## MONDAY

Breakfast	Lunch	Dinner	Snacks	<b>WATER INTAKE</b> 	<b>YOUR MOOD</b>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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## TUESDAY

Breakfast	Lunch	Dinner	Snacks	<b>WATER INTAKE</b> 	<b>YOUR MOOD</b>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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## WEDNESDAY

Breakfast	Lunch	Dinner	Snacks	<b>WATER INTAKE</b> 	<b>YOUR MOOD</b>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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## THURSDAY

Breakfast	Lunch	Dinner	Snacks	<b>WATER INTAKE</b> 	<b>YOUR MOOD</b>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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## FRIDAY

Breakfast	Lunch	Dinner	Snacks	<b>WATER INTAKE</b> 	<b>YOUR MOOD</b>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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## SATURDAY

Breakfast	Lunch	Dinner	Snacks	<b>WATER INTAKE</b> 	<b>YOUR MOOD</b>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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## SUNDAY



Breakfast	Lunch	Dinner	Snacks	<b>WATER INTAKE</b> 	<b>YOUR MOOD</b>  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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# WEEKLY MEAL PLANNER

WEEK: \_\_\_\_\_ DATE: \_\_\_\_\_



## MONDAY

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# WEEKLY MEAL PLANNER

WEEK: \_\_\_\_\_ DATE: \_\_\_\_\_



## MONDAY

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