



HEALTH AND WELLBEING CHECKLIST

Date

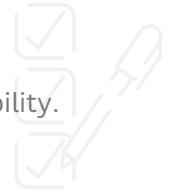
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Fitness Routine Planning

A well-structured fitness routine helps you stay consistent and achieve your health goals. Use this checklist to create a plan tailored to your needs.

Set Specific Fitness Goals

- Define what you want to achieve, such as weight loss, muscle gain, endurance, or flexibility.
- Example: "Run 5K in 8 weeks" or "Increase strength to lift 50 pounds."



Choose Activities You Enjoy

- Select exercises you'll look forward to, such as yoga, cycling, swimming, or weightlifting.
- Tip: Try different activities to discover what excites you.



Determine Your Fitness Level

- Assess your current abilities to avoid overtraining or injury.
- Example: Start with beginner workouts if you're new to exercising.



Create a Weekly Schedule

- Plan workout days and rest days to balance activity and recovery.
- Example: Strength training on Mondays, cardio on Wednesdays, yoga on Fridays.



Incorporate Variety

- Mix cardio, strength, flexibility, and balance exercises for a comprehensive routine.
- Tip: Avoid boredom by trying new classes or workout styles regularly.



Set Time Limits for Workouts

- Decide how much time you'll dedicate to each session to stay consistent.
- Example: 30-45 minutes per workout, depending on your schedule.



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Warm Up and Cool Down

- Start with 5-minutes of light cardio and dynamic stretches, and finish with static stretches.
- Tip: Focus on the muscles you'll use during your workout.



Track Your Progress

- Record completed workouts, improvements, and milestones in a journal or app.
- Example: Note increased weights, longer runs, or improved flexibility.



Stay Flexible with Your Plan

- Adjust your routine based on energy levels, injuries, or changing goals.
- Tip: Have alternative workouts ready for busy days.



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