

28 Day Fitness & Wellness Plan for:

(your name)

Starting Date: _____

MISSION STATEMENT

In four weeks I want to feel:

Instructions: Before you start, review the notes from our Stay Motivated Guide then print all the pages in this plan including 4 pages of the Weekly Journal & Planner (1 for each week). Fill out your Starting Metrics in the Fitness and Wellness Tracker first, then on to planning!

Health and Wellness Tracker

STARTING METRICS

Give yourself a rating between 1-10 for each category:

	Low/Negative	High/Positive
Body Image	1 _____ 10	
Energy Level	1 _____ 10	
Stress Level	1 _____ 10	
Mood/Outlook	1 _____ 10	
Inspiration Level	1 _____ 10	



Remember it's important to take care of yourself on every level! We are holistic beings and every layer of ourselves is related to each other. Becoming more fit is directly related to reducing your stress level and having a more positive outlook on life. All 5 areas are essential for health, well-being, happiness, and success.

*"You, yourself,
as much as anybody
else in the entire universe..."*

*... deserve your love
and affection." -Buddha*

Weekly Journal & Planner

Week 1 out of 4 Focus/Theme: Mindfulness

Healthy Action Items:

"Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand- and melting like a snowflake."
- Francis Bacon Sr.

- ☐ dance class ☐ fitness class ☐ yoga
☐ massage ☐ meditation ☐ gym
☐ walking/hiking/running ☐ other

Avg. hours of sleep per night: _____

Action item:	When:	With:	Nutrition Score (1-10)
Monday:			
How I feel after:			
Tuesday:			
How I feel after:			
Wednesday:			
How I feel after:			
Thursday:			
How I feel after:			
Friday:			
How I feel after:			
Saturday:			
How I feel after:			
Sunday:			
How I feel after:			
This week I am grateful for:			

Weekly Journal & Planner

Week 2 out of 4 Focus/Theme: Abundance

Healthy Action Items:

- ☐ dance class ☐ fitness class ☐ yoga
☐ massage ☐ meditation ☐ gym
☐ walking/hiking/running ☐ other

"Acknowledging the good that you already have in your life is the foundation for all abundance."
 - Eckhart Tolle

Avg. hours of sleep per night: _____

Action item:	When:	With:	Nutrition Score (1-10)
Monday:			
How I feel after:			
Tuesday:			
How I feel after:			
Wednesday:			
How I feel after:			
Thursday:			
How I feel after:			
Friday:			
How I feel after:			
Saturday:			
How I feel after:			
Sunday:			
How I feel after:			
This week I am grateful for:			

Weekly Journal & Planner

Week 3 out of 4 Focus/Theme: Happiness

Healthy Action Items:

- ☐ dance class ☐ fitness class ☐ yoga
☐ massage ☐ meditation ☐ gym
☐ walking/hiking/running ☐ other

"Happiness is the highest form of health."

- Dalai Lama

Avg. hours of sleep per night: _____

Action item:	When:	With:	Nutrition Score (1-10)
Monday:			
How I feel after:			
Tuesday:			
How I feel after:			
Wednesday:			
How I feel after:			
Thursday:			
How I feel after:			
Friday:			
How I feel after:			
Saturday:			
How I feel after:			
Sunday:			
How I feel after:			
This week I am grateful for:			

Weekly Journal & Planner

Week 4 out of 4! Focus/Theme: Healthy Habits

Healthy Action Items:

- ☐ dance class ☐ fitness class ☐ yoga
☐ massage ☐ meditation ☐ gym
☐ walking/hiking/running ☐ other

"We are what we repeatedly do.
 Excellence, therefore, is not an act but
 a habit." - Aristotle

Avg. hours of sleep per night: _____

Action item:	When:	With:	Nutrition Score (1-10)
Monday:			
How I feel after:			
Tuesday:			
How I feel after:			
Wednesday:			
How I feel after:			
Thursday:			
How I feel after:			
Friday:			
How I feel after:			
Saturday:			
How I feel after:			
Sunday:			
How I feel after:			
This week I am grateful for:			

Health and Wellness Tracker

ENDING METRICS

Give yourself a rating between 1-10 for each category:

	Low/Negative	High/Positive
Body Image	1 _____ 10	
Energy Level	1 _____ 10	
Stress Level	1 _____ 10	
Mood/Outlook	1 _____ 10	
Inspiration Level	1 _____ 10	



Congratulations on finishing all 4 weeks! Hopefully you are seeing some improvements in one or more of these categories. And after implementing this program, you now have a healthy habit in place of making self-care a priority and scheduling it into your week.

Next step is our Conscious
Eating Plan!

*"To keep the body in
good health is a duty
otherwise..."*

*we shall not be
able to keep our mind
strong and clear." - Buddha*