

FITNESS

PLANNER



CIDAFITNESS.COM

FITNESS PLANNER

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WHETHER YOU THINK YOU CAN, OR YOU
THINK YOU CAN'T, YOU'RE RIGHT.
- HENRY FORD

WELCOME, ENTHUSIAST!

I know you are driven! I know you have it in you - the ambition, the desire, the vision. I also know life gets in the way too many times to count. That's why we've written this planner.

It's all about living a happy and successful life, feeling eager and fresh. Exercise benefits your mental health and improves your self-esteem, supporting your concentration and, most importantly, helping you to focus on what is going now, at this moment, focusing on breathing and bodily stream.

Create and make your fitness plan so you really enjoy and feel good, without conditioning, tension or mental resistance. The only thing that matters is that you feel good in yourself, whatever you do, whichever exercise you choose. Follow the impulses and signals from your body. No pressure, pressure induces resistance and resistance lowers motivation.

Scripting and writing help to visualize your goals and clearly manifest your wishes, due to a very important connection between eyes, hands and our brain and due to the simple but powerful force of writing down verbalizations. It maintains motivation and, if done consistently, releases true miracles for your well-being.

Create your own consistent formulas, which will provide you with consistent results. It's all about consistency. Remember, your body is an extension of your consciousness and whatever are your personal preferences, follow them regularly, to fulfil and to maintain your well-being. For starters, every morning, when you wake up, tell yourself: "Today, I will live in joy!" and live the day in joy.

Exercises are a way of harmonizing mind and consciousness, so enjoy the process!



Cida and Louis Moore

1

SET YOUR GOALS

First, we evaluate the current situation. Then we set goals for a year, month, and every day.



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EVALUATE YOUR CURRENT SITUATION

FITNESS CIRCLE



Fitness consists of several different areas; cardio, strength training, nutrition, recovery, and mobility. When setting a goal and making a plan, keep in mind that these areas need to be balanced.

Next, give yourself a number with a scale from 1-10 (1 = bad, 10 = excellent); what is your current state with each part of the fitness?

 = _____

 = _____

 = _____

 = _____

 = _____

Avg. = _____

NOW IT'S TIME TO SET A GOAL

MY FITNESS & HEALTH GOALS

What are your fitness and health goals? What are you hoping to accomplish?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

How will you feel when you accomplish your goals? What would be different?

VISIONBOARD

THE BEST VERSION OF ME

Putting your goals on paper in a visual format (text & images) can actually help you achieve them. If, for example, you're hoping to be more fit and energized, you might put pictures of happy, healthy & fit persons coupled with empowering words like "confidence" on your vision board. To make your vision board work, review it often.

2

PLAN YOUR

YEAR / MONTH / DAY

Now it's time to set a goal for the year and upcoming months, weeks, and days.



IF SOMETHING STANDS BETWEEN YOU AND
YOUR SUCCESS, MOVE IT. NEVER BE DENIED-
DWAYNE "THE ROCK" JOHNSON

YEARLY FITNESS PLANNER

YEAR: _____

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

MONTHLY FITNESS PLANNER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

GOALS FOR THE MONTH

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

ACTION STEPS

REFLECTION

THINGS I NAILED

- _____
- _____
- _____

THINGS THAT WERE A CHALLENGE

- _____
- _____
- _____

MESSAGE TO SELF

MONTHLY FITNESS TRACKER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

STARTING WEIGHT

WAIST

BUST

ARMS

HIPS

--	--	--	--	--

MON

TUE

WED

THU

FRI

SAT

SUN

<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

WEIGHT AFTER A MONTH

WAIST

BUST

ARMS

HIPS

--	--	--	--	--

WEEKLY FITNESS PLANNER

MONTH: _____

WEEK OF: _____

MONDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

TUESDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

WEDNESDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

THURSDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

FRIDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

SATURDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

SUNDAY	
CARDIO	STRENGTH
👉👉👉👉👉👉👉	

NOTES

3

CHANGE YOUR HABITS

Success in health and fitness is the combination of two things: your daily habits and training. Now it's time to start changing your habits.



WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE,
THEN, IS NOT AN ACT, BUT A HABIT
WILL DURANT

BREAK BAD HABITS & DEVELOP GOOD ONES

Getting fit or losing weight can be hard if we do not consider our habits. To break any bad habits that inhibit you from getting fit and healthy, you need to make them difficult and unattractive, plus, plan how to replace them with the new habits. It is extremely helpful to also have an accountability partner when working with habits, as they can support you and hold you accountable in a multitude of ways.

HABIT TO BE ERADICATED

HABIT TO BE DEVELOPED

How will you make it difficult?

How will you make it easy?

How will you make it unsatisfying?

How will you make it satisfying?

PERSONAL DECREE (WITNESSED BY ACCOUNTABILITY PARTNER)

Signature

Witness

LIST OF POSITIVE ASPECTS

Working out and eating healthy foods can be difficult at times. This is why we must have a mechanism to boost the motivation high up in those challenging situations. Write out the list of positive aspects for any habits that are aligned with your goals, such as working out daily.

HABIT

LIST OF POSITIVE ASPECTS

HABIT
LIST OF POSITIVE ASPECTS

HABIT

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HABIT

LIST OF POSITIVE ASPECTS

HABIT
LIST OF POSITIVE ASPECTS

WEEKLY HABIT TRACKER

MONTH: _____ WEEK OF: _____

A habit tracker is exactly what the name suggests: it's a way to help you track how well you're sticking with daily, weekly, or monthly habits. Having a huge long-term goal can be intimidating. So intimidating that some people never even start. But a daily habit tracker gives you small wins to look forward to every day.

HABITS TRACKED							
No sugar	x		x	x		x	
No alcohol	x	x	x	x	x		
Read book							
No tech after 10pm							

4

NUTRITION

PLAN AND TRACK

As you know, nutrition is everything. To succeed with your daily nutrition, you need planning.



HEALTH IS THE RESULT OF INVESTING IN GOOD
NUTRITION

WEEKLY FOOD PLANNER

WEEK OF _____

	MEALS	CALORIES
MON		<input type="text"/>
TUE		<input type="text"/>
WED		<input type="text"/>
THU		<input type="text"/>
FRI		<input type="text"/>
SAT		<input type="text"/>
SUN		<input type="text"/>

DAILY FOOD PLANNER

DATE: _____

MON

TUE

WED

THU

FRI

SAT

SUN

Let's make healthy food flavorful and yummy!

TODAY'S MEALS

BREAKFAST

	PROTEINS	
	CARBS	
	FATS	

LUNCH

	PROTEINS	
	CARBS	
	FATS	

DINNER

	PROTEINS	
	CARBS	
	FATS	

SNACKS

	PROTEINS	
	CARBS	
	FATS	

HEALTHY ALTERNATIVES WORKSHEET

**MY FAVORITE
MAIN FOODS**

--

**HEALTHY MAINS
ALTERNATIVES**

--

**MY FAVORITE
SNACK FOODS**

--

**HEALTHY SNACK
ALTERNATIVES**

--

5

TRACK YOUR PROGRESS

You get what you measure. Use these templates to track your progress on your way to your goals.

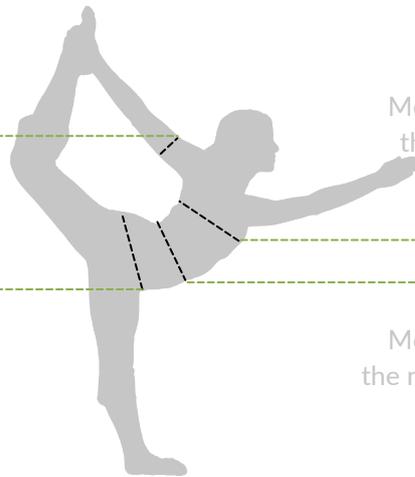


THE EFFORTS OF TRACKING SMALL ACHIEVEMENTS
EVERY DAY CREATES A RECORD OF YOUR PROGRESS.
DO THIS CONSISTENTLY AND IT WILL SERVE YOU
WELL.

QUARTERLY PROGRESS TRACKER

ARM

Measure where the upper arm is the widest



Measure around the breasts and the back
BUST

HIPS

Measure around the widest part of the hips

WAIST

Measure around the narrowest part of the waist



If you want something you've never had, you must be willing to do something you've never done.

		MEASUREMENTS	LOSS/GAIN
MONTH:	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

		MEASUREMENTS	LOSS/GAIN
MONTH:	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

		MEASUREMENTS	LOSS/GAIN
MONTH:	WEIGHT		
	WAIST		
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