



STARS OVER BARS FITNESS



# FITNESS

# PLANNER

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# FITNESS PLANNER



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



# WELCOME, ENTUSIAST!

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 I'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!**

# 1

# SET YOUR GOALS

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



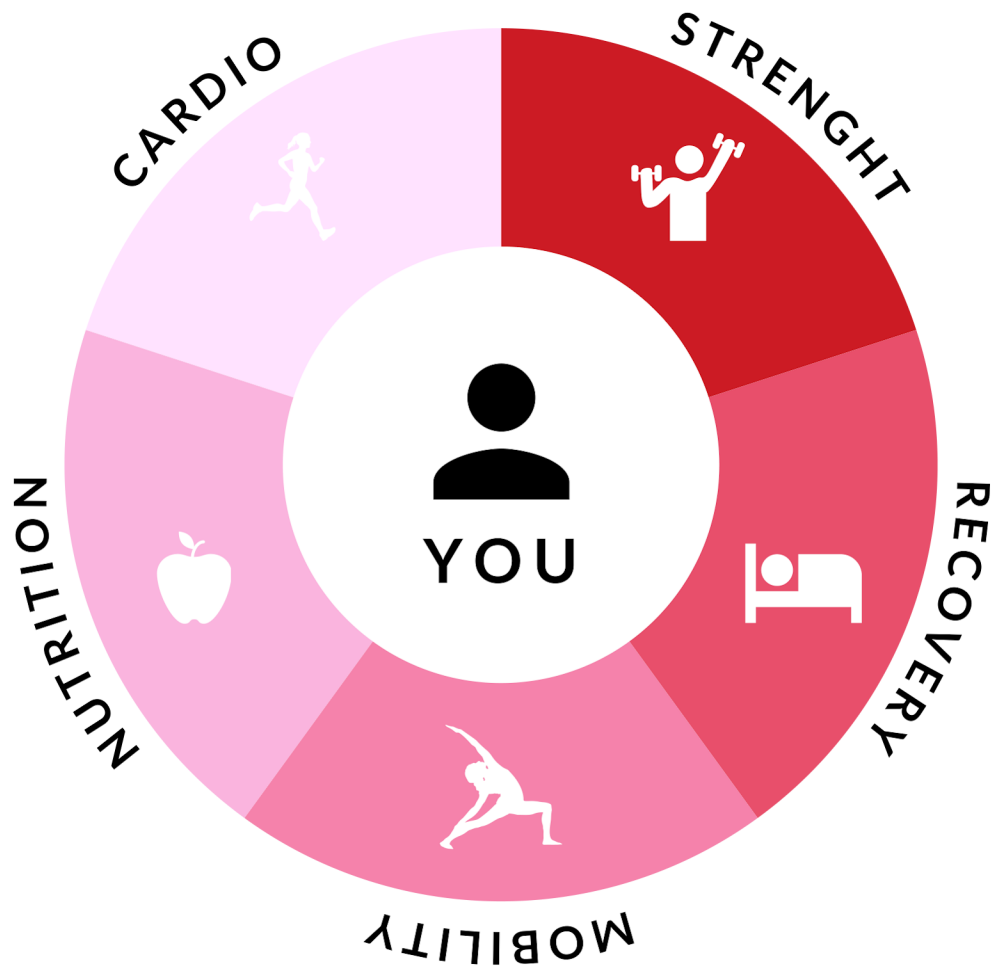
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EVALUATE YOUR CURRENT SITUATION

## 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

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

## 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 |
|-------|
|       |



# DAILY FITNESS PLANNER

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

MON

TUE

WED

THU

FRI

SAT

SUN

## CARDIO

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## STRENGTH TRAINING

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## GOALS FOR THE DAY

1.

2.

3.

## AFFIRMATION FOR THE DAY

## MESSAGE TO SELF

“  
All progress takes place  
outside the comfort zone.”

# 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

How will you make it difficult?

How will you make it unsatisfying?

HABIT TO BE DEVELOPED

How will you make it easy?

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

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 |       |          |
| TUE |       |          |
| WED |       |          |
| THU |       |          |
| FRI |       |          |
| SAT |       |          |
| SUN |       |          |

# 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

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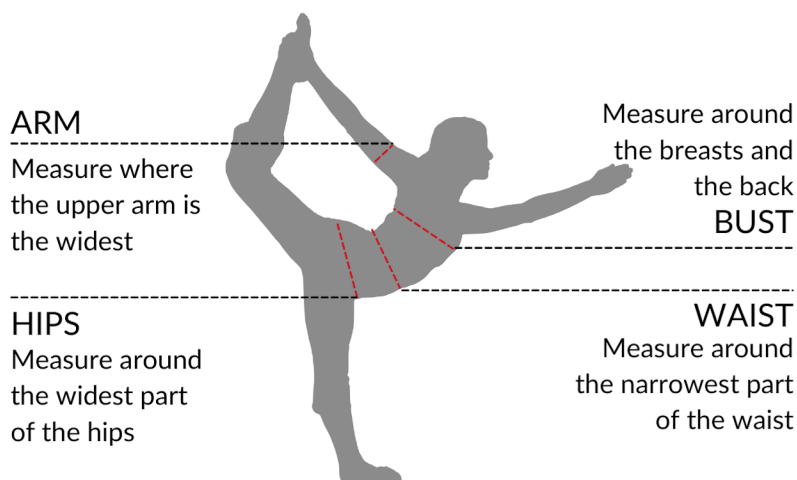
You get what you measure. Use these templates to track your progress on your way to your goals.



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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



*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  |              |           |
|        | BUST   |              |           |
|        | ARMS   |              |           |
|        | HIPS   |              |           |

NOTES