

MY COUCH TO FITNESS PLANNER



WHAT ARE YOUR GOALS FOR THE MONTH?

Use the space below to write down what you want to get out of this programme.

You can use this planner to keep track of your goals and progress, and to plan your Couch to Fitness sessions for the month ahead.

MONTH:

Fill in the calendar below to tick off the times and days of the week you plan to complete your sessions. If you didn't stick to your plan, don't worry – we know life often gets in the way! Be kind to yourself and try again next month.

MON		TUES		WEDS		THURS		FRI		SAT		SUN	

HOW DID THIS MONTH GO?

Take this opportunity to reflect on how your activity sessions this month went, and don't forget to reward yourself for making progress on your goals!