

Weekly Home Workout Planner

PLAN IT. DO IT. REPEAT.

How to Use This Planner

This planner is designed to help you stay **consistent** with your home workouts. Remember, **consistency beats perfection!**

- Track *any* workout source: YouTube, fitness apps, structured programs, walking, strength training, etc.
- Focus on completing workouts regularly, even if they're short.
- Use the Weekly Focus Goal to prioritize your main objective.
- Don't be afraid to adjust your schedule as needed.

Weekly Workout Schedule

Day	Workout	Workout Source	Duration	Energy Level (1-10)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Weekly Focus Goal: (Fat Loss / Strength / Energy / Consistency)

Daily Habit Tracker

Habit	Goal	Reached	Notes
Steps or Walk	Ex. 5-10K	S M T W T F S	
Water Intake	Ex. 8, 8oz glasses	S M T W T F S	
Protein Intake	Ex. 1g per 1lb of body weight	S M T W T F S	
Sleep Goal	Ex. 7-9hrs	S M T W T F S	
Workout	Yes or No	S M T W T F S	

Weekly Reflection

Prompts:

- What workouts did I complete this week?
- What helped me stay consistent?
- What got in the way?
- What will I focus on next week?

Consistency beats intensity every time.

This planner provides a simple, practical framework to track your home workouts, monitor your progress, and reflect on your habits. Use this planner to build consistency and achieve your fitness goals. Remember to celebrate your successes and learn from your challenges. Happy planning!