I'm not a robot

Working out without a plan isn't necessarily bad -- all exercise is beneficial, whether it's planned or not! But there are multiple benefits to having a workout plan in place to guide your weekly or monthly fitness routines, including:Helps to set and achieve goals. Creating a workout plan gives the opportunity to define and set your fitness goals, which makes it easier to plan tailored workouts that will help you to achieve these goals, rather than doing exercises that won't be as beneficial. It also makes it easier to track your progress which helps with motivation, as you can see how far you've come.Faster progression. Having a fitness plan is the best way to ensure you are continually getting better. While random workouts can certainly help with your fitness levels, following a plan allows you to track your ability and work to progress towards your goals.Consistency. Creating a workout plan can help you to workout more consistently, as you have a set plan in place -- it's easier to skip the gym when you don't have a dedicated workout you need to do. Having a plan can also help with motivation, meaning you're more likely to stick to your workouts and make exercise a regular part of your lifestyle.Improved confidence. Our 2022 fitness report showed that 56% of both gym-goers and non-gym members find going to the gym to be an intimidating experience. Going to the gym with a plan can help to alleviate these nerves and give a confidence boost, as you know exactly what you want to do and what equipment you need, so you don't feel like you're aimlessly walking around. If a piece of kit you want to use is busy, you can do your other exercises while you wait.Reduced risk of injury. When you are working towards a goal, it's easy to overdo it! Having a plan that is tailored to your current fitness level and any medical conditions or injuries helps to keep you on track while preventing overexercising and minimising the risk of injury.Creates variety. While it's important to repeat your workouts over time to progressively overload, it's also important to include a variety of exercises! This helps to keep things interesting, challenge the body, and also prevent repetitive injuries from occurring. Without a plan, you may find yourself doing the same exercises or workouts each day as it's easy to remember, but this can actually stall progress and overwork the muscles and tendons used in those movements. A plan allows you to look across the week and make sure there's a variety of moves that will help you to achieve your goals.If you've never made a workout plan before, it can be difficult to know where to start. That's why we've created these example workout plan templates for you to use - there's daily, weekly, and monthly workout planners to try. They're printable, so you can write down your plans and keep them visible for reference. You can even take the daily planners with you to the gym to inform and track each workout.Monthly Workout PlannerThe monthly workout planner can be used to map out your intentions for the month -- how many strength and cardio workouts do you intend to complete each week to achieve your goals? This can be planned out in as much detail as you like, but top level (e.g. 'strength days' and 'cardio days') is a great place to start. Once you know how many days you intend to workout, you can decide on the best workout split, and from there begin to plan the workouts themselves.Download full size planner here.Weekly Workout PlannerThe weekly workout planner can be used to refine your plans and schedule your strength and cardio workouts for the week, taking into consideration any plans you have and making sure you leave rest between working the same muscle group twice.While you may want to workout on the same days each week, there may be times when life gets in the way. A weekly workout planner can help to plan around any events and ensure you still get your workouts in, without overworking!Download full size planner here.Daily Workout Planner - Two OptionsThe daily workout planner can be used to plan each workout in full, including the exact exercises you want to do, and the volume you are aiming for. We've designed our daily workout planners so you can track your workouts too, which makes it easier both to progressively overload and to track your progress, and one of the templates includes a section for notes and scoring so you can monitor how hard you found the workouts too.Click on the templates to download the full size.There isn't one single best workout plan, and different people will include different things depending on their goals.When creating your own workout plan, or filling in our templates, some elements you may want to include are:Strength training. Strength training isn't just for those looking to build big muscles. It builds strength, helps to create a toned look, increases endurance, improves bone health, and more -- everyone can benefit from adding strength training into their workout plan. You'll want to determine what exercises you plan to do each workout, and how many reps and sets you're aiming for. Learn more about strength training and its benefits here.Cardiovascular exercise. Cardio is important for improving heart and lung health, increasing endurance, and burning calories which can help with weight management. When adding cardio to your plan, include what type, what intensity, and how long you want to do it. For example, a 40 minute easy run and 15 minutes HIIT sprints are both cardio, but very different!Flexibility and mobility training. Having a good range of motion helps to boost strength, joint health, prevent injury, increase overall performance, and improve pain. Adding mobility and flexibility training into your plan will help to maintain and increase your range of motion. This could be a dedicated training session each week, yoga, or just 15 minutes of stretching before and after your workouts. Check out our mobility and flexibility hub for more ideas.Rest and recovery days. Tempting as it may be to hammer the gym every day, rest days are essential for helping the body to recover and get stronger, as well as preventing injuries. While alternating your workouts can help to give each muscle group a rest while training on consecutive days, you should factor in at least one full rest day a week too. Learn more about rest days here.Check ins. When planning your monthly workouts, it can be helpful to plan in days to check in on your progress. For example, if your goal is weight loss, planning a day each month to take measurements. If your goal is to lift a certain weight or run a specific distance, you could plan in days to test these.If our downloadable templates aren't right for you, then you can easily create your own workout plan template for free using tools like Excel or Word, or even your phone's notes app. There's also a wealth of free and paid-for workout planning apps, some of which can help guide your exercise plans, and others which give you the freedom to make your own. Once you have your template, these are the best steps to follow to actually shape your workout plan.Determine your fitness goals. The first step in creating a workout plan is to really understand your fitness goals. Do you want to build muscle, improve cardiovascular health, lose weight, recover from an injury or increase flexibility? You can then use these goals to help determine the type of exercises and routines you should include in your plan. Having an overarching goal is great, but make sure you're also breaking these down and setting yourself realistic targets that are achievable too.Assess your current fitness level. Before starting your workout plan, it's helpful to assess your current fitness level. Depending on your goals, this could involve taking measurements, tracking your weight and body fat percentage, or performing fitness assessments to gauge your strength, endurance, and flexibility.Determine workout frequency and duration. Decide how often you will work out and how long each workout will be. This will depend on your schedule and fitness goals, but the NHS recommends at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity, plus two days of strengthening activities every week, so try to aim for this as a minimum.Choose your exercises and routines. Once you know how often you plan to work out, you can plan your workout routines! You may find it easiest to choose a workout split, and from there pick exercises that will help you to hit your goals for each workout.Track your progress. Tracking your progress helps to keep you motivated and ensure you're progressing towards your goals. Log your workouts in your daily workout planner, or via an app, and track strength and body re-composition changes so you can see how you improve, or whether you need to alter workouts to reach your goals.Reassess and adjust your plan. Over time, your fitness will increase, and your goals may change, so you may want to adjust your workout plan accordingly. We recommend sticking with the same plan for at least 6-8 weeks to allow enough time to progress, and you may prefer to stick with it for even longer. However, factoring in time to assess and adjust your plan can be helpful.Be flexible. While it's important to follow your workout plan consistently, it's also important to be flexible with your plan as needed. For example, if you're feeling particularly fatigued or have an injury, you may need to take a rest day or modify your workout. This isn't a failure, it's simply listening to your body and your needs.Celebrate your achievements. Finally, don't forget to celebrate your achievements and milestones along the way! Whether it's hitting a new personal record or completing a challenging workout, taking the time to acknowledge and celebrate your progress can help you stay motivated and committed to your plan.Remember, everyone's workout plan will be different based on their goals and fitness levels, so it's important to tailor your plan to your individual needs and abilities. If you're not sure where to start, consider working with an expert personal trainer who can help create you a plan that will match your needs and goals.All blog posts Change to: Excel (.xlsx) · Word (.docx) View large image page orientation: landscape (horizontal) minimalist designfree to download, easily printable in PDF format (.pdf file) Download View large image 1 page, landscape orientation (horizontal) no time markings so can be used very flexibly for creating weekly lists of all kinds, weekly diet plans, weekly school planners and many other usesfree to download, easily printable in PDF format (.pdf file) Download View large image 1 page, landscape orientation (horizontal) blank weekly planner by the hour, covering 18 hours from 6 a.m. to 12 a.m. (midnight) in one-hour intervals handy for planning all kinds of weekly activitiesfree to download, easily printable in PDF format (.pdf file) Download View large image 1 page, landscape orientation (horizontal) blank weekly planner covering 18 hours from 6 a.m. to 12 a.m. (midnight) in 30-minute intervals days lined for easy use as hourly planner, daily planner or for weekly appointment schedulingfree to download, easily printable in PDF format (.pdf file) Download View large image 1 page, landscape orientation (horizontal) week starts on Monday blank weekly planner with hour markings for Monday through Friday, covering 18 hours from 6 a.m. to 12 a.m. (midnight) in one-hour intervals Saturday and Sunday share one column and have no time markingsfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) week divided into 2 columns and 4 rows (7 days and a notes section) every day in a different color ("rainbow planner") with ample space for notes under each day - great for a weekly to do list, to create a weekly meal plan or as a weekly family plannerfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) week divided into 2 columns (7 days and a notes section) days lined - use as daily to do list, weekly daily planner or check listfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) week divided into 3 columns, starts on Monday days lined - use as weekly expenses planner, to plan the weekly budget or as a weekly bill plannerfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) week divided into 2 rows and 4 columns (7 days and a section for notes or weekly quotes) every day in a different color ("rainbow planner") with ample space for notes to use as weekly diary, routine planner or revision plannerfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) week divided into 2 rows and 4 columns (7 days and a section for notes or weekly quotes) days lined - use as weekly to do list, to write down weekly goals or as a weekly menu plannerfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) days arranged horizontally appointments can be scheduled in 15-minute intervals between 9am and 6pm handy for planning business meetings or as a weekly productivity plannerfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) for a 5-day week (Monday through Friday) days arranged horizontally appointments can be scheduled in 15-minute intervals for 10 hours between 8am and 6pm (last appointment at 5.45pm)free to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) two weeks at a glance, stacked above each other days arranged horizontally minimalist designfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) two weeks at a glance, side by side days arranged verticallyfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: landscape (horizontal) two weeks at a glance, stacked above each other days arranged horizontally appointments can be scheduled in half-houly intervals between 9am and 6pm handy for planning business meetings and other activitiesfree to download, easily printable in PDF format (.pdf file) Download Change to: Excel (.xlsx) · Word (.docx) View large image page orientation: portrait (vertical) minimalist designfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical), days at the top blank weekly planner by the hour, covering 18 hours from 6 a.m. to 12 a.m. (midnight) in 30-minute steps for employee scheduling, revision planning or as productivity plannerfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical), days at the top simple time planning layout, covering 18 hours from 6 a.m. to 12 a.m. (midnight) in one-hour steps, with time markings at either side use it to create weekly payment or budget plans, a weekly house cleaning plan or for other activities repeating regularly through the weekfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical) for a 5-day week (Monday through Friday) appointments can be scheduled in 10-minute intervals for 9 hours between 9am and 6pm (last appointment at 5.50pm)free to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical), days down the left side, list design (days arranged vertically) with ample space for notes - great for a weekly to do list, to plan the weekly dinner menu or for the weekly grocery shoppingfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical) week divided into 2 columns, starts on Monday days lined - use as weekly lesson planner, student planner or teacher plannerfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical) week divided into 2 columns and 4 rows (7 days and a notes section) every day in a different color ("rainbow planner") with ample space for notes - great for a weekly lesson planner, as a weekly lunch planner or for a weekly journalfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical) week divided into 2 columns and 4 rows (7 days and a notes section) with ample space for notes - handy for a weekly to do list, to write down weekly goals, as a weekly food planner or for weekly recipe ideasfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical) days arranged in 3 columns and 3 rows, forming a pattern of 2 overlapping diamonds week starts on Mondayfree to download, easily printable in PDF format (.pdf file) Download View large image page orientation: portrait (vertical) minimalist design two weeks at a glance, stacked above each other days arranged horizontally use it as a bi-weekly workout, fitness or exercise planner, among other usesfree to download, easily printable in PDF format (.pdf file) Download View large image 1 week displayed across 2 pages page orientation: portrait (vertical), days at the top time planning layout (days divided into one-hour intervals) 4 columns per page for the 7 days of the week and a column for notes on the second page great for weekly life planning or as a weekly activity trackerfree to download, easily printable in PDF format (.pdf file) Download See also: Use our weekly fitness planner printable template to plan and record your workout plan. This workout planner printable can help you make your exercise plan for the week and stay on track with your goals. This can be great if you are trying to stay on track with your home workouts or if you are trying to get your butt to the gym every day. Either way, it is said that you are more likely to accomplish a goal if you write it down and our fitness planner makes it easy to write down your weekly fitness plan. Click the following links to print the workout planner page Free Printable Exercise Planner For best results, download the image to your computer before printing. I find it easiest to first click on the image to enlarge it, then drag and drop the image to my desktop, then print it from there. Printables from Paper Trail Design are for personal use only. More Printables from Paper Trail Design Fitness Tracker – This is a more comprehensive tracker with food, water, and exercise all included. Planner Pages – This coordinating planner had just about everything you need to stay organized. Planner Pages – These planner pages are our most popluar to date. Visit Brittany @ Paper Trail Design’s profile on Pinterest. Paper I often get asked what paper I recommend. For regular copy paper this 5 ream case of paper is one of the better deals. For cardstock I really like this card stock paper on amazon. It is much cheaper than I have found in stores and has a good thickness for most projects without being so thick that it jams the printer. This page may contain affiliate links and when you click them you support Paper Trail Design. Thank you! Finally, if you liked this post, help us out by pinning this post using the “Pin it” button below! Thanks for the photo Kelly Sikkema & Derick McKinney Create a detailed plan for your sport activities at the gym, at home or outdoors. Keep a simple workout log, note the interval between strength and rest, jot down important information and helpful notes about biceps pumping exercises, bench press, CrossFit, cardio and more. Do your research with the exercise tracker, watch how powerful you get, track your progress on completed tasks every day. This high-quality and easy-to-use fitness journal will provide the right motivation and achieve the desired results for both the beginner and the experienced athlete.Gaining or losing excess weight are some of the most important elements in building a big, lean and healthy body. Create a new system with a personalized diet schedule, add nutrition goals for the coming days and weeks, track the number of calories in the food you eat, step by step note how much fat you burn and how much you gain in muscle mass.A goal planner together with a habit tracker will help you not get confused in your daily routine, make your fitness-training better and more effective, and your life healthier and more prosperous. Use a weekly wellness chart to help you plan your optimal sleep, rest, nutrition and bathing schedule. Choose a customized printable template right now, train with pleasure and you will certainly achieve success in sport!Here is a wide selection of digital planners ready to use in the best handwriting apps. Choose from over 40 beautiful covers and easily customize your workout sheet to your preference. Access planning and tracking tools for your fitness and workout tasks right from your tablet! A weekly workout planner is a tool that can help you stay organized and on track with your fitness goals. By mapping out your workouts for the week ahead of time, you can ensure that you are making time for exercise and staying accountable to yourself. Staying motivated with your weekly exercise planner is key to reaching your fitness goals. To help you stay on track, we give you the best tips: Mix it up: Keep your workouts interesting and exciting by trying new exercises, classes, or workout styles. Reward yourself: Celebrate your successes and milestones along the way to keep yourself motivated. Stay positive: Remember that progress takes time, and it's important to stay positive and patient with yourself. Printable Weekly Workout Schedule Printable Exercise Log Workout Printable Workout Planner Weekly Exercise Planner Weekly Fitness Schedule Planner Printable Weekly Exercise Schedule Planner Weekly Fitness Routine Planner Printout Weekly Exercise Planning Sheet Printable Fitness Weekly Organizer Printable Gym Workout Weekly Agenda Printout Weekly Fitness Tracker Printable Before creating your weekly exercise planner, it's essential to define your fat loss goals. Determine what ideal body weight you want to achieve. Setting clear and achievable goals will help you stay motivated and focused throughout your fitness journey. Once you've established your goals, it's time to choose the right workouts for your weekly planner. Focus on including a mix of cardiovascular exercises, strength training, and flexibility workouts to achieve optimal results. Consider activities that you enjoy and that align with your fitness level to ensure that you stick to your workout plan. With your goals and workouts in mind, it's time to create a weekly workout schedule. Divide your workouts throughout the week, allowing for rest days and recovery. Be realistic about the time you have available for exercise and make sure to prioritize consistency over intensity. Remember, it's essential to listen to your body and adjust your schedule as needed to avoid burnout and injuries. As you follow your weekly workout planner, make sure to track your progress regularly. Keep a record of your workouts, including the exercises, sets, and repetitions performed, as well as any changes in your weight and body measurements. Tracking your progress will help you stay motivated and make informed decisions about your fitness routine. Make a commitment to stick to your weekly exercise planner, even on days when you feel unmotivated or tired. Remember that progress takes time, and by staying consistent with your workouts, you will see gradual improvements in your health and physique. Spice Up Your Workouts: One of the keys to making your weekly exercise planner more enjoyable is to spice up your workouts. Instead of doing the same routine day after day, try incorporating different types of exercises. For example, if you usually do cardio on Mondays, Wednesdays, and Fridays, why not switch it up and try a yoga class or a strength training session instead? Variety is the spice of life, and it can make your workouts much more exciting. Set Mini Goals: Another great way to make your weekly workout planner more fun and engaging is to set mini goals for yourself. Instead of just focusing on the end goal of losing weight or getting in shape, break it down into smaller, more manageable goals. For example, you could aim to increase the number of push-ups you can do in a minute or run an extra half-mile each week. These goals will give you a sense of accomplishment and motivation to keep going. Get Creative with Your Playlist: Music can make a huge difference in your workout experience. Create a workout playlist that gets you pumped up and motivated to move. Include a mix of fast-paced songs and motivational tunes to keep you energized throughout your workout. You can also switch up your playlist regularly to keep things fresh and exciting. Try New Workout Classes: If you find yourself getting bored with your usual workout routine, why not try something new? Sign up for a dance class, a kickboxing session, or a cycling class to mix things up. Not only will you learn new skills, but you'll also meet new people and have fun in the process. Reward Yourself: Give yourself praise, appreciation, and rewards for consistently using your weekly workout planner. This will help you stay motivated in using the planner. Set up a reward system for yourself where you treat yourself to something special after each successful week of workouts. It could be a massage, a movie night, or a new workout outfit. Making your weekly exercise planner fun and engaging is key to staying motivated and committed to your fitness goals. By incorporating variety, setting goals, getting creative with your playlist, trying new workout classes, and rewarding yourself, you can make your fitness journey enjoyable and fulfilling. So, start your journey to a fit body now with our weekly workout planner template. Go ahead and have fun with your workouts! Author: Lucas Thomas Editor: Printablee Team Workout Schedule TemplateExercise Plan Schedule TemplateSample Fitness Schedule TemplateWorkout Training Program TemplateProfessional Workout Routine TemplateFitness Regimen Layout TemplatePhysical Activity Schedule TemplateGym Training Schedule TemplateWeekly Workout Schedule TemplatePrintable Workout Schedule TemplateAt-Home Workout Schedule TemplateBeginner Workout Schedule TemplateFull-Body Workout Schedule Template5-Day Workout Schedule Template6-Day Gym Workout Schedule Template7-Day Gym Workout Schedule TemplateMuscle Building Workout Schedule TemplateWeight Loss Workout Schedule TemplateWomen's Workout Schedule TemplateMen's Workout Schedule TemplateBlank Workout Schedule TemplateBest Workout Schedule Design TemplateSimple Workout Days Schedule TemplateWorkout Muscle Group Schedule TemplateStudent Workout Schedule TemplateMy Workout Schedule Outline TemplateWorkout Training Schedule Format TemplateHourly Gym Training Schedule TemplateGym Staff Schedule TemplateWeekly Training Schedule TemplateGym Appointment Schedule TemplatePersonal Training Schedule TemplateGolf Practice Schedule TemplatePractice Schedule TemplateExercise Schedule TemplateSports Practice Schedule TemplateDaily Workout Schedule TemplateBasketball Practice Schedule TemplateDaily Exercise Schedule TemplateWeekly Exercise Schedule TemplateIntermittent Fasting Schedule TemplateWorkout Schedule for Weight Loss TemplateWeekly Weight Training Workout Schedule TemplateGym Schedule TemplateWorkout Schedule TemplateWeekly Training Schedule TemplateFitness Workout Schedule TemplatePrintable Weekly Workout Schedule TemplateEditable Workout Schedule TemplateWorkout Training Schedule Template Determined to succeed in your fitness goals? Whether you’re working out to lose weight, bulk up, get toned, or develop more strength, writing down your workout schedule can be a major determiner of your success. Having a workout schedule benefits you in the following ways: It strengthens your commitment to your goals. A workout schedule provides a sense of accountability, compelling you to follow through with what you’ve planned.A workout schedule ensures that your workout is done consistently and at the right frequency. This ensures that you are not over- or undertraining yourself.Your workout schedule helps prevent burnout. Without a set schedule for working out, you run the risk of performing workout routines without any variation. A workout calendar ensures that you’re doing a variety of exercises that are in keeping with your overall fitness goals. To help you reap these benefits, we’ve compiled a collection of workout calendar template examples that you can download and use for free. Let’s check them out! via Wondermom Wannabe With this calendar, you can lay out your workout plan for the entire year. You may need to use a code or symbols to easily plot out the workout routines you’ll be doing for each month. Place the calendar somewhere prominent, such as the fridge door or your vision board, so you’ll be reminded of your commitment to your personal fitness. via Canva This blue-and-white template has space provision for 30 days, giving you information about your overall fitness plan at a glance. Some other things to consider when making your workout calendar are your availability. Think about your regular schedule. Do you have a full-time job? Are you in charge of taking care of the family? Do you have other commitments beyond your job and responsibilities at home? Only when you’ve considered the other activities that demand your attention can you then plot out your schedule for working out. For some, this could mean doing their full workouts only on the weekend. Nevertheless, when done consistently and frequently, this program can still produce noticeable results. This plain white template is a reliable fitness calendar that you can use for keeping track of your workout routine for an entire month. It is ideal for training in preparation for a fitness event, such as a marathon. You can cross out workout days as you complete them. Identify your goals and write them down at the bottom of the calendar. There is also space provided for logging your stats. Finally, you can specify a reward to give yourself when you’ve accomplished your fitness goal for the month. You’ll enjoy keeping track of your workout schedule with this festive template. The colorful page has spaces for writing down the fitness activities you plan to do on specific days of the week. It also has check boxes to identify if the type of workout you’re doing is cardio or resistance workout. You can write down the duration of each workout in the box provided as well. Furthermore, it has a list of choices for the focus area of your workout. These include legs, arms, butt, abs, and full body. Finally, the page has space where you can list your fitness goals and easily check if you’ve accomplished them. This template comes with pre-set workouts. A sample workout schedule is provided, but you can modify the routines according to your goals. A notable feature of this template is the addition of rest days, giving your body the opportunity to recover from your activities. Using this tracker helps motivate you to follow through with your commitment to a healthier lifestyle. In the template above, brightly colored letters represent the initials of each day of the week. A clipboard and a watch icon represent workout activity and duration, respectively. 7. Blogilates Workout Calendar This undated calendar from Blogilates is useful for planning and reaching your workout goals. You can print this calendar onto card stock and laminate it. You now have a reusable workout calendar! Alternatively, you can print out multiple pages and put them in a binder to document your fitness journey. If you love floral designs, this template may work well as your workout calendar. Print as many pages as you need for planning your workout schedule. Here’s a template that allows you to view your workout plan for the entire week. It has a minimalist design that ensures you won’t get distracted from your fitness goals. This template has spaces to write down your exercise routine for each day of the week. It also has a water tracker to make sure that you stay properly hydrated throughout your workout. A version for tracking your monthly workouts is also available. This set of free printables has 10 pages to support your fitness journey. It comes in a pastel pink theme and each sheet can be used as a bullet journal page for your health and fitness spread. Some of the pages you’ll get include: Weekly workout logWater tracker, with provisions to help track your hydration for two weeksFavorite recipe pageProgress tracker Not only will you be able to monitor the progress of your fitness goals, but you’ll also have a place for storing recipes of your favorite dishes. If you’re serious about achieving your fitness goals, this planner pack is the perfect tracking tool. It consists of 15 pages of trackers, planners, and list templates to ensure you’re on track and progressing with the goal of achieving better habits. One of the pages in this pack is the Monthly Workout Schedule, which allows you to plot out your exercise routine schedule for the entire month. The design of this workout schedule provides an at-a-glance view of the exercise routine you have for particular days of the week. It comes with a stylized floral header and a soft orange color scheme. This exercise log has an eye-catching neon header and has been designed to improve your health by motivating you to do physical activities throughout the week. In each section, space is allocated for logging the type of physical activity you’ve done for the day. With this template, you can check a box beside the type of physical activity you complete (cardio, strength, or other). You can also record the duration (in minutes) of the physical activity and number of calories burned. Finally, this template prominently features a water tracker to ensure you’re sufficiently hydrated throughout the day. Here is another planner bundle that can help you smash those fitness goals. It features a blue theme and comes with eight pages of trackers, schedulers, and planners. A workout tracker is included in this bundle. This tracker lets you specify which month you’re tracking your workout routine for. It has space for writing down and/or logging the following: GoalMotivationsWorkout challengesRewardWorkout (with date, sets, reps, time, and rating) This lilac-themed template helps keep track of your fitness journey. It has room for a monthly calendar, and space is reserved at the top of the calendar for your monthly stats. In addition to the calendar, it has spaces designated for your top three fitness or health goals, a motivational quote you’ll be using for the whole month, and a specific reward you can enjoy upon the completion of your goals at the end of the month. This multi-colored workout log is ideal for keeping track of your workout schedule every week, especially if your routine consists of different types of exercises. With this template, you’ll be able to log the following: TimeDistanceSetsRepsWeight It’s helpful to have this kind of record for future reference, in case you’re tracking your progress. This template is useful if you want to determine if a workout routine is right for you. The template allows you to record your workout activities, as well as their duration and the number of calories burned. It can also be used as a calendar/planner to give an overview of what exercises you will be working on during specific dates. The “Rating” column is a unique addition and is helpful for evaluating your workout experience. This template has pre-filled columns so it’s easier to keep track of your weekly exercise routine. You’ll be able to log your stats for cardio, strength (training), and stretching. You can also record your water intake for every day of the week, the number of steps you took, and the number of calories consumed and burned. Signing up for the creator’s newsletter on the original site is required to access this free, printable template. Here’s a blue-themed workout calendar that allows you to plan out a whole month’s worth of fitness routines. You also have space for writing some notes and five major goals for the month. As mentioned earlier, creating a workout schedule strengthens your sense of accountability. It also makes it easier to succeed in your plans. This is a pretty straightforward workout calendar. If you are looking for a no-frills template, this is an ideal option. It features a calendar with a Monday start. You can simply write down your exercise routine in the boxes designated for each day of the month. You can also add other details. This template is also great for making sure you include a variety of exercises in your routine to keep things interesting. A workout calendar is an essential tool for staying on track and motivated to reach your fitness goals. Some people will need calendars or planners that cover every detail of their workout schedules. Others may only need a visual prompt (such as a code or icon) to remind them of the workout routine they’re supposed to do for the day. Regardless of the type of template design you prefer for your workout calendar, you will benefit from writing down your goals. Stay on track, succeed, and celebrate that you’ve reached your goals! You can discover more resources on working out and planning by checking out the following posts: Finally, if you want to take your goal-setting efforts to the next level, check out this FREE printable worksheet and a step-by-step process that will help you set effective SMART goals.