

2015 Fitness Year Planner

Week plan (Record what you aim to do each day)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Year plan (Record events, goals & targets)

January		July	
February		August	
March		September	
April		October	
May		November	
June		December	

Top fitness aims for the year:

- 1)
- 2)
- 3)

One fitness/health bad habit to change: