



**SUCCESS=NUTRITION+STRENGTH+CARDIO+MOBILITY+RECOVERY**

DATE:		WEIGHT:		BODY FAT%:	
SMART GOAL					
MONTHLY GOAL					

Week 3

What?	How?	dys/wk	M	T	W	Th	F	Sa	Su
Nutrition MFP	100 oz or 13 C Water	6							
	Kcal								
	30-40g fiber								
	g Carbs								
	g Protein								
	g Fat								
	g Saturated Fat								
Strength	Strength Train	2-3							
	Pilates/core	1-2							
Cardio	Steady State (Zone 1)	1-2							
	Interval (Zones 2 or 3)   Circuit/WOD/Bootcamp/ HIIT	1-2							
Mobility	Stretch/FR/Corrective	4+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yoga	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recovery	Rest (No Exercise)	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Meditation	5-7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hours of Sleep	7							
	Massage (1-2/month)								

Week 1

What?	How?	dys/wk	M	T	W	Th	F	Sa	Su
Nutrition MFP	100 oz or 13 C Water	6							
	Kcal								
	30-40g fiber								
	g Carbs								
	g Protein								
	g Fat								
	g Saturated Fat								
Strength	Strength Train	2-3							
	Pilates/core	1-2							
Cardio	Steady State (Zone 1)	1-2							
	Interval (Zones 2 or 3)   Circuit/WOD/Bootcamp/ HIIT	1-2							
Mobility	Stretch/FR/Corrective	4+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yoga	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recovery	Rest (No Exercise)	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Meditation	5-7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hours of Sleep	7							
	Massage (1-2/month)								

Week 4

What?	How?	dys/wk	M	T	W	Th	F	Sa	Su
Nutrition MFP	100 oz or 13 C Water	6							
	Kcal								
	30-40g fiber								
	g Carbs								
	g Protein								
	g Fat								
	g Saturated Fat								
Strength	Strength Train	2-3							
	Pilates/core	1-2							
Cardio	Steady State (Zone 1)	1-2							
	Interval (Zones 2 or 3)   Circuit/WOD/Bootcamp/ HIIT	1-2							
Mobility	Stretch/FR/Corrective	4+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yoga	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recovery	Rest (No Exercise)	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Meditation	5-7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hours of Sleep	7							
	Massage (1-2/month)								

Week 2

What?	How?	dys/wk	M	T	W	Th	F	Sa	Su
Nutrition MFP	100 oz or 13 C Water	6							
	Kcal								
	30-40g fiber								
	g Carbs								
	g Protein								
	g Fat								
	g Saturated Fat								
Strength	Strength Train	2-3							
	Pilates/core	1-2							
Cardio	Steady State (Zone 1)	1-2							
	Interval (Zones 2 or 3)   Circuit/WOD/Bootcamp/ HIIT	1-2							
Mobility	Stretch/FR/Corrective	4+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yoga	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recovery	Rest (No Exercise)	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Meditation	5-7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hours of Sleep	7							
	Massage (1-2/month)								

Week 5

What?	How?	dys/wk	M	T	W	Th	F	Sa	Su
Nutrition MFP	100 oz or 13 C Water	6							
	Kcal								
	30-40g fiber								
	g Carbs								
	g Protein								
	g Fat								
	g Saturated Fat								
Strength	Strength Train	2-3							
	Pilates/core	1-2							
Cardio	Steady State (Zone 1)	1-2							
	Interval (Zones 2 or 3)   Circuit/WOD/Bootcamp/ HIIT	1-2							
Mobility	Stretch/FR/Corrective	4+	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yoga	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recovery	Rest (No Exercise)	1-2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Meditation	5-7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hours of Sleep	7							
	Massage (1-2/month)								