

FITNESS FULFILLMENT PLAN

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STAGE	MON	TUES	WED	THURS	FRI	SAT	SUN
B E G I N N E R							
I N T E R M E D I A T E							
P R O F E S S I O N A L							



Fitness Program Design

When designing programs, it is imperative that you set an ideal and a maintenance goal. For example, your ideal cardiovascular goal might be five workouts per week; your maintenance goal will take into consideration weeks when you are really busy at work or away on holidays.

Having a maintenance goal will prevent you from getting off track. Your maintenance or minimal goal is the minimum exercise you will commit to even if it is going rough. This will ensure you maintain your present level of fitness. Generally, if you get in one good, high-intensity cardio activity in a tough week, you will maintain your fitness.

Take the time now to record your ideal cardiovascular goal and your maintenance cardiovascular goal.

Ideal Goal: _____

Maintenance Goal: _____



SUCCESS ASSESSMENTS

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Dates: Day 1 _____ 3 Months _____ 6 Months _____

MEASUREMENTS DAY 1		MEASUREMENTS DAY 2		MEASUREMENTS DAY 3	
WEIGHT	POUNDS	WEIGHT	POUNDS	WEIGHT	POUNDS
UPPER CHEST	INCHES	UPPER CHEST	INCHES	UPPER CHEST	INCHES
MID CHEST	INCHES	MID CHEST	INCHES	MID CHEST	INCHES
UPPER WAIST	INCHES	UPPER WAIST	INCHES	UPPER WAIST	INCHES
WAIST	INCHES	WAIST	INCHES	WAIST	INCHES
LOWER WAIST	INCHES	LOWER WAIST	INCHES	LOWER WAIST	INCHES
HIPS	INCHES	HIPS	INCHES	HIPS	INCHES
UPPER THIGH	INCHES	UPPER THIGH	INCHES	UPPER THIGH	INCHES
MID THIGH	INCHES	MID THIGH	INCHES	MID THIGH	INCHES
ARMS	INCHES	ARMS	INCHES	ARMS	INCHES
CALVES	INCHES	CALVES	INCHES	CALVES	INCHES

CLOTHING NOTES

Comment on the tightness of a favourite belt:

Comment on the intensity and location of tightness of a particular outfit;

PROGRESSION GOALS

1 M0

3 M0

6 M0
