New year fitness planner

Not a resolution. A plan for January and a plan for the week you miss.

YEAR

NAME

LAST YEAR, HONESTLY

THIS YEAR'S ONE BIG THING

THREE SMALL HABITS THAT ADD UP TO IT

1

2

3

JANUARY, WEEK BY WEEK

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WHAT I WILL DO THE WEEK I MISS