

# Minimalist Fitness Planners

## Date

Day (circle): MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

## Goal of the day

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## Daily Nutrition

Breakfast : \_\_\_\_\_  
 Lunch : \_\_\_\_\_  
 Dinner : \_\_\_\_\_  
 Snacks : \_\_\_\_\_

Cardio	Time	Reps



## Notes

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Exercise	Set 1	Set 2
	Weight	Weight
	Reps	Reps
	Weight	Weight
	Reps	Reps
	Weight	Weight
	Reps	Reps