

# Minimalist Fitness Planners

Date

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

Goal of the day

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

Daily Nutrition

Breakfast : \_\_\_\_\_

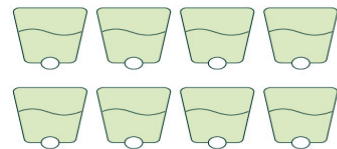
Lunch : \_\_\_\_\_

Dinner : \_\_\_\_\_

Snacks : \_\_\_\_\_

Cardio	Time	Reps

Water Intake



Notes

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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