



# 6-WEEK FITNESS TRACKER

START DATE \_\_\_\_\_

Reminder: we want to include all five activity types in your plan



### CARDIO

Great for burning calories and important for heart health.



### STRENGTH

Builds lean muscle and helps with long-term weight loss.



### CORE

Creates the best platform for all other exercise.



### FLEXIBILITY

Reduces chances of injury and improves posture.



### REST DAYS/ACTIVE REST

Promotes muscle recovery and mental health.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
2							
3							
4							
5							
6							

## WEEKLY WORKOUT GUIDELINES

The CDC recommends 150 minutes of moderate-intensity aerobic activity per week, as well as two days of strength training. Use the suggestions below as a guideline when planning out your own workouts!

**CARDIO** 1 - 2 days per week

**STRENGTH** 1 - 2 days per week

**CORE** 1 day per week

**FLEXIBILITY** 1 day per week

**REST/ACTIVE REST** 1 active rest and 1 full rest day per week

## MY FITNESS GOALS

---



---



---



---



---



---



---



---



---



---