

# AESTHETIC FITNESS PLANNER

Name:

Date:

## ◆ Section 1: Workout Plan

| Time/Day  | Exercise / Routine |
|-----------|--------------------|
| Morning   |                    |
| Afternoon |                    |
| Evening   |                    |
| Notes     |                    |

## ◆ Section 2: Wellness Tracker

| Category     | Details / Goal |
|--------------|----------------|
| Water Intake |                |
| Meals        |                |
| Energy       |                |
| Sleep Hours  |                |

REMINDERS

|  |
|--|
|  |
|--|

# Tutorial Fitness Planner

**VM Jensen**



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