



Health & Fitness Planner

How does it work?

The Health & Fitness Planner is made up of 2 charts. The first is to plan your weekly fitness/exercise goals (we suggest you plan these every Sunday). The second is to plan your daily health intentions (we suggest that you spend 2 minutes planning these every morning before the day starts).

Chart #1: Weekly Fitness Intentions

You know what your week looks like on the Sunday before it starts, so your workouts should go in the diary right before the week begins. Where are the gaps?! Where can you realistically squeeze in a run before work? An evening class? A brisk walk to the river with a colleague at lunchtime?

	Monday	Tuesday	Wednesday
AM			
Lunch			
PM			
	Thursday	Friday	Weekend
AM			
Lunch			
PM			

Chart #2: Daily Health Intentions

Invest 2 minutes, every day, to set these, and set them at the same sort of time each day.

Today- what will you do, to make a tiny, positive impact on your health? It can be ANYTHING. The more of these you write, the easier they become.

Make one small promise to yourself, daily. This daily intention makes you healthier, inside and out. It can be an intention to keep your body **or** mind healthy. They're equally important.

Finally- identify any **challenges** that might get between you and fulfilling your intention. Lack of time? Favourite programme on TV? Write it in. There might not be one. That's fine! If there is, you'll be prepared to succeed in spite of it.

Day	Health Intention	Challenges?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Weekend		

Need another planner for a new week?! Visit www.projecthb.co.uk/handf-planner/