



# Everyday Fitness Planner

Styles and Sensibilities

## Weekly Check In



Goals

Pounds

Inches

Calories



Check-in

	M	T	W	T	F	S	S
8 Glasses of Water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balanced Diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins/Supplements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cardio Workout	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Measurements

### Starting

Waist

Hips

Thighs

Calves

Arm

Weight

Body Fat: %

### Ending

Waist

Hips

Thighs

Calves

Arm

Weight

Body Fat: %

### Difference

Waist

Hips

Thighs

Calves

Arm

Weight

Body Fat: %