

# Fitness Plan

## ▮ Personal Information

Member Name: \_\_\_\_\_

Join Date: \_\_\_\_\_

Fitness Goals: \_\_\_\_\_

Trainer: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

## ▮ Fitness Goals Setting

☐ Weight Loss

☐ Muscle Building

☐ Strength Training

☐ Endurance Improvement

☐ General Fitness

☐ Sports Performance

☐ Rehabilitation

☐ Other: \_\_\_\_\_

## ▮ Body Measurements Tracker

Date	Weight	Chest	Waist	Arms	Thighs	Body Fat %
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## ▮ Workout Plans

### BEGINNER WORKOUT (Weeks 1-4)

#### Monday: Chest & Triceps

Bench Press: 3 sets × 12 reps

Incline Dumbbell Press: 3×12

Triceps Pushdown: 3×15

Chest Flyes: 3×12

#### Wednesday: Back & Biceps

Lat Pulldown: 3×12

Seated Row: 3×12

Bicep Curls: 3×15

Face Pulls: 3×15

### **Friday: Legs & Shoulders**

Squats: 3×12

Leg Press: 3×15

Shoulder Press: 3×12

Lateral Raises: 3×15

## **INTERMEDIATE WORKOUT (Weeks 5-12)**

### **Push Day (Chest/Shoulders/Triceps)**

Barbell Bench Press: 4×8-10

Overhead Press: 4×8-10

Incline Bench: 3×10-12

Dips: 3×Failure

### **Pull Day (Back/Biceps)**

Deadlifts: 4×6-8

Pull-ups: 3×Failure

Barbell Rows: 4×8-10

Hammer Curls: 3×12

### **Leg Day**

Squats: 4×8-10

Romanian Deadlifts: 4×10

Lunges: 3×12

Calf Raises: 4×15

## ▯ Nutrition Guide

### Daily Macro Targets

Protein: 1.6-2.2g per kg body weight

Carbs: 3-5g per kg body weight

Fats: 0.8-1.2g per kg body weight

Water: 3-4 liters daily

### Sample Meal Plan

#### Breakfast (7:00 AM)

3 Egg whites + 1 whole egg

2 slices whole wheat bread

1 cup milk

#### Pre-Workout (4:00 PM)

1 banana

1 scoop protein shake

#### Post-Workout (6:00 PM)

2 scoops protein shake

1 cup oats

#### Dinner (8:00 PM)

200g chicken/fish

1 cup brown rice

Mixed vegetables

## ▯ Gym Etiquette

▯ Rerack weights after use

▯ Wipe equipment after use

▯ Respect others' space

▯ Don't hog equipment

▯ Use headphones for music

▯ Ask before working in

## ⚠ Safety Guidelines

Always warm up for 10 minutes

Use spotter for heavy lifts

Maintain proper form

Stay hydrated

Listen to your body

Don't skip cool down

## ▮ Progress Tracking

### Weekly Checklist

Week	Weight	Measurements	Strength	Energy Level
1				
2				
4				
8				
12				

## ▮ Success Tips

Consistency is Key - Don't skip workouts

Progressive Overload - Gradually increase weights

Proper Form - Quality over quantity

Adequate Rest - 7-8 hours sleep

Stay Hydrated - Water is essential

Track Everything - Measurements, weights, feelings

Be Patient - Results take time

## ▮ Troubleshooting Guide

**Problem:** Not losing weight

**Solution:** Check calorie intake, increase cardio

**Problem:** No strength gains

**Solution:** Increase protein, ensure progressive overload

**Problem:** Always tired

**Solution:** Check sleep quality, reduce training volume

**Problem:** Muscle soreness

**Solution:** Proper warm-up, cool down, stretching

## ▮ Contact Information

Head Trainer: [Name & Number]

Nutritionist: [Name & Number]

Emergency: [Contact Details]

Gym Hours: [Timings]

## ▯ **Workout Schedule Template**

Monday: \_\_\_\_\_ AM/PM - \_\_\_\_\_ Minutes

Tuesday: \_\_\_\_\_ AM/PM - \_\_\_\_\_ Minutes

Wednesday: \_\_\_\_\_ AM/PM - \_\_\_\_\_ Minutes

Thursday: \_\_\_\_\_ AM/PM - \_\_\_\_\_ Minutes

Friday: \_\_\_\_\_ AM/PM - \_\_\_\_\_ Minutes

Saturday: \_\_\_\_\_ AM/PM - \_\_\_\_\_ Minutes

Sunday: Rest Day

## ▯ **Motivational Quotes**

"The only bad workout is the one that didn't happen"

"Don't wish for it, work for it"

"Your body can stand almost anything, it's your mind you have to convince"

"Success isn't always about greatness. It's about consistency."