

# Fitness Routine Planner

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## Welcome to Your Fitness Routine Planner

Track your workouts and achieve your fitness goals.

# Create Your Fitness Routine

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## Create a New Routine

Save Routine

## Routine List

sunday: pushups - 5m 0s

☐[Edit](#)[Delete](#)

sunday: pullups - 5m 0s

☐[Edit](#)[Delete](#)

sunday: jumping jacks - 5m 30s

☐[Edit](#)[Delete](#)

# Create Your Fitness Routine

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## Create a New Routine

Routine Name

Exercise Name

Minutes

Seconds

Save Routine

## Routine List

sunday: pushups - 5m 0s	<input checked="" type="checkbox"/>	<div>Edit</div>	<div>Delete</div>
sunday: pullups - 5m 0s	<input checked="" type="checkbox"/>	<div>Edit</div>	<div>Delete</div>
sunday: jumping jacks - 5m 30s	<input checked="" type="checkbox"/>	<div>Edit</div>	<div>Delete</div>
ex1: plank - 2m 0s	<input checked="" type="checkbox"/>	<div>Edit</div>	<div>Delete</div>

# My Routines

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## Saved Routines

sunday - pushups (300 min)

sunday - pullups (300 min)

sunday - jumping jacks (330 min)

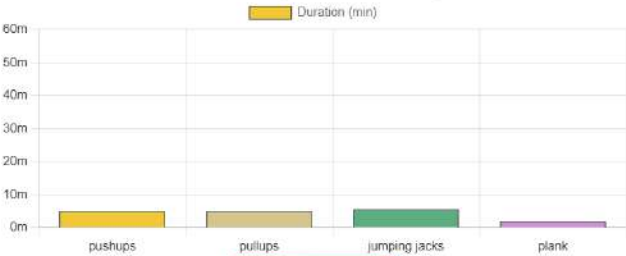
ex1 - plank (120 min)

# Progress Tracker

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## Your Workout Progress

Select Date: 23-02-2025



Reset Progress