



DATE



VITALITY 360



Create  
Custom  
Workout Plan

Personalized  
Recommendations

Sleep  
Monitoring

Community  
Engagement

Daily  
Progress  
Tracking

Mental  
Health  
Resources





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Workout Plans:



Core Strength

Bootcamp

Cardio

Pilates

High-Intensity

Flexibility Training

CREATE CUSTOMIZED WORKOUT PLAN



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# User Assessment

Name  Age  Height

Weight

## Fitness Level

Beginner ☐ Intermediate ☐ Advanced ☐

## Health Factors

Diabetes ☐ Cardiovascular ☐ Cancer ☐

Lupus ☐ Metabolic Syndrome ☐ Obesity ☐

High Cholesterol ☐ Colitis ☐

High Blood Pressure ☐ Other ☐ Please Specify

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# Set Your Goals

## Weight Mgm't

- Loose Weight ☐ Maintain Weight ☐  
Gain Weight ☐ Gain Muscle ☐

## Fitness Goals

- Build Muscle ☐ Improve Endurance ☐  
Increase Flexibility ☐ Increase Strength ☐  
Tone Body ☐ Improve Daily Activity ☐

## Nutrition Goals

Caloric Intake (daily)

xxx⊗▼

Water intake (daily)

xxx⊗▼

Macro-nutrient Distribution

xxx⊗▼

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# Set Your Goals

## Wellness Goals

Improve Sleep ☐ Reduce Stress ☐

Increase Mindfulness ☐

Weight Goal  Activity Level

Fitness Routine

Daily Step Goal

START DATE

END DATE

MILESTONES

Set Reminders





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# Your Plan Summary

## Goal Overview

Weight Goal :  Fitness Goal:

Wellness Goal:  Nutritional Goal:

## Daily Plan



Click Calendar to see workout plans, routines, exercises, etc.  
by day, month & year

## Nutritional Guidance

Daily Meal Plans

Snack Suggestions

EDIT PLAN

NEXT





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# Workout Plan Successfully Entered!

Go To Workout  
Recommendations

Share on Social Media



Share on  
Community  
Forum

Support & Feedback

Chat With Support

Feedback Form

Support Resources

BACK TO HOME

