

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 1 - Day 1: PUSH (Chest/Shoulders/Triceps)

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (3 min)
- ☐ Arm circles forward & back (30s each)
- ☐ Wall slides (10 reps)
- ☐ Cat-cow stretches (10 reps)
- ☐ Band pull-aparts (15 reps)
- ☐ Scapular push-ups (10 reps)
- ☐ Wrist circles (20 each way)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Flat Bench Press	4	10-12	Wt:____	Wt:____	Wt:____	Wt:____
Incline Dumbbell Press	3	10-12	Rps:____	Rps:____	Rps:____	Rps:____
			Rps:____	Rps:____	Rps:____	
Overhead Press (seated)	4	10-12	Wt:____	Wt:____	Wt:____	Wt:____
Cable Flyes	3	12-15	Rps:____	Rps:____	Rps:____	Rps:____
			Rps:____	Rps:____	Rps:____	
Lateral Raises	3	12-15	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Tricep Dips (assisted)	3	10-12	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Overhead Tricep Extension	3	12-15	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Chest doorway stretch (45s each)
- ☐ Shoulder cross-body stretch (45s each)
- ☐ Tricep overhead stretch (30s each)
- ☐ Child's pose (60s)
- ☐ Supine spinal twist (45s each)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____

Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 1 - Day 2: PULL (Back/Biceps) + Flexibility

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (3 min)
- ☐ Band pull-aparts (15 reps)
- ☐ Face pulls light (15 reps)
- ☐ Arm circles (30s each direction)
- ☐ Cat-cow stretches (10 reps)
- ☐ Light lat pulldowns (15 reps)
- ☐ Shoulder rotations (20 reps)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Pull-ups (assisted if needed)	4	8-10	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____
Barbell Rows	4	10-12	Rps:____	Rps:____	Rps:____	Rps:____
Single Arm Dumbbell Row	3	10-12 each	Rps:____	Rps:____	Rps:____	
Face Pulls	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Barbell Curls	3	10-12	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Hammer Curls	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Reverse Grip Curls	2	15	Wt:____ Rps:____	Wt:____ Rps:____	-	-

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Lat stretch (45s each)
- ☐ Bicep wall stretch (30s each)
- ☐ Chest doorway stretch (45s each)
- ☐ Pigeon pose (90s each) - EXTENDED
- ☐ Seated forward fold (60s)
- ☐ Figure-4 stretch (60s each)
- ☐ Child's pose (60s)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
 Water Intake: _____ L Protein (approx): _____ g

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 1 - Day 3: REST + MOBILITY

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

MOBILITY & RECOVERY ACTIVITIES

- ☐ Foam rolling - upper back (3 min)
- ☐ Foam rolling - lats (2 min each)
- ☐ Foam rolling - quads (2 min each)
- ☐ Foam rolling - IT band (2 min each)
- ☐ Cat-cow stretches (2 min)
- ☐ World's greatest stretch (2 min each)
- ☐ Hip circles (1 min each direction)
- ☐ Thoracic rotations (2 min)
- ☐ Deep squat hold (2 min total)
- ☐ Pigeon pose (2 min each)
- ☐ Child's pose (2 min)
- ☐ Light walking (15-20 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 1 - Day 4: LEGS + CORE

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light bike or walking (5 min)
- ☐ Leg swings front/back (15 each)
- ☐ Leg swings side to side (15 each)
- ☐ Hip circles (10 each direction)
- ☐ Bodyweight squats (10 slow reps)
- ☐ Glute bridges (15 reps)
- ☐ Monster walks with band (10 steps each)
- ☐ Ankle circles (15 each foot)
- ☐ Deep squat holds (3x15 sec)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Barbell Squats	4	10-12	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____
Romanian Deadlift	4	10-12	Rps:____	Rps:____	Rps:____	Rps:____
Leg Press	3	12-15	Rps:____	Rps:____	Rps:____	Rps:____
Walking Lunges	3	12 each	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Leg Curls	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Calf Raises (seated)	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Calf Raises (standing)	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Hanging Leg Raises	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Standing quad stretch (60s each)
- ☐ Standing hamstring stretch (60s each)
- ☐ Pigeon pose (90s each)
- ☐ Hip flexor lunge stretch (60s each)
- ☐ Seated butterfly (60s)
- ☐ Frog stretch (60s)
- ☐ Calf stretch wall (45s each)
- ☐ Child's pose (60s)

POST-WORKOUT

- ☐ Cool-down/stretching completed?

DAILY FITNESS TRACKER (Age 37+ Safe Training)

☐ Post-workout nutrition within 1 hour?

☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____

Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 1 - Day 5: REST + LIGHT STRETCHING

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

MOBILITY & RECOVERY ACTIVITIES

- ☐ Light walking (20 min)
- ☐ Cat-cow stretches (1 min)
- ☐ Hip circles (30s each direction)
- ☐ Shoulder rolls (30s)
- ☐ Standing quad stretch (45s each)
- ☐ Standing hamstring stretch (45s each)
- ☐ Chest doorway stretch (45s each)
- ☐ Child's pose (60s)
- ☐ Deep breathing / meditation (5 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 1 - Day 6: FULL BODY + MOUNTAIN PREP

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (5 min)
- ☐ Leg swings all directions (10 each)
- ☐ Arm circles (30s each direction)
- ☐ Hip circles (30s each direction)
- ☐ Bodyweight squats (10 reps)
- ☐ Glute bridges (15 reps)
- ☐ Cat-cow stretches (10 reps)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Incline Treadmill (15% grade)	1	30-45 min	Wt:____	-	-	-
			Rps:____			
Box Step-ups	3	15 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Goblet Squats	3	20	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Single-Leg RDL	3	12 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Walking Lunges	3	20 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Plank to Push-up	3	12	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Farmer's Walks	3	40m	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Full body stretching routine
- ☐ Pigeon pose (90s each)
- ☐ Hip flexor stretch (60s each)
- ☐ Hamstring stretch (60s each)
- ☐ Quad stretch (45s each)
- ☐ Calf stretch (45s each)
- ☐ Child's pose (2 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 1 - Day 7: COMPLETE REST

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

REST DAY ACTIVITIES

- ☐ Sleep 8-9 hours
- ☐ Stay hydrated (3-4L water)
- ☐ Light walking if desired (optional)
- ☐ Evening stretching routine (optional)
- ☐ Meal prep for the week
- ☐ Mental preparation for next week

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 2 - Day 1: PUSH (Chest/Shoulders/Triceps)

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (3 min)
- ☐ Arm circles forward & back (30s each)
- ☐ Wall slides (10 reps)
- ☐ Cat-cow stretches (10 reps)
- ☐ Band pull-aparts (15 reps)
- ☐ Scapular push-ups (10 reps)
- ☐ Wrist circles (20 each way)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Flat Bench Press	4	10-12	Wt:____	Wt:____	Wt:____	Wt:____
Incline Dumbbell Press	3	10-12	Rps:____	Rps:____	Rps:____	Rps:____
			Rps:____	Rps:____	Rps:____	
Overhead Press (seated)	4	10-12	Wt:____	Wt:____	Wt:____	Wt:____
Cable Flyes	3	12-15	Rps:____	Rps:____	Rps:____	Rps:____
			Rps:____	Rps:____	Rps:____	
Lateral Raises	3	12-15	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Tricep Dips (assisted)	3	10-12	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Overhead Tricep Extension	3	12-15	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Chest doorway stretch (45s each)
- ☐ Shoulder cross-body stretch (45s each)
- ☐ Tricep overhead stretch (30s each)
- ☐ Child's pose (60s)
- ☐ Supine spinal twist (45s each)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____

Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 2 - Day 2: PULL (Back/Biceps) + Flexibility

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (3 min)
- ☐ Band pull-aparts (15 reps)
- ☐ Face pulls light (15 reps)
- ☐ Arm circles (30s each direction)
- ☐ Cat-cow stretches (10 reps)
- ☐ Light lat pulldowns (15 reps)
- ☐ Shoulder rotations (20 reps)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Pull-ups (assisted if needed)	4	8-10	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____
Barbell Rows	4	10-12	Rps:____	Rps:____	Rps:____	Rps:____
Single Arm Dumbbell Row	3	10-12 each	Rps:____	Rps:____	Rps:____	Rps:____
Face Pulls	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Barbell Curls	3	10-12	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Hammer Curls	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Reverse Grip Curls	2	15	Wt:____ Rps:____	Wt:____ Rps:____	-	-

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Lat stretch (45s each)
- ☐ Bicep wall stretch (30s each)
- ☐ Chest doorway stretch (45s each)
- ☐ Pigeon pose (90s each) - EXTENDED
- ☐ Seated forward fold (60s)
- ☐ Figure-4 stretch (60s each)
- ☐ Child's pose (60s)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
 Water Intake: _____ L Protein (approx): _____ g

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 2 - Day 3: REST + MOBILITY

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

MOBILITY & RECOVERY ACTIVITIES

- ☐ Foam rolling - upper back (3 min)
- ☐ Foam rolling - lats (2 min each)
- ☐ Foam rolling - quads (2 min each)
- ☐ Foam rolling - IT band (2 min each)
- ☐ Cat-cow stretches (2 min)
- ☐ World's greatest stretch (2 min each)
- ☐ Hip circles (1 min each direction)
- ☐ Thoracic rotations (2 min)
- ☐ Deep squat hold (2 min total)
- ☐ Pigeon pose (2 min each)
- ☐ Child's pose (2 min)
- ☐ Light walking (15-20 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 2 - Day 4: LEGS + CORE

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light bike or walking (5 min)
- ☐ Leg swings front/back (15 each)
- ☐ Leg swings side to side (15 each)
- ☐ Hip circles (10 each direction)
- ☐ Bodyweight squats (10 slow reps)
- ☐ Glute bridges (15 reps)
- ☐ Monster walks with band (10 steps each)
- ☐ Ankle circles (15 each foot)
- ☐ Deep squat holds (3x15 sec)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Barbell Squats	4	10-12	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____
Romanian Deadlift	4	10-12	Rps:____	Rps:____	Rps:____	Rps:____
Leg Press	3	12-15	Rps:____	Rps:____	Rps:____	Rps:____
Walking Lunges	3	12 each	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Leg Curls	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Calf Raises (seated)	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Calf Raises (standing)	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Hanging Leg Raises	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Standing quad stretch (60s each)
- ☐ Standing hamstring stretch (60s each)
- ☐ Pigeon pose (90s each)
- ☐ Hip flexor lunge stretch (60s each)
- ☐ Seated butterfly (60s)
- ☐ Frog stretch (60s)
- ☐ Calf stretch wall (45s each)
- ☐ Child's pose (60s)

POST-WORKOUT

- ☐ Cool-down/stretching completed?

DAILY FITNESS TRACKER (Age 37+ Safe Training)

☐ Post-workout nutrition within 1 hour?

☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____

Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 2 - Day 5: REST + LIGHT STRETCHING

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

MOBILITY & RECOVERY ACTIVITIES

- ☐ Light walking (20 min)
- ☐ Cat-cow stretches (1 min)
- ☐ Hip circles (30s each direction)
- ☐ Shoulder rolls (30s)
- ☐ Standing quad stretch (45s each)
- ☐ Standing hamstring stretch (45s each)
- ☐ Chest doorway stretch (45s each)
- ☐ Child's pose (60s)
- ☐ Deep breathing / meditation (5 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 2 - Day 6: FULL BODY + MOUNTAIN PREP

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (5 min)
- ☐ Leg swings all directions (10 each)
- ☐ Arm circles (30s each direction)
- ☐ Hip circles (30s each direction)
- ☐ Bodyweight squats (10 reps)
- ☐ Glute bridges (15 reps)
- ☐ Cat-cow stretches (10 reps)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Incline Treadmill (15% grade)	1	30-45 min	Wt:____	-	-	-
			Rps:____			
Box Step-ups	3	15 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Goblet Squats	3	20	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Single-Leg RDL	3	12 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Walking Lunges	3	20 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Plank to Push-up	3	12	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Farmer's Walks	3	40m	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Full body stretching routine
- ☐ Pigeon pose (90s each)
- ☐ Hip flexor stretch (60s each)
- ☐ Hamstring stretch (60s each)
- ☐ Quad stretch (45s each)
- ☐ Calf stretch (45s each)
- ☐ Child's pose (2 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 2 - Day 7: COMPLETE REST

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

REST DAY ACTIVITIES

- ☐ Sleep 8-9 hours
- ☐ Stay hydrated (3-4L water)
- ☐ Light walking if desired (optional)
- ☐ Evening stretching routine (optional)
- ☐ Meal prep for the week
- ☐ Mental preparation for next week

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 3 - Day 1: PUSH (Chest/Shoulders/Triceps)

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (3 min)
- ☐ Arm circles forward & back (30s each)
- ☐ Wall slides (10 reps)
- ☐ Cat-cow stretches (10 reps)
- ☐ Band pull-aparts (15 reps)
- ☐ Scapular push-ups (10 reps)
- ☐ Wrist circles (20 each way)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Flat Bench Press	4	10-12	Wt:____	Wt:____	Wt:____	Wt:____
Incline Dumbbell Press	3	10-12	Rps:____	Rps:____	Rps:____	Rps:____
			Rps:____	Rps:____	Rps:____	
Overhead Press (seated)	4	10-12	Wt:____	Wt:____	Wt:____	Wt:____
Cable Flyes	3	12-15	Rps:____	Rps:____	Rps:____	Rps:____
			Rps:____	Rps:____	Rps:____	
Lateral Raises	3	12-15	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Tricep Dips (assisted)	3	10-12	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Overhead Tricep Extension	3	12-15	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Chest doorway stretch (45s each)
- ☐ Shoulder cross-body stretch (45s each)
- ☐ Tricep overhead stretch (30s each)
- ☐ Child's pose (60s)
- ☐ Supine spinal twist (45s each)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____

Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 3 - Day 2: PULL (Back/Biceps) + Flexibility

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (3 min)
- ☐ Band pull-aparts (15 reps)
- ☐ Face pulls light (15 reps)
- ☐ Arm circles (30s each direction)
- ☐ Cat-cow stretches (10 reps)
- ☐ Light lat pulldowns (15 reps)
- ☐ Shoulder rotations (20 reps)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Pull-ups (assisted if needed)	4	8-10	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____
Barbell Rows	4	10-12	Rps:____	Rps:____	Rps:____	Rps:____
Single Arm Dumbbell Row	3	10-12 each	Rps:____	Rps:____	Rps:____	Rps:____
Face Pulls	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Barbell Curls	3	10-12	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Hammer Curls	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Reverse Grip Curls	2	15	Wt:____ Rps:____	Wt:____ Rps:____	-	-

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Lat stretch (45s each)
- ☐ Bicep wall stretch (30s each)
- ☐ Chest doorway stretch (45s each)
- ☐ Pigeon pose (90s each) - EXTENDED
- ☐ Seated forward fold (60s)
- ☐ Figure-4 stretch (60s each)
- ☐ Child's pose (60s)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
 Water Intake: _____ L Protein (approx): _____ g

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 3 - Day 3: REST + MOBILITY

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

MOBILITY & RECOVERY ACTIVITIES

- ☐ Foam rolling - upper back (3 min)
- ☐ Foam rolling - lats (2 min each)
- ☐ Foam rolling - quads (2 min each)
- ☐ Foam rolling - IT band (2 min each)
- ☐ Cat-cow stretches (2 min)
- ☐ World's greatest stretch (2 min each)
- ☐ Hip circles (1 min each direction)
- ☐ Thoracic rotations (2 min)
- ☐ Deep squat hold (2 min total)
- ☐ Pigeon pose (2 min each)
- ☐ Child's pose (2 min)
- ☐ Light walking (15-20 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 3 - Day 4: LEGS + CORE

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light bike or walking (5 min)
- ☐ Leg swings front/back (15 each)
- ☐ Leg swings side to side (15 each)
- ☐ Hip circles (10 each direction)
- ☐ Bodyweight squats (10 slow reps)
- ☐ Glute bridges (15 reps)
- ☐ Monster walks with band (10 steps each)
- ☐ Ankle circles (15 each foot)
- ☐ Deep squat holds (3x15 sec)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Barbell Squats	4	10-12	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____
Romanian Deadlift	4	10-12	Rps:____	Rps:____	Rps:____	Rps:____
Leg Press	3	12-15	Rps:____	Rps:____	Rps:____	Rps:____
Walking Lunges	3	12 each	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Leg Curls	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Calf Raises (seated)	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Calf Raises (standing)	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Hanging Leg Raises	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Standing quad stretch (60s each)
- ☐ Standing hamstring stretch (60s each)
- ☐ Pigeon pose (90s each)
- ☐ Hip flexor lunge stretch (60s each)
- ☐ Seated butterfly (60s)
- ☐ Frog stretch (60s)
- ☐ Calf stretch wall (45s each)
- ☐ Child's pose (60s)

POST-WORKOUT

- ☐ Cool-down/stretching completed?

DAILY FITNESS TRACKER (Age 37+ Safe Training)

☐ Post-workout nutrition within 1 hour?

☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____

Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 3 - Day 5: REST + LIGHT STRETCHING

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

MOBILITY & RECOVERY ACTIVITIES

- ☐ Light walking (20 min)
- ☐ Cat-cow stretches (1 min)
- ☐ Hip circles (30s each direction)
- ☐ Shoulder rolls (30s)
- ☐ Standing quad stretch (45s each)
- ☐ Standing hamstring stretch (45s each)
- ☐ Chest doorway stretch (45s each)
- ☐ Child's pose (60s)
- ☐ Deep breathing / meditation (5 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 3 - Day 6: FULL BODY + MOUNTAIN PREP

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (5 min)
- ☐ Leg swings all directions (10 each)
- ☐ Arm circles (30s each direction)
- ☐ Hip circles (30s each direction)
- ☐ Bodyweight squats (10 reps)
- ☐ Glute bridges (15 reps)
- ☐ Cat-cow stretches (10 reps)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Incline Treadmill (15% grade)	1	30-45 min	Wt:____	-	-	-
			Rps:____			
Box Step-ups	3	15 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Goblet Squats	3	20	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Single-Leg RDL	3	12 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Walking Lunges	3	20 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Plank to Push-up	3	12	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Farmer's Walks	3	40m	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Full body stretching routine
- ☐ Pigeon pose (90s each)
- ☐ Hip flexor stretch (60s each)
- ☐ Hamstring stretch (60s each)
- ☐ Quad stretch (45s each)
- ☐ Calf stretch (45s each)
- ☐ Child's pose (2 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 3 - Day 7: COMPLETE REST

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

REST DAY ACTIVITIES

- ☐ Sleep 8-9 hours
- ☐ Stay hydrated (3-4L water)
- ☐ Light walking if desired (optional)
- ☐ Evening stretching routine (optional)
- ☐ Meal prep for the week
- ☐ Mental preparation for next week

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 4 - Day 1: PUSH (Chest/Shoulders/Triceps)

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (3 min)
- ☐ Arm circles forward & back (30s each)
- ☐ Wall slides (10 reps)
- ☐ Cat-cow stretches (10 reps)
- ☐ Band pull-aparts (15 reps)
- ☐ Scapular push-ups (10 reps)
- ☐ Wrist circles (20 each way)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Flat Bench Press	4	10-12	Wt:____	Wt:____	Wt:____	Wt:____
Incline Dumbbell Press	3	10-12	Rps:____	Rps:____	Rps:____	Rps:____
			Rps:____	Rps:____	Rps:____	
Overhead Press (seated)	4	10-12	Wt:____	Wt:____	Wt:____	Wt:____
Cable Flyes	3	12-15	Rps:____	Rps:____	Rps:____	Rps:____
			Rps:____	Rps:____	Rps:____	
Lateral Raises	3	12-15	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Tricep Dips (assisted)	3	10-12	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Overhead Tricep Extension	3	12-15	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Chest doorway stretch (45s each)
- ☐ Shoulder cross-body stretch (45s each)
- ☐ Tricep overhead stretch (30s each)
- ☐ Child's pose (60s)
- ☐ Supine spinal twist (45s each)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____

Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 4 - Day 2: PULL (Back/Biceps) + Flexibility

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (3 min)
- ☐ Band pull-aparts (15 reps)
- ☐ Face pulls light (15 reps)
- ☐ Arm circles (30s each direction)
- ☐ Cat-cow stretches (10 reps)
- ☐ Light lat pulldowns (15 reps)
- ☐ Shoulder rotations (20 reps)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Pull-ups (assisted if needed)	4	8-10	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____
Barbell Rows	4	10-12	Rps:____	Rps:____	Rps:____	Rps:____
Single Arm Dumbbell Row	3	10-12 each	Rps:____	Rps:____	Rps:____	Rps:____
Face Pulls	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Barbell Curls	3	10-12	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Hammer Curls	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Reverse Grip Curls	2	15	Wt:____ Rps:____	Wt:____ Rps:____	-	-

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Lat stretch (45s each)
- ☐ Bicep wall stretch (30s each)
- ☐ Chest doorway stretch (45s each)
- ☐ Pigeon pose (90s each) - EXTENDED
- ☐ Seated forward fold (60s)
- ☐ Figure-4 stretch (60s each)
- ☐ Child's pose (60s)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
 Water Intake: _____ L Protein (approx): _____ g

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 4 - Day 3: REST + MOBILITY

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

MOBILITY & RECOVERY ACTIVITIES

- ☐ Foam rolling - upper back (3 min)
- ☐ Foam rolling - lats (2 min each)
- ☐ Foam rolling - quads (2 min each)
- ☐ Foam rolling - IT band (2 min each)
- ☐ Cat-cow stretches (2 min)
- ☐ World's greatest stretch (2 min each)
- ☐ Hip circles (1 min each direction)
- ☐ Thoracic rotations (2 min)
- ☐ Deep squat hold (2 min total)
- ☐ Pigeon pose (2 min each)
- ☐ Child's pose (2 min)
- ☐ Light walking (15-20 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 4 - Day 4: LEGS + CORE

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light bike or walking (5 min)
- ☐ Leg swings front/back (15 each)
- ☐ Leg swings side to side (15 each)
- ☐ Hip circles (10 each direction)
- ☐ Bodyweight squats (10 slow reps)
- ☐ Glute bridges (15 reps)
- ☐ Monster walks with band (10 steps each)
- ☐ Ankle circles (15 each foot)
- ☐ Deep squat holds (3x15 sec)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Barbell Squats	4	10-12	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____
Romanian Deadlift	4	10-12	Rps:____	Rps:____	Rps:____	Rps:____
Leg Press	3	12-15	Rps:____	Rps:____	Rps:____	Rps:____
Walking Lunges	3	12 each	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Leg Curls	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Calf Raises (seated)	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Calf Raises (standing)	3	15-20	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-
Hanging Leg Raises	3	12-15	Wt:____ Rps:____	Wt:____ Rps:____	Wt:____ Rps:____	-

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Standing quad stretch (60s each)
- ☐ Standing hamstring stretch (60s each)
- ☐ Pigeon pose (90s each)
- ☐ Hip flexor lunge stretch (60s each)
- ☐ Seated butterfly (60s)
- ☐ Frog stretch (60s)
- ☐ Calf stretch wall (45s each)
- ☐ Child's pose (60s)

POST-WORKOUT

- ☐ Cool-down/stretching completed?

DAILY FITNESS TRACKER (Age 37+ Safe Training)

☐ Post-workout nutrition within 1 hour?

☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____

Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 4 - Day 5: REST + LIGHT STRETCHING

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

MOBILITY & RECOVERY ACTIVITIES

- ☐ Light walking (20 min)
- ☐ Cat-cow stretches (1 min)
- ☐ Hip circles (30s each direction)
- ☐ Shoulder rolls (30s)
- ☐ Standing quad stretch (45s each)
- ☐ Standing hamstring stretch (45s each)
- ☐ Chest doorway stretch (45s each)
- ☐ Child's pose (60s)
- ☐ Deep breathing / meditation (5 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 4 - Day 6: FULL BODY + MOUNTAIN PREP

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

WARM-UP (15-20 min) - DO NOT SKIP!

- ☐ Light cardio (5 min)
- ☐ Leg swings all directions (10 each)
- ☐ Arm circles (30s each direction)
- ☐ Hip circles (30s each direction)
- ☐ Bodyweight squats (10 reps)
- ☐ Glute bridges (15 reps)
- ☐ Cat-cow stretches (10 reps)

MAIN WORKOUT

Exercise	Sets	Target	Set 1	Set 2	Set 3	Set 4
Incline Treadmill (15% grade)	1	30-45 min	Wt:____	-	-	-
			Rps:____			
Box Step-ups	3	15 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Goblet Squats	3	20	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Single-Leg RDL	3	12 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Walking Lunges	3	20 each	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Plank to Push-up	3	12	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	
Farmer's Walks	3	40m	Wt:____	Wt:____	Wt:____	-
			Rps:____	Rps:____	Rps:____	

COOL-DOWN & STRETCHING (15-20 min)

- ☐ Full body stretching routine
- ☐ Pigeon pose (90s each)
- ☐ Hip flexor stretch (60s each)
- ☐ Hamstring stretch (60s each)
- ☐ Quad stretch (45s each)
- ☐ Calf stretch (45s each)
- ☐ Child's pose (2 min)

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

Week 4 - Day 7: COMPLETE REST

Date: _____ Weight: _____ kg Sleep: _____ hrs

PRE-WORKOUT CHECKLIST (Must complete!)

- ☐ Slept 7+ hours last night?
- ☐ Ate 1-2 hours before?
- ☐ Properly hydrated?
- ☐ No pain or injury concerns?

REST DAY ACTIVITIES

- ☐ Sleep 8-9 hours
- ☐ Stay hydrated (3-4L water)
- ☐ Light walking if desired (optional)
- ☐ Evening stretching routine (optional)
- ☐ Meal prep for the week
- ☐ Mental preparation for next week

POST-WORKOUT

- ☐ Cool-down/stretching completed?
- ☐ Post-workout nutrition within 1 hour?
- ☐ Logged all exercises above?

DAILY TRACKING

Energy Level (1-10): _____ Pain/Discomfort?: _____
Water Intake: _____ L Protein (approx): _____ g

Notes / How do you feel?:
