

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	Reps	Set 1	Set 2	Set 3	Set 4
Bench Press	4	10-12	___/___	___/___	___/___	___/___
Incline DB Press	3	10-12	___/___	___/___	___/___	-
Overhead Press	4	10-12	___/___	___/___	___/___	___/___
Cable Flyes	3	12-15	___/___	___/___	___/___	-
Lateral Raises	3	12-15	___/___	___/___	___/___	-
Tricep Dips	3	10-12	___/___	___/___	___/___	-
Tricep Extension	3	12-15	___/___	___/___	___/___	-

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)

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	Reps	Set 1	Set 2	Set 3	Set 4
Pull-ups	4	8-10	___/___	___/___	___/___	___/___
Barbell Rows	4	10-12	___/___	___/___	___/___	___/___
DB Row (each)	3	10-12	___/___	___/___	___/___	-
Face Pulls	3	15-20	___/___	___/___	___/___	-
Barbell Curls	3	10-12	___/___	___/___	___/___	-
Hammer Curls	3	12-15	___/___	___/___	___/___	-
Reverse Curls	2	15	___/___	___/___	-	-

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

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

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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	Reps	Set 1	Set 2	Set 3	Set 4
Squats	4	10-12	___/___	___/___	___/___	___/___
Romanian DL	4	10-12	___/___	___/___	___/___	___/___
Leg Press	3	12-15	___/___	___/___	___/___	-
Lunges (each)	3	12	___/___	___/___	___/___	-
Leg Curls	3	12-15	___/___	___/___	___/___	-
Calf Raise Seat	3	15-20	___/___	___/___	___/___	-
Calf Raise Stand	3	15-20	___/___	___/___	___/___	-
Leg Raises	3	12-15	___/___	___/___	___/___	-

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?
- ☐ 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 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	Reps	Set 1	Set 2	Set 3	Set 4
Incline Walk 15%	1	30-45m	___/___	-	-	-
Step-ups (each)	3	15	___/___	___/___	___/___	-
Goblet Squats	3	20	___/___	___/___	___/___	-
Single Leg RDL	3	12	___/___	___/___	___/___	-
Lunges (each)	3	20	___/___	___/___	___/___	-
Plank Push-up	3	12	___/___	___/___	___/___	-
Farmer Walk	3	40m	___/___	___/___	___/___	-

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

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

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

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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	Reps	Set 1	Set 2	Set 3	Set 4
Bench Press	4	10-12	___/___	___/___	___/___	___/___
Incline DB Press	3	10-12	___/___	___/___	___/___	-
Overhead Press	4	10-12	___/___	___/___	___/___	___/___
Cable Flyes	3	12-15	___/___	___/___	___/___	-
Lateral Raises	3	12-15	___/___	___/___	___/___	-
Tricep Dips	3	10-12	___/___	___/___	___/___	-
Tricep Extension	3	12-15	___/___	___/___	___/___	-

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)

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	Reps	Set 1	Set 2	Set 3	Set 4
Pull-ups	4	8-10	___/___	___/___	___/___	___/___
Barbell Rows	4	10-12	___/___	___/___	___/___	___/___
DB Row (each)	3	10-12	___/___	___/___	___/___	-
Face Pulls	3	15-20	___/___	___/___	___/___	-
Barbell Curls	3	10-12	___/___	___/___	___/___	-
Hammer Curls	3	12-15	___/___	___/___	___/___	-
Reverse Curls	2	15	___/___	___/___	-	-

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

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

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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	Reps	Set 1	Set 2	Set 3	Set 4
Squats	4	10-12	___/___	___/___	___/___	___/___
Romanian DL	4	10-12	___/___	___/___	___/___	___/___
Leg Press	3	12-15	___/___	___/___	___/___	-
Lunges (each)	3	12	___/___	___/___	___/___	-
Leg Curls	3	12-15	___/___	___/___	___/___	-
Calf Raise Seat	3	15-20	___/___	___/___	___/___	-
Calf Raise Stand	3	15-20	___/___	___/___	___/___	-
Leg Raises	3	12-15	___/___	___/___	___/___	-

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?
- ☐ 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 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	Reps	Set 1	Set 2	Set 3	Set 4
Incline Walk 15%	1	30-45m	___/___	-	-	-
Step-ups (each)	3	15	___/___	___/___	___/___	-
Goblet Squats	3	20	___/___	___/___	___/___	-
Single Leg RDL	3	12	___/___	___/___	___/___	-
Lunges (each)	3	20	___/___	___/___	___/___	-
Plank Push-up	3	12	___/___	___/___	___/___	-
Farmer Walk	3	40m	___/___	___/___	___/___	-

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

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

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

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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	Reps	Set 1	Set 2	Set 3	Set 4
Bench Press	4	10-12	___/___	___/___	___/___	___/___
Incline DB Press	3	10-12	___/___	___/___	___/___	-
Overhead Press	4	10-12	___/___	___/___	___/___	___/___
Cable Flyes	3	12-15	___/___	___/___	___/___	-
Lateral Raises	3	12-15	___/___	___/___	___/___	-
Tricep Dips	3	10-12	___/___	___/___	___/___	-
Tricep Extension	3	12-15	___/___	___/___	___/___	-

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)

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	Reps	Set 1	Set 2	Set 3	Set 4
Pull-ups	4	8-10	___/___	___/___	___/___	___/___
Barbell Rows	4	10-12	___/___	___/___	___/___	___/___
DB Row (each)	3	10-12	___/___	___/___	___/___	-
Face Pulls	3	15-20	___/___	___/___	___/___	-
Barbell Curls	3	10-12	___/___	___/___	___/___	-
Hammer Curls	3	12-15	___/___	___/___	___/___	-
Reverse Curls	2	15	___/___	___/___	-	-

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

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

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	Reps	Set 1	Set 2	Set 3	Set 4
Squats	4	10-12	___/___	___/___	___/___	___/___
Romanian DL	4	10-12	___/___	___/___	___/___	___/___
Leg Press	3	12-15	___/___	___/___	___/___	-
Lunges (each)	3	12	___/___	___/___	___/___	-
Leg Curls	3	12-15	___/___	___/___	___/___	-
Calf Raise Seat	3	15-20	___/___	___/___	___/___	-
Calf Raise Stand	3	15-20	___/___	___/___	___/___	-
Leg Raises	3	12-15	___/___	___/___	___/___	-

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?
- ☐ 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 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	Reps	Set 1	Set 2	Set 3	Set 4
Incline Walk 15%	1	30-45m	___/___	-	-	-
Step-ups (each)	3	15	___/___	___/___	___/___	-
Goblet Squats	3	20	___/___	___/___	___/___	-
Single Leg RDL	3	12	___/___	___/___	___/___	-
Lunges (each)	3	20	___/___	___/___	___/___	-
Plank Push-up	3	12	___/___	___/___	___/___	-
Farmer Walk	3	40m	___/___	___/___	___/___	-

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

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 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	Reps	Set 1	Set 2	Set 3	Set 4
Bench Press	4	10-12	___/___	___/___	___/___	___/___
Incline DB Press	3	10-12	___/___	___/___	___/___	-
Overhead Press	4	10-12	___/___	___/___	___/___	___/___
Cable Flyes	3	12-15	___/___	___/___	___/___	-
Lateral Raises	3	12-15	___/___	___/___	___/___	-
Tricep Dips	3	10-12	___/___	___/___	___/___	-
Tricep Extension	3	12-15	___/___	___/___	___/___	-

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)

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	Reps	Set 1	Set 2	Set 3	Set 4
Pull-ups	4	8-10	___/___	___/___	___/___	___/___
Barbell Rows	4	10-12	___/___	___/___	___/___	___/___
DB Row (each)	3	10-12	___/___	___/___	___/___	-
Face Pulls	3	15-20	___/___	___/___	___/___	-
Barbell Curls	3	10-12	___/___	___/___	___/___	-
Hammer Curls	3	12-15	___/___	___/___	___/___	-
Reverse Curls	2	15	___/___	___/___	-	-

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

Notes / How do you feel?:

DAILY FITNESS TRACKER (Age 37+ Safe Training)

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	Reps	Set 1	Set 2	Set 3	Set 4
Squats	4	10-12	___/___	___/___	___/___	___/___
Romanian DL	4	10-12	___/___	___/___	___/___	___/___
Leg Press	3	12-15	___/___	___/___	___/___	-
Lunges (each)	3	12	___/___	___/___	___/___	-
Leg Curls	3	12-15	___/___	___/___	___/___	-
Calf Raise Seat	3	15-20	___/___	___/___	___/___	-
Calf Raise Stand	3	15-20	___/___	___/___	___/___	-
Leg Raises	3	12-15	___/___	___/___	___/___	-

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?
- ☐ 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 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	Reps	Set 1	Set 2	Set 3	Set 4
Incline Walk 15%	1	30-45m	___/___	-	-	-
Step-ups (each)	3	15	___/___	___/___	___/___	-
Goblet Squats	3	20	___/___	___/___	___/___	-
Single Leg RDL	3	12	___/___	___/___	___/___	-
Lunges (each)	3	20	___/___	___/___	___/___	-
Plank Push-up	3	12	___/___	___/___	___/___	-
Farmer Walk	3	40m	___/___	___/___	___/___	-

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

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 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?:
