

# 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: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Incline Dumbbell Press	3	10-12	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Overhead Press (seated)	4	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Cable Flyes	3	12-15	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Lateral Raises			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Tricep Dips (assisted)	3	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Overhead Tricep Extension	3	12-15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-

### 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)

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# 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: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Barbell Rows	4	10-12	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Single-Arm Dumbbell Row	3	10-12 each	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Face Pulls	3	15-20	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Barbell Curls	3	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Hammer Curls	3	12-15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Reverse Grip Curls	2	15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____		

### 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?:

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# 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:_____	Wt:_____	Wt:_____	Wt:_____
Romanian Deadlift	4	10-12	Reps:_____	Reps:_____	Reps:_____	Reps:_____
Leg Press	3	12-15	Reps:_____	Reps:_____	Reps:_____	Reps:_____
Walking Lunges	3	12 each	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Leg Curls	3	12-15	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Calf Raises (seated)	3	15-20	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Calf Raises (standing)	3	15-20	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Hanging Leg Raises	3	12-15	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-

### 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?:**

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# 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: _____	-	-	-
			Reps: _____			
Box Step-ups	3	15 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Goblet Squats	3	20	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Single-Leg RDL	3	12 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Walking Lunges	3	20 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Plank to Push-up	3	12	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Farmer's Walks	3	40m	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	

### 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?:**

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# 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?:

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# 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: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Incline Dumbbell Press	3	10-12	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Overhead Press (seated)	4	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Cable Flyes	3	12-15	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Lateral Raises			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Tricep Dips (assisted)	3	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Overhead Tricep Extension	3	12-15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-

### 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)

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# 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: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Barbell Rows	4	10-12	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Single-Arm Dumbbell Row	3	10-12 each	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Face Pulls	3	15-20	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Barbell Curls	3	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Hammer Curls	3	12-15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Reverse Grip Curls	2	15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____		

### 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?:

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# 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:_____	Wt:_____	Wt:_____	Wt:_____
Romanian Deadlift	4	10-12	Reps:_____	Reps:_____	Reps:_____	Reps:_____
Leg Press	3	12-15	Reps:_____	Reps:_____	Reps:_____	Reps:_____
Walking Lunges	3	12 each	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Leg Curls	3	12-15	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Calf Raises (seated)	3	15-20	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Calf Raises (standing)	3	15-20	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Hanging Leg Raises	3	12-15	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-

### 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?:

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# 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: _____	-	-	-
			Reps: _____			
Box Step-ups	3	15 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Goblet Squats	3	20	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Single-Leg RDL	3	12 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Walking Lunges	3	20 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Plank to Push-up	3	12	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Farmer's Walks	3	40m	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	

### 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?:**

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# 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?:

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# 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: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Incline Dumbbell Press	3	10-12	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Overhead Press (seated)	4	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Cable Flyes	3	12-15	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Lateral Raises			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Tricep Dips (assisted)	3	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Overhead Tricep Extension	3	12-15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-

### 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)

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# 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: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Barbell Rows	4	10-12	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Single-Arm Dumbbell Row	3	10-12 each	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Face Pulls	3	15-20	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Barbell Curls	3	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Hammer Curls	3	12-15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Reverse Grip Curls	2	15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____		

### 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?:

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# 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:_____	Wt:_____	Wt:_____	Wt:_____
Romanian Deadlift	4	10-12	Reps:_____	Reps:_____	Reps:_____	Reps:_____
Leg Press	3	12-15	Reps:_____	Reps:_____	Reps:_____	Reps:_____
Walking Lunges	3	12 each	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Leg Curls	3	12-15	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Calf Raises (seated)	3	15-20	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Calf Raises (standing)	3	15-20	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Hanging Leg Raises	3	12-15	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-

### 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?:

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# 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: _____	-	-	-
			Reps: _____			
Box Step-ups	3	15 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Goblet Squats	3	20	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Single-Leg RDL	3	12 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Walking Lunges	3	20 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Plank to Push-up	3	12	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Farmer's Walks	3	40m	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	

### 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?:**

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# 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?:

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# 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: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Incline Dumbbell Press	3	10-12	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Overhead Press (seated)	4	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Cable Flyes	3	12-15	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Lateral Raises			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Tricep Dips (assisted)	3	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Overhead Tricep Extension	3	12-15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-

### 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)

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# 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: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
Barbell Rows	4	10-12	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Single-Arm Dumbbell Row	3	10-12 each	Reps: _____	Reps: _____	Reps: _____	Reps: _____
Face Pulls	3	15-20	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Barbell Curls	3	10-12	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Hammer Curls	3	12-15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-
Reverse Grip Curls	2	15	Wt: _____ Reps: _____	Wt: _____ Reps: _____	-	-
			Wt: _____ Reps: _____	Wt: _____ Reps: _____		

### 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?:

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# 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:_____	Wt:_____	Wt:_____	Wt:_____
Romanian Deadlift	4	10-12	Reps:_____	Reps:_____	Reps:_____	Reps:_____
Leg Press	3	12-15	Reps:_____	Reps:_____	Reps:_____	Reps:_____
Walking Lunges	3	12 each	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Leg Curls	3	12-15	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Calf Raises (seated)	3	15-20	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Calf Raises (standing)	3	15-20	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-
Hanging Leg Raises	3	12-15	Wt:_____	Wt:_____	Wt:_____	-
			Reps:_____	Reps:_____	Reps:_____	-

### 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?:

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# 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: _____	-	-	-
			Reps: _____			
Box Step-ups	3	15 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Goblet Squats	3	20	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Single-Leg RDL	3	12 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Walking Lunges	3	20 each	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Plank to Push-up	3	12	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	
Farmer's Walks	3	40m	Wt: _____	Wt: _____	Wt: _____	-
			Reps: _____	Reps: _____	Reps: _____	

### 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?:**

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# 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?:

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