

Personalized Fitness Plan

Profile: 30yo female, 60kg, bad knee, desk job
Goal: bad knees

****COACH'S ACTION PLAN****

****Weeks 1-4: Building Foundation****

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5-minute micro-breaks every hour (standing, marching, seated leg extensions)	10-minute walk during lunch	5-minute strength exercises (leg raises, wall sits)	10-minute stretching (hamstrings, quadriceps)	Rest day	30-minute light cardio (jogging, cycling)	10-minute foam rolling (knee, leg)
2	Add 5-minute strength exercises (leg press, calf raises)	15-minute walk during lunch	10-minute stretching (hip flexors, glutes)	15-minute strength exercises (leg press, calf raises)	Rest day	30-minute moderate cardio (swimming, rowing)	10-minute self-myofascial release (IT band)
3	Increase strength exercises to 2 sets of 10 reps	20-minute walk during lunch	15-minute stretching (lower back, hip flexors)	20-minute strength exercises (leg press, calf raises)	Rest day	30-minute high-intensity interval training (HIIT)	10-minute dynamic stretching (leg swings, lunges)
4	Add 10-minute balance exercises (single-leg squats, balance boards)	25-minute walk during lunch	20-minute stretching (hamstrings, quadriceps)	25-minute strength exercises (leg press, calf raises)	Rest day	30-minute outdoor activities (hiking, dancing)	10-minute static stretching (hamstrings, quadriceps)

****Progression Rules:****

1. Increase strength exercises by 1 set of 5 reps every 2 weeks.
2. Gradually increase walking time by 5 minutes every week.
3. Add 1-2 new exercises every 2 weeks.
4. Rest for 1-2 minutes between sets and exercises.

****Modifications for Injuries:****

1. If experiencing knee pain, reduce strength exercises to 1 set of 5 reps.
2. Replace high-impact activities (HIIT, jogging) with low-impact alternatives (cycling, swimming).
3. Avoid deep knee bends and heavy squats.

****Nutrition Timing:****

1. Eat a balanced meal 1-2 hours before exercise.
2. Consume a post-workout snack within 30-60 minutes after exercise.
3. Include protein-rich foods (chicken, fish, eggs) in every meal.

****Habit System:****

1. Use a habit tracker app to monitor progress.
2. Create a routine for exercise, stretching, and foam rolling.
3. Schedule rest days and allow for flexibility.

****Questions.****

1. How will you incorporate physical activity into your daily routine, considering your desk job and schedule?
2. What specific nutrition goals do you want to achieve, and how will you track your progress?