



Fitness Fundamentals Focus Calendar

How consistent are you with following your plan? Track to find out.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
__ Diet <input type="checkbox"/> __ Exercise <input type="checkbox"/> __ Stretching/Mobility <input type="checkbox"/> __ Water <input type="checkbox"/> __ Sleep <input type="checkbox"/>	__ Diet <input type="checkbox"/> __ Exercise <input type="checkbox"/> __ Stretching/Mobility <input type="checkbox"/> __ Water <input type="checkbox"/> __ Sleep <input type="checkbox"/>	__ Diet <input type="checkbox"/> __ Exercise <input type="checkbox"/> __ Stretching/Mobility <input type="checkbox"/> __ Water <input type="checkbox"/> __ Sleep <input type="checkbox"/>	__ Diet <input type="checkbox"/> __ Exercise <input type="checkbox"/> __ Stretching/Mobility <input type="checkbox"/> __ Water <input type="checkbox"/> __ Sleep <input type="checkbox"/>	__ Diet <input type="checkbox"/> __ Exercise <input type="checkbox"/> __ Stretching/Mobility <input type="checkbox"/> __ Water <input type="checkbox"/> __ Sleep <input type="checkbox"/>	__ Diet <input type="checkbox"/> __ Exercise <input type="checkbox"/> __ Stretching/Mobility <input type="checkbox"/> __ Water <input type="checkbox"/> __ Sleep <input type="checkbox"/>	__ Diet <input type="checkbox"/> __ Exercise <input type="checkbox"/> __ Stretching/Mobility <input type="checkbox"/> __ Water <input type="checkbox"/> __ Sleep <input type="checkbox"/>
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Diet – how well are you following your eating plan?
 Exercise – did you workout and how was it?
 Stretching/Mobility – Did you do some today? How did you do?
 Water – 8 – 10 glasses (>64 oz.)
 Sleep – 7 – 8+ hours of quality sleep.

Tracking the fundamentals of fitness. Consistency doing the basics is key. Give yourself a score of 1 -10 on how well you did that day. 10 is perfect. Missing = 0.
 How many days do you score a 50?
 You may want to add in your daily weighing into your tracking as well.