WEEKLY
WORKOUT
& NUTRITION
PLANNER

BY THE TYNE
FITNESS

WELCOME!

Congratulations on taking the first step towards a healthier lifestyle! Our planner is designed to help you achieve your fitness and nutrition goals with ease and efficiency.

Whether you're looking to lose weight, gain muscle, or simply improve your overall well-being, our planner offers everything you need to efficiently reach your goal.

Remember, consistency is key on your journey to a healthier you. Let our planner be your guide as you embark on this exciting adventure towards a happier, fitter, and more vibrant life.

Get ready to sweat, nourish, and thrive!

Yours in health & fitness,
Lee Smith

Lee Smith

WHAT ARE MY *GOALS?*

NUMBER 1 GOAL

What is my goal?

Why do I want to achieve this?

NUMBER 2 GOAL

What is my goal?

Why do I want to achieve this?

NUMBER 3 GOAL

What is my goal?

Why do I want to achieve this?

NUMBER 4 GOAL

What is my goal?

Why do I want to achieve this?

BODY *MEASUREMENTS*

WEEK: _____   **DATE:** _____

Chest

[   ]

Arm

[   ]

Waist

[   ]

Hips

[   ]

Thigh

[   ]

Calve

[   ]

Weight

[lbs / kg   ]

BODY *MEASUREMENTS*

WEEK: _____   **DATE:** _____

Chest

Arm

Waist

Hips

Thigh

Calve

Weight

lbs / kg
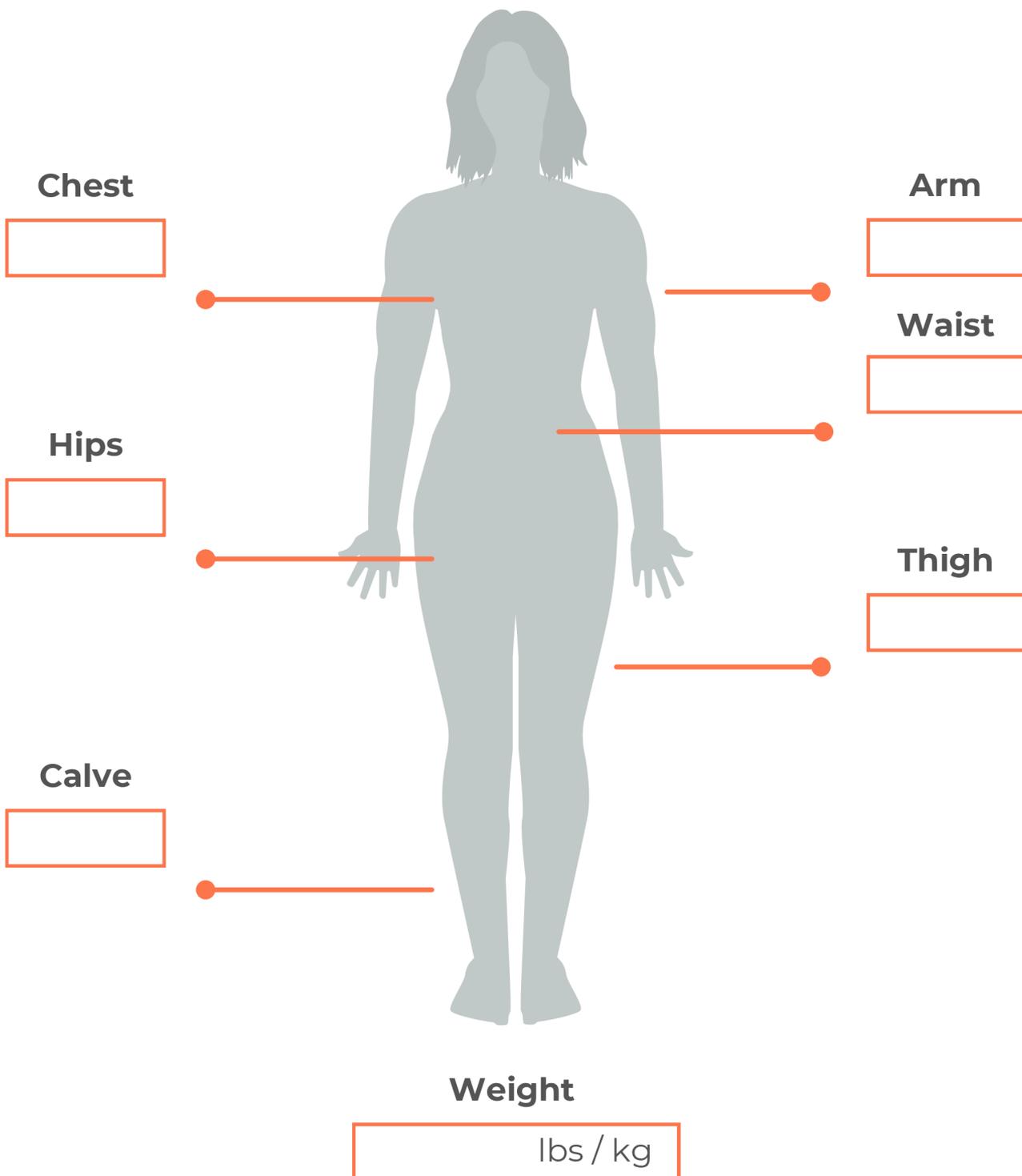
30 DAY *CHALLENGE*

GOAL: _____

START DATE: _____

REWARD: _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

MOTIVATIONAL *TOOLKIT*

WEEK 1 ACHIEVEMENTS

1. _____
2. _____
3. _____

"Believe you can and you're halfway there." - Theodore Roosevelt

WEEK 2 ACHIEVEMENTS

1. _____
2. _____
3. _____

"Your limitation—it's only your imagination." - Unknown

WEEK 3 ACHIEVEMENTS

1. _____
2. _____
3. _____

"The difference between ordinary and extraordinary is that little extra." - Jimmy Johnson

WEEK 4 ACHIEVEMENTS

1. _____
2. _____
3. _____

"The future belongs to those who believe in the beauty of their dreams." - Eleanor Roosevelt

TRAINING
WEEK 1-4

WORKOUT *SCHEDULE*

WEEK: _____   **DATE:** _____

WORKOUT PHASE OVERVIEW

_____

_____

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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NOTES:

MONDAY *WORKOUT*

DATE	MUSCLE GROUP	CARDIO

WARM-UP		
EXERCISE	**TIME**	**NOTES**

WORKOUT				WEIGHTS			
EXERCISE	**SETS**	**REPS**	**REST**	**WK 1**	**WK 2**	**WK 3**	**WK 4**

CARDIO/COOLDOWN		
EXERCISE	**TIME**	**NOTES**

TUESDAY *WORKOUT*

DATE	MUSCLE GROUP	CARDIO

WARM-UP

EXERCISE	TIME	NOTES

WORKOUT				WEIGHTS			
EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4

CARDIO/COOLDOWN

EXERCISE	TIME	NOTES

WEDNESDAY *WORKOUT*

DATE	MUSCLE GROUP	CARDIO

WARM-UP		
EXERCISE	TIME	NOTES

WORKOUT				WEIGHTS			
EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4

CARDIO/COOLDOWN		
EXERCISE	TIME	NOTES

THURSDAY *WORKOUT*

DATE	MUSCLE GROUP	CARDIO

WARM-UP

EXERCISE	TIME	NOTES

WORKOUT / WEIGHTS

EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4

CARDIO/COOLDOWN

EXERCISE	TIME	NOTES

FRIDAY *WORKOUT*

DATE	MUSCLE GROUP	CARDIO

WARM-UP

EXERCISE	TIME	NOTES

WORKOUT				WEIGHTS			
EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4

CARDIO/COOLDOWN

EXERCISE	TIME	NOTES

SATURDAY *WORKOUT*

DATE	MUSCLE GROUP	CARDIO

WARM-UP

EXERCISE	TIME	NOTES

WORKOUT				WEIGHTS			
EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4

CARDIO/COOLDOWN

EXERCISE	TIME	NOTES

SUNDAY *WORKOUT*

DATE	MUSCLE GROUP	CARDIO

WARM-UP

EXERCISE	TIME	NOTES

WORKOUT				WEIGHTS			
EXERCISE	SETS	REPS	REST	WK 1	WK 2	WK 3	WK 4

CARDIO/COOLDOWN

EXERCISE	TIME	NOTES

NUTRITION
WEEK 1-4

WEEKLY *MEAL PLANNER*

WEEK: _____   **DATE:** _____

MONDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE   **YOUR MOOD**

TUESDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE   **YOUR MOOD**

WEDNESDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE   **YOUR MOOD**

THURSDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE   **YOUR MOOD**

FRIDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE   **YOUR MOOD**

SATURDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE   **YOUR MOOD**

SUNDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE   **YOUR MOOD**

WEEKLY *GROCERY LIST*

WEEK: _____   **DATE:** _____

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NOTES:

WEEKLY *MEAL PLANNER*

WEEK: _____   **DATE:** _____

MONDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

TUESDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

WEDNESDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

THURSDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

FRIDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

SATURDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

SUNDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

WEEKLY *GROCERY LIST*

WEEK: _____   **DATE:** _____

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WEEKLY *MEAL PLANNER*

WEEK: _____   **DATE:** _____

MONDAY

Breakfast	Lunch	Dinner	Snacks	WATER INTAKE	YOUR MOOD

TUESDAY

Breakfast	Lunch	Dinner	Snacks	WATER INTAKE	YOUR MOOD

WEDNESDAY

Breakfast	Lunch	Dinner	Snacks	WATER INTAKE	YOUR MOOD

THURSDAY

Breakfast	Lunch	Dinner	Snacks	WATER INTAKE	YOUR MOOD

FRIDAY

Breakfast	Lunch	Dinner	Snacks	WATER INTAKE	YOUR MOOD

SATURDAY

Breakfast	Lunch	Dinner	Snacks	WATER INTAKE	YOUR MOOD

SUNDAY

Breakfast	Lunch	Dinner	Snacks	WATER INTAKE	YOUR MOOD

WEEKLY *GROCERY LIST*

WEEK: _____   **DATE:** _____

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NOTES:

WEEKLY *MEAL PLANNER*

WEEK: _____   **DATE:** _____

MONDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

TUESDAY

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WATER INTAKE | YOUR MOOD

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WATER INTAKE | YOUR MOOD

FRIDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

SATURDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

SUNDAY

Breakfast	Lunch	Dinner	Snacks

WATER INTAKE | YOUR MOOD

WEEKLY *GROCERY LIST*

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