

Fitness Planner

A 30-day planner that turns training intentions into scheduled sessions

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

NO EQUIPMENT

Simple options included

YOUR MONTH AT A GLANCE

Plan & Move · Cardio Block · Strength Block · Mobility Block · Complete Rest · Full-Body Block · Review & Restore · Habit Audit Session · Plan the Next Month

START HERE

A planner built around the habit, not only the workout. Each week opens with a short planning block, every training day carries a fixed slot to write down, and each week closes with a check-in. The sessions stay short and equipment-free so the plan survives a busy week.

WHO THIS IS FOR

Adults who already know roughly what to do but struggle to make training happen consistently, and who want a printable page that holds both the plan and the record of what was actually done.

EQUIPMENT

None. A pen for the planner columns. Optional: a mat or towel for floor work and a stable chair for support.

INTENSITY GUIDE

RPE 1-2	Rest or very easy movement
RPE 3-4	Easy, conversation feels natural
RPE 5	Moderate, working but controlled
RPE 6	Challenging, never sharp or unstable

HOW TO USE THE CALENDAR

- Before Day 1, write your training slot for each day of the week in the margin.
- Follow the days in order, tick the box once the session is done, and note the actual time you trained.
- Keep the planning day at the start of each week short - five minutes is enough.
- Missed days stay missed; do not stack two sessions into one.

FIVE-MINUTE WARM-UP

1 minute	Easy march in place	Settle into an easy rhythm
1 minute	Shoulder rolls and arm circles	Loosen the upper body
1 minute	Hip circles and gentle hip hinges	Move the hips comfortably
1 minute	Half-depth squats	Keep the depth pain-free
1 minute	Brisker march with arm swings	Finish a little warmer

BEFORE EACH SESSION

- | | | | |
|--|---|---|--|
| ☐ Clear the floor | ☐ Stable chair or wall | ☐ Water within reach | ☐ Pain-free starting position |
|--|---|---|--|

THREE-MINUTE COOL-DOWN

1 min

Slow the march until breathing settles.

1 min

Stretch calves, chest, and hips gently.

1 min

Take slow breaths and notice how the session felt.

30-day calendar overview

Tick the box for each completed day

1 Plan & Move RPE 4/10	2 Cardio Block RPE 4/10	3 Strength Block RPE 5/10	4 Mobility Block RPE 2/10	5 Complete Rest RPE 1/10
6 Full-Body Block RPE 5/10	7 Review & Restore RPE 2/10	8 Plan & Move RPE 4/10	9 Cardio Block RPE 5/10	10 Strength Block RPE 5/10
11 Mobility Block RPE 2/10	12 Complete Rest RPE 1/10	13 Full-Body Block RPE 5/10	14 Review & Restore RPE 2/10	15 Plan & Move RPE 5/10
16 Cardio Block RPE 6/10	17 Strength Block RPE 6/10	18 Mobility Block RPE 2/10	19 Complete Rest RPE 1/10	20 Full-Body Block RPE 6/10
21 Review & Restore RPE 2/10	22 Plan & Move RPE 6/10	23 Cardio Block RPE 6/10	24 Strength Block RPE 6/10	25 Mobility Block RPE 2/10
26 Complete Rest RPE 1/10	27 Full-Body Block RPE 6/10	28 Review & Restore RPE 2/10	29 Habit Audit Session RPE 5/10	30 Plan the Next Month RPE 2/10

Days 1-6

Complete session details

Plan & Move

Exercises Write the week's slots; squats; incline push-ups; glute bridges

1

Dose

5 min planning + 2 rounds: 10; 8; 12

Rest

60 sec between rounds

Intensity

Easy · RPE 4/10

Cardio Block

Exercises Brisk walk or indoor march at a talkable pace

2

Dose

20 min continuous

Rest

Pause as needed

Intensity

Easy-moderate · RPE 4/10

Strength Block

Exercises Split squats; towel rows; calf raises; dead bugs

3

Dose

2 rounds: 8/side; 10; 15; 8/side

Rest

60 sec between rounds

Intensity

Moderate · RPE 5/10

Mobility Block

Exercises Cat-cow; hip openers; chest opener at a wall; hamstring sweeps

4

Dose

45 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Complete Rest

Exercises No planned exercise; write tomorrow's slot in the planner

5

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Full-Body Block

Exercises Squats; incline push-ups; glute bridges; standing marches

6

Dose

2 rounds: 12; 8; 14; 45 sec

Rest

55 sec between rounds

Intensity

Moderate · RPE 5/10

Days 7-12

[Complete session details](#)

Review & Restore

Exercises Easy walk; stretch; fill the weekly review box

7

Dose

15 min walk + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Plan & Move

Exercises Confirm the week's slots; squats; incline push-ups; glute bridges

8

Dose

5 min planning + 3 rounds: 10; 8; 12

Rest

60 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Cardio Block

Exercises Brisk walk with four faster sections

9

Dose

22 min total; 4 x 45 sec brisk

Rest

90 sec easy after each pickup

Intensity

Moderate · RPE 5/10

Strength Block

Exercises Split squats; towel rows; calf raises; dead bugs

10

Dose

3 rounds: 8/side; 12; 15; 8/side

Rest

60 sec between rounds

Intensity

Moderate · RPE 5/10

Mobility Block

Exercises Cat-cow; hip openers; chest opener at a wall; hamstring sweeps

11

Dose

45 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Complete Rest

Exercises No planned exercise; write tomorrow's slot in the planner

12

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Days 13-18

Complete session details

Full-Body Block

Exercises Squats; incline push-ups; glute bridges; standing marches

13

Dose

3 rounds: 12; 8; 14; 45 sec

Rest

55 sec between rounds

Intensity

Moderate · RPE 5/10

Review & Restore

Exercises Easy walk; stretch; fill the weekly review box

14

Dose

15 min walk + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Plan & Move

Exercises Adjust slots that failed twice; squats; push-ups; glute bridges

15

Dose

5 min planning + 3 rounds: 12; 10; 14

Rest

55 sec between rounds

Intensity

Moderate · RPE 5/10

Cardio Block

Exercises Brisk walk with five faster sections

16

Dose

24 min total; 5 x 45 sec brisk

Rest

90 sec easy after each pickup

Intensity

Moderate · RPE 6/10

Strength Block

Exercises Split squats; towel rows; calf raises; side plank

17

Dose

3 rounds: 10/side; 12; 18; 20 sec/side

Rest

55 sec between rounds

Intensity

Moderate · RPE 6/10

Mobility Block

Exercises Cat-cow; hip openers; chest opener at a wall; hamstring sweeps

18

Dose

50 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Days 19-24

Complete session details

Complete Rest

Exercises No planned exercise; write tomorrow's slot in the planner

19

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Full-Body Block

Exercises Squats; push-ups; glute bridges; step-touch

20

Dose

3 rounds: 14; 10; 16; 50 sec

Rest

50 sec between rounds

Intensity

Moderate · RPE 6/10

Review & Restore

Exercises Easy walk; stretch; fill the weekly review box

21

Dose

18 min walk + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Plan & Move

Exercises Confirm the final week's slots; squats; push-ups; glute bridges

22

Dose

5 min planning + 3 rounds: 14; 10; 16

Rest

50 sec between rounds

Intensity

Moderate · RPE 6/10

Cardio Block

Exercises Brisk walk with six faster sections

23

Dose

25 min total; 6 x 45 sec brisk

Rest

90 sec easy after each pickup

Intensity

Moderate · RPE 6/10

Strength Block

Exercises Split squats; towel rows; calf raises; side plank

24

Dose

3 rounds: 10/side; 14; 20; 25 sec/side

Rest

55 sec between rounds

Intensity

Moderate · RPE 6/10

Days 25-30

Complete session details

Mobility Block

Exercises Cat-cow; hip openers; chest opener at a wall; hamstring sweeps

25

Dose

50 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Complete Rest

Exercises No planned exercise; write tomorrow's slot in the planner

26

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Full-Body Block

Exercises Squats; push-ups; glute bridges; step-touch

27

Dose

3 rounds: 14; 12; 16; 60 sec

Rest

50 sec between rounds

Intensity

Moderate · RPE 6/10

Review & Restore

Exercises Easy walk; stretch; fill the weekly review box

28

Dose

18 min walk + 5 min stretch

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Habit Audit Session

Exercises Count completed sessions; squats; push-ups; glute bridges; plank

29

Dose

10 min audit + 2 rounds: 12; 10; 14; 30 sec

Rest

60 sec between rounds

Intensity

Moderate · RPE 5/10

Plan the Next Month

Exercises Easy walk; mobility of your choice; write next month's slots

30

Dose

15 min walk + 8 min mobility + 10 min planning

Rest

As needed

Intensity

Very easy · RPE 2/10

Warm-up, modifications & progressions

WARM-UP BEFORE EVERY TRAINING DAY

Minute 1	Easy march in place	1 minute	Raise body temperature without rushing
Minute 2	Shoulder rolls and arm circles	1 minute	Free the shoulders and upper back
Minute 3	Hip circles and gentle hip hinges	1 minute	Prepare hips and comfortable depth
Minute 4	Half-depth squats	1 minute	Mobilise ankles and lower legs
Minute 5	Brisker march with arm swings	1 minute	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Cut every session to two rounds and keep the same slots in the planner.

- Replace floor push-ups with wall or incline push-ups.

- Hold a chair for balance during split squats.

- Shorten the cardio blocks to 12-15 minutes and keep the frequency.

- Split a session in two halves at different times of the day.

OPTIONAL PROGRESSIONS

- Add one round once the whole session stays within the listed RPE.

- Add 2 repetitions or 10 seconds to holds each week, not both at once.

- Extend a cardio block by 3 minutes before making it faster.

- Add a fifth planned slot to the week only after four weeks of hitting four.

- Progress only after every repetition stays steady and pain-free.

PRACTICAL MOVEMENT SUBSTITUTIONS

Floor work	Use a standing version or stable support
Lunges	Choose supported reverse toe taps or sit-to-stands
Brisk intervals	March comfortably with longer recovery

Weekly review & recovery

WEEK 1

Which sessions felt most approachable?

What will make next week easier?

WEEK 2

Where did technique improve?

Did the recovery days feel sufficient?

WEEK 3

What changed in energy or confidence?

Which modification worked best?

WEEK 4

What routine is worth continuing?

Choose one realistic next-month goal.

RECOVERY CHECKLIST

☐ Sleep routine

☐ Regular meals

☐ Water available

☐ Gentle movement

☐ Rest day protected

☐ No sharp pain

Finish safely. Keep moving forward.

SAFETY DISCLAIMER

This plan provides general fitness information, not medical advice. Consult a qualified health professional when appropriate. Stop for chest pain, faintness, unusual shortness of breath, or sharp or worsening pain. Results vary and no outcome is guaranteed.

30-DAY COMPLETION RECORD

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

FINAL REFLECTION

The habit I am most proud of:

The movement I want to keep practising:

My realistic next step:

Ready for your next calendar?
Get more printable fitness calendars at [FitnessCalendars.com](#).