

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



8 WEEK FITNESS GOALS

WEEKLY FITNESS GOALS

Use these weekly goals to gradually build a consistent and balanced exercise routine.

WEEK 1: STRENGTH FREQUENCY

Focus on getting strength training consistently:

- *New to strength?* Start with 1-2 days
- *Already doing 1-2 days?* Add 1 more day
- *Doing 3+ days?* Keep it consistent this week

WEEK 2: BALANCE

Improve stability and injury prevention:

- Balance on one foot (use support as needed)
- Stand up from a chair without using your hands
- Include yoga or tai chi

WEEK 3: CARDIO ENDURANCE

Build endurance by adding time each week:

- *New to cardio?* Start with 5 minutes
- *Walking 30 minutes?* Add 5 more minutes
- *At 120 minutes/week?* Add 15-20 minute

WEEK 4: STRETCHING FOR MOBILITY

Add stretching after workouts or on rest days:

- *New to stretching?* Start with 1 day (5 minutes)
- *Stretching sometimes?* Add 1 more day or a few minutes
- *Stretching regularly?* Aim for 2-3 days per week

WEEK 5: CARDIO INTENSITY

Increase stamina and cardiovascular capacity:

- Add short bursts of faster pace
- Choose routes with hills or increase resistance
- Include intervals 1-2 days per week

WEEK 6: CARDIO FREQUENCY

Find ways to increase current cardio frequency:

- Add 1 more day of cardio
- Try a different type of cardio
- Combine different activities in the same week

WEEK 7: DAILY ACTIVITY

Find ways to increase daily movement:

- Park farther away or take the stairs
- Get up and move every hour
- Add short walks during the day

WEEK 8: STRENGTH INTENSITY

Build strength by increasing intensity:

- Increase weight or resistance
- Increase repetitions
- Progress to more challenging exercises

WEEK 1 FITNESS GOALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
What you did this week?				
What will you add next week?				

	FRIDAY	SATURDAY	SUNDAY
What you did this week?			
What will you add next week?			

NOTES

WEEK 2 FITNESS GOALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
What you did this week?				
What will you add next week?				

	FRIDAY	SATURDAY	SUNDAY
What you did this week?			
What will you add next week?			

NOTES

WEEK 3 FITNESS GOALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
What you did this week?				
What will you add next week?				

	FRIDAY	SATURDAY	SUNDAY
What you did this week?			
What will you add next week?			

NOTES

WEEK 4 FITNESS GOALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
What you did this week?				
What will you add next week?				

	FRIDAY	SATURDAY	SUNDAY
What you did this week?			
What will you add next week?			

NOTES

WEEK 5 FITNESS GOALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
What you did this week?				
What will you add next week?				

	FRIDAY	SATURDAY	SUNDAY
What you did this week?			
What will you add next week?			

NOTES

WEEK 6 FITNESS GOALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
What you did this week?				
What will you add next week?				

	FRIDAY	SATURDAY	SUNDAY
What you did this week?			
What will you add next week?			

NOTES

WEEK 7 FITNESS GOALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
What you did this week?				
What will you add next week?				

	FRIDAY	SATURDAY	SUNDAY
What you did this week?			
What will you add next week?			

NOTES

WEEK 8 FITNESS GOALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
What you did this week?				
What will you add next week?				

	FRIDAY	SATURDAY	SUNDAY
What you did this week?			
What will you add next week?			

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