

Weekly Planner and Log

Week of: _____ Goal this week: _____

How to use: plan each day on Sunday, then log what you actually did. Strength: sets x reps x load (3 x 10 x 25 lb).
Add RIR (reps in reserve: how many more good reps you had left). Cardio: minutes, distance, easy / steady / hard.

Day	Planned	What I did (sets x reps x load / time)	Done?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Sunday check-in

Sessions planned vs done: _____

What went up this week: _____

What was a struggle two weeks running: _____

Sleep and energy (1 to 5): _____

One change for next week: _____

30 Day Habit Tracker 2026

Month: _____ 2026 Start date: _____

How to use: pick up to 4 habits you control (trained, walked 20 min, stretched, filled in the log).
Color in one circle each day you do it. Keep one habit easy so a rough day still gets a color.

Habit 1: _____

Days done: _____ / 31

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	31		

Habit 2: _____

Days done: _____ / 31

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	31		

Habit 3: _____

Days done: _____ / 31

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	31		

Habit 4: _____

Days done: _____ / 31

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	31		

Month notes: _____

Strength Log

Program: _____ Week: _____ Rep range: _____

How to use: write every working set as sets x reps x weight, or actual reps if a set came up short (25 lb: 10, 10, 8).
When every set hits the top of your rep range at RIR 2 or more, add the smallest jump next time and restart at the bottom.

Day / date: _____ Focus: _____

Exercise	Sets x reps	Weight	Actual reps per set	RIR	Next time

Day / date: _____ Focus: _____

Exercise	Sets x reps	Weight	Actual reps per set	RIR	Next time

Cardio Log

Month: _____ Weekly minutes goal: _____

How to use: log every session, even short ones. Effort: easy (can chat), steady (short sentences), hard (few words).
Add up minutes each week. A common baseline is 150 minutes of moderate activity per week plus 2 strength days.

Date	Activity	Minutes	Distance	Effort	Notes (pace, route, how I felt)

Week 1 total: _____ min Week 2: _____ min Week 3: _____ min Week 4: _____ min