



I HAVE  
A PLAN

# NUTRITION & FITNESS PLANNER

[WWW.AMISUPPOSEDTOEATTHIS.CO.UK](http://WWW.AMISUPPOSEDTOEATTHIS.CO.UK)

# WELCOME, TO YOUR OWN PERSONAL NUTRITION & FITNESS PLANNER!

Believe me, when I say that I want to make this journey as **EASY** as possible for you...

That's why I've written this planner, with the concept being that it provides you with a handy place you can review your own personal plans, set objectives, and keep track.

The only thing that matters is that you feel good in yourself, whatever you do and whichever ever way you choose to use this planner.

Follow the impulses and signals from your body. No pressure, as pressure, induces resistance, and resistance lowers motivation. Studies show that writing things down can help to visualize your goals and clearly work towards your objectives.

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“Setting goals is the first step in turning the invisible into the visible.”

—Tony Robbins



**KATIE BROWN**

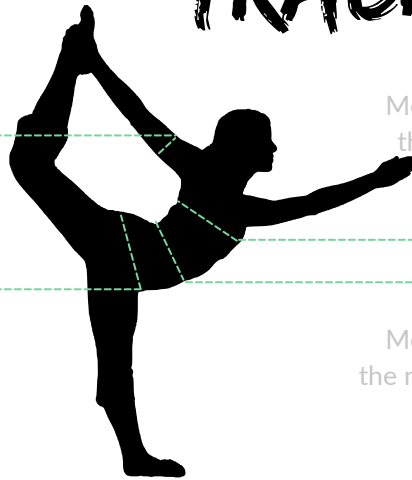
**NUTRITION COACH**

# QUARTERLY PROGRESS

## TRACKER

### ARM

Measure where the upper arm is the widest



Measure around the breasts and the back  
**BUST**

### HIPS

Measure around the widest part of the hips

**WAIST**  
Measure around the narrowest part of the waist



*If you want something you've never had, you must be willing to do something you've never done.*

		MEASUREMENTS	LOSS/GAIN
MONTH:	WEIGHT		
	WAIST		
	BUST		
	ARMS		
	HIPS		

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	HIPS		

NOTES

# MONTHLY FITNESS & NUTRITION PLANNER

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

## GOALS FOR THE MONTH

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### ACTION STEPS

### REFLECTION

#### THINGS I NAILED

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### THINGS THAT WERE A CHALLENGE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MESSAGE TO SELF

# WEEKLY FITNESS PLANNER

MONTH: \_\_\_\_\_

WEEK OF: \_\_\_\_\_

MONDAY	
CARDIO	STRENGTH

TUESDAY	
CARDIO	STRENGTH

WEDNESDAY	
CARDIO	STRENGTH

THURSDAY	
CARDIO	STRENGTH

FRIDAY	
CARDIO	STRENGTH

SATURDAY	
CARDIO	STRENGTH

SUNDAY	
CARDIO	STRENGTH

NOTES





# YOU'VE MADE IT TO THE END! CONGRATULATIONS!

Ah, the final page, plus just a chance to say thanks for downloading this planner and I'd love to work with you.

*Please keep in mind...*

It takes extreme courage and persistence to get out of the comfort zone and do the hard work of changing your habits and developing the plans and routines that will transform your life.

As you change your habits, you will hopefully begin to discover confidence in yourself, alongside confidence in your ability to change yourself. All I could ever ask for is confirmation that you feel like a better version of **yourself**.

Before you go, please feel to check out my other free resources and if you want to know about coaching? Just click [here](#)

You got this.

Katie

X