

ONLYOMARK

Busy Couple's Weekly Planner

Week : _____

This Week's Goals

☐ Walk 40,000 total steps

☐ Exercise together at least 3 days

☐ Eat one meal together. No phones.

☐ Sleep before 11:00 PM

Don't aim for a perfect week. Aim to finish this week a little healthier than the last.

Workout Planner

PLAN		HIM	HER
MON	Upper Body Strength		
TUE	Walk + Jog		
WED	Lower Body Strength		
THU	Recovery Walk		
FRI	Abs + Cardio		
SAT	Fun Activity (Trekking, Swimming, etc.) OR Play a Sport (Badminton, Pickleball, Table Tennis, etc.)		
SUN	Recovery Walk / Recovery Yoga / Complete Rest		

Daily Habit Tracker

Habit		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Steps	HIM							
	HER							
Protein with Every Meal	✓X							
Water Goal	✓X							
Sleep Time	HIM							
	HER							

HIM

Biggest Win This Week

Biggest Challenge This Week

One Thing We'll Improve Next Week

HER

Biggest Win This Week

Biggest Challenge This Week

One Thing We'll Improve Next Week

Fitness isn't built in one workout.
It's built in the small choices you make together every day.

Happy Moving!