

START HERE

Make space for your week.

Simple pages to organize what you choose to do, record, and reflect on.

How to use this pack

Print the pages you need and reuse them each week. Add your own activities, meals, habits, and notes. Leave any section blank or adapt it to fit your routine.

NAME (OPTIONAL)

WEEK BEGINNING

My focus for this week

What I want to make room for

What may need flexibility

For adults using these pages for personal organization. This pack does not provide personalized coaching, medical care, or an exercise or nutrition prescription.

Print tip: use US Letter paper at actual size, or choose Fit when printing on A4.

PLAN

Weekly movement planner

Write in activities you choose. Make room for rest, changes, and everyday life.

WEEK BEGINNING

DAY	MY PLANNED ACTIVITY	WHEN / WHERE	NOTES / CHANGES
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

A note for the week

RECORD

Session log

Record what you did in your own words. Print another copy whenever you need one.

DATE

ACTIVITY / SESSION

START / FINISH (OPTIONAL)

LOCATION (OPTIONAL)

ACTIVITY OR MOVEMENT	MY RECORD*	OBSERVATIONS

*Use any details you find useful, such as time, distance, sets, or repetitions.

What I noticed

Notes for another time

ORGANIZE

Meals & shopping

An organizer for your own meal choices and shopping needs.

WEEK BEGINNING

DAY	BREAKFAST	LUNCH	DINNER
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

SNACKS / OTHER NOTES

Shopping list

PRODUCE	PANTRY	CHILLED / FROZEN	OTHER

KEEP TRACK

Weekly habit tracker

Choose your own habits and define what each means to you.

WEEK BEGINNING

MY MARKING KEY (E.G., CHECK / DOT)

HABIT / MY DEFINITION	M	T	W	T	F	S	S

What made it easier?

What would I like to adjust?

REFLECT

A week in review

Look back at your own experience and take useful notes into the next week.

WEEK BEGINNING

What went well, even in a small way?

What changed, and how did I respond?

What did I learn about my routine?

One thing I want to make room for next week
