

This planner is designed to help you set meaningful goals, stay motivated, and build consistency with your exercise. Take a few quiet minutes to work through each section. There are no right or wrong answers — only what matters to you.

1. My Big Picture 'WHY'

Why is exercise important to me this year? What do I want it to help me do, feel, or keep doing?

4. My Weekly Exercise Commitment

On which days will I exercise, and what type of movement will I do?

2. My D.U.M.B Goals for 2026

1. Dream-driven:

2. Uplifting:

3. Motivating:

4. Brave:

3. My Short-Term Focus

(Next 4–6 Weeks)

What is one small, realistic goal I can focus on right now?

5. My If-Then Back-Up Plans

Plan ahead for tough days so you can stay consistent.

1. If I feel tired, then I will

2. If I am short on time, then I will

3. If I feel stiff or sore, then I will

Remember: Consistency matters more than perfection. Every session counts.

