

30 DAY

Fitness & Mental Challenge

The mind and body are not separate.
What affects one, affects the other. It's
important to take care of both your
physical and mental health for optimal
well-being.



*Mental Gym
by Vicky*

30-Day Fitness & Mental Printable Calendar is a place where you can write-down your results, thoughts, emotional states, etc. This calendar also helps you add self-care to your daily routine. Schedule an appointment with yourself, write it down and find a balance in your life.

Self-Care Calendar contains 1-month view page where you can notice information about your workouts or other activities you do for yourself. The small square in the corner is the place for evaluating your mood, quality of nutrition or both. You can use numbers to evaluate your mood (from 1 to 10) and colors (red - unhealthy food, green - healthy food) to mark your eating quality. Below you can see an example how you can use this calendar.

8	1
Full Body Workout + stretch	

9	2
Yoga Practice & Diner with friends	

30 DAY

Mental & Fitness Challenge

DAY 1 Fore Plank 30 s Create your Training Diary	DAY 2 Full Plank 30 s What motivates you	DAY 3 Fore Plank Legs Lift 30 s Set your goals	DAY 4 Fore Plank Up-Downs 30 s Catch up with friends	DAY 5 Side Plank both sides 30 s Focus on priorities
DAY 6 REST Do a meditation or yoga practice	DAY 7 Fore Plank 45 s Go to bed 30 min earlier	DAY 8 Full Plank 45 s Eliminate soda from your diet	DAY 9 Full Plank shoulder taps 45 s Go for a walk	DAY 10 Fore Plank Legs Lift 45 s Plan a healthy meal
DAY 11 Fore Plank Up-Downs 45 s Practice mindfulness	DAY 12 Side Plank both sides 45 s Drink more water	DAY 13 REST Do a meditation or yoga practice	DAY 14 Fore Plank 2x30 s Ask for positive feedback	DAY 15 Full Plank knee to opposite elbow 2x30 s 3 things you are good at
DAY 16 Fore Plank Rows 2x30 s Focus on your emotions	DAY 17 Full Plank Jacks 2x30 s Compliment someone	DAY 18 Fore Plank knee to same elbow 2x30 s Do something outside	DAY 19 Full Plank Rows 2x30 s Become more assertive	DAY 20 REST Do a meditation or yoga practice
DAY 21 Fore Plank 2x45 s Go outside and enjoy the nature	DAY 22 Full Plank knee to opposite elbow 2x45 s Create a mood boosting playlist	DAY 23 Fore Plank Rows 2x45 s Keep all meals "phone free"	DAY 24 Full Plank Jacks 2x45 s Practice relaxation technique	DAY 25 Fore Plank knee to same elbow 2x45 s Write down 3 great things that happened this week
DAY 26 Full Plank Rows 2x45 s Try a new workout you've never done before	DAY 27 REST Do a meditation or yoga practice	DAY 28 Full Plank 3x30 s Write down 10 things that you're grateful for	DAY 29 Fore Plank 3x30 s Write down what motivates you	DAY 30 Side Plank both sides 3x30 s Set 2 goals for next month





SEPTEMBER 2020



SUN	MON	TUE	WED	THU	FRI	SAT
		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			

WEEK 1

SEPTEMBER 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEK 2
SEPTEMBER 2020

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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SUNDAY

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NOTES

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WEEK 3

SEPTEMBER 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEK 4

SEPTEMBER 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

WEEK 5

SEPTEMBER 2020

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



SUNDAY



NOTES

