PRINTABLE · UNDATED · 12 WEEKS

12-Week *Fitness Planner* for Women 25+

A coached planner for strength, steps and better habits. Plan your week in five minutes, track the few basics that matter, and see your progress every four weeks.

UNDATED | 2-3 WORKOUTS A WEEK | ALL LEVELS

12 weekly plan + tracker spreads	**2** home strength workouts	**3** progress check-ins	**12** free coaching emails

CREATED BY

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START HERE

Welcome to your 12-week fitness planner

Hi, I'm Coach Luke. I've been a personal trainer and nutrition coach for more than 20 years, and the women who get the best results are rarely the ones with the fanciest program. They're the ones who plan their week, show up for a few short workouts, eat enough protein, walk more and sleep. This planner keeps you focused on exactly those things for 12 weeks.

HOW IT WORKS

1. Set your goals (page 3) and fill in your starting snapshot (page 4).

2. Read the daily basics, protein guide and workouts (pages 5 to 9).

3. Each weekend, spend five minutes on next week's plan page. Each day, tick your tracker.

4. Do your check-ins in Weeks 4, 8 and 12 (pages 18, 27 and 36).

WHAT YOU NEED

A pen, a phone or watch that counts steps, and either a pair of dumbbells or a resistance band. A light and a medium pair of dumbbells is ideal, but you can start with water bottles or a backpack.

YOUR FREE BONUS

12 weekly coaching emails from me, one for each week of your plan. Scan the QR code on page 43.

What this planner can and can't do

It gives you structure, accountability and a simple, proven plan. It can't do the work for you, and it doesn't need you to be perfect. Missed a day? Pick up with the next one. A "good enough" week you actually finish beats a perfect plan you quit in Week 2.

Printing tip: print pages 10 to 36 single-sided so each week's plan and tracker sit side by side in a binder, or print the weekly pages as you go.

UNDATED BY DESIGN

Start any Monday. Write your own dates at the top of each week.

FITS REAL LIFE

Workouts take 30 to 40 minutes, 2 or 3 days a week, at home or the gym.

WEEK 0

Your why and your goals

Goals work best when they're specific and you can control them. "Lose weight" is a wish. "Do 3 strength workouts and 7,000 steps a day" is a plan.

MY BIG GOAL FOR THE NEXT 12 WEEKS

WHY IT MATTERS TO ME (DIG DEEP: HOW WILL LIFE FEEL DIFFERENT?)

THREE ACTION GOALS I CONTROL

#	WHAT I'LL DO	HOW OFTEN
1		
2		
3		

Examples: strength workouts 3x a week, protein at every meal, a 10-minute walk after dinner, in bed by 10:30.

WHAT USUALLY GETS IN MY WAY

MY PLAN WHEN IT HAPPENS ("IF... THEN I'LL...")

HOW I'LL REWARD MYSELF AT WEEK 12

START DATE

WEEK 0

Your starting snapshot

Measure first thing in the morning, before eating. You'll repeat this in Weeks 4, 8 and 12, so you can see progress the scale misses.

MEASUREMENTS

MEASURE	START
Weight (optional)	
Waist (at belly button)	
Hips (widest point)	
Thigh (right)	
Upper arm (right)	
Chest	

Use a soft tape, snug but not tight. Same spot each time.

BASELINE TESTS

TEST	START
Sit-to-stand from a chair in 30 sec (reps)	
Push-ups with good form (wall, counter or floor)	
Front plank hold (sec, knees or toes)	
Average daily steps (from your phone)	
Resting heart rate (optional)	

Stop any test if you feel pain, dizziness or chest discomfort.

PROGRESS PHOTOS

☐ Front ☐ Side ☐ Back ☐ Same light, same spot, same clothes

Keep them private. You'll be glad you took them in Week 12.

HOW I FEEL RIGHT NOW (CIRCLE 1 TO 5)

Energy	1	2	3	4	5
Sleep quality	1	2	3	4	5
Strength	1	2	3	4	5
Confidence	1	2	3	4	5
Stress (5 = very stressed)	1	2	3	4	5

THE PLAN IN ONE PAGE

Your 5 daily basics

These five habits do most of the work. Every weekly tracker in this planner is built around them. You don't need to be perfect; aim to hit each one on most days.

1 Protein

Aim for 25 to 35 g at each meal, about 1.2 to 1.6 g per kg of body weight a day. Your number is on page 6.

Why: it helps you keep and build muscle while you lose fat, and it keeps you full.

2 Steps

Start where you are. Each phase, add 500 to 1,000 steps to your daily average. A good long-term range is 7,000 to 10,000.

Why: walking is the easiest way to move more without draining your recovery.

3 Strength

2 or 3 workouts a week, about 30 to 40 minutes, using Workout A and Workout B (page 8).

Why: muscle is what shapes your body, supports your joints and keeps you strong as you age.

4 Sleep

7 or more hours most nights, with a regular bedtime and a 30-minute wind-down.

Why: poor sleep makes you hungrier, weaker in workouts and more stressed.

5 Water and plants

Drink water with every meal and when you're thirsty, and fill half your plate with vegetables or salad.

Why: fiber and volume make your meals more filling for fewer calories.

COACH'S NOTE

If a week goes sideways, shrink it, don't skip it: one workout, one walk and protein at breakfast still counts. Consistency over months beats intensity over days.

BASIC 1

Your protein target

Find your weight below. If you have a lot of weight to lose, use your goal weight instead. Start at the low end and work up. This is a general guide for healthy adults; if you have kidney disease or another medical condition, ask your doctor first.

BODY WEIGHT	PER DAY	PER MEAL (3 MEALS)
110 lb (50 kg)	60 to 80 g	20 to 27 g
120 lb (54 kg)	65 to 85 g	22 to 28 g
130 lb (59 kg)	70 to 95 g	23 to 32 g
140 lb (64 kg)	75 to 100 g	25 to 33 g
150 lb (68 kg)	80 to 110 g	27 to 37 g
160 lb (73 kg)	85 to 115 g	28 to 38 g
170 lb (77 kg)	95 to 125 g	32 to 42 g
180 lb (82 kg)	100 to 130 g	33 to 43 g
190 lb (86 kg)	105 to 140 g	35 to 47 g
200 lb (91 kg)	110 to 145 g	37 to 48 g
210 lb (95 kg)	115 to 150 g	38 to 50 g
220 lb (100 kg)	120 to 160 g	40 to 53 g
230 lb (104 kg)	125 to 165 g	42 to 55 g
240 lb (109 kg)	130 to 175 g	43 to 58 g
250 lb (113 kg)	135 to 180 g	45 to 60 g
260 lb (118 kg)	140 to 190 g	47 to 63 g

Based on 1.2 to 1.6 g per kg a day, rounded to the nearest 5 g.

EASY PROTEIN FOODS

FOOD	AMOUNT	PROTEIN
Chicken breast, cooked	4 oz	about 35 g
Greek yogurt, plain nonfat	1 cup	about 23 g
Cottage cheese, low-fat	1 cup	about 28 g
Canned tuna, drained	1 can (5 oz)	about 25 g
Salmon, cooked	4 oz	about 25 g
Lean ground turkey, cooked	4 oz	about 25 g
Shrimp, cooked	4 oz	about 25 g
Eggs, large	2 eggs	about 12 g
Egg whites, liquid	1/2 cup	about 13 g
Lentils, cooked	1 cup	about 18 g
Extra-firm tofu	1/2 block (7 oz)	about 20 g
Whey protein powder	1 scoop	about 20-25 g

Approximate values; check your labels.

MY NUMBERS

Daily target: _____ g

Per meal: _____ g

YOUR 12 WEEKS AT A GLANCE

The 12-week roadmap

Three four-week phases. Each one builds on the last, and each ends with a check-in so you can see what's working.

PHASE 1 · WEEKS 1–4

Build the habit

- 2 or 3 workouts a week. Learn the 12 moves with light weights and slow reps.
- Find your step baseline in Week 1, then add 1,000.
- Protein at breakfast, a bedtime routine.
- Week 4 check-in: page 18.

PHASE 2 · WEEKS 5–8

Build strength

- 3 workouts a week. Add weight or reps when you hit the top of the range.
- Add another 500 to 1,000 steps, plus walks after meals.
- Plan busy-night meals and prep one protein a week.
- Week 8 check-in: page 27.

PHASE 3 · WEEKS 9–12

Level up

- 3 workouts a week. Push the last set of each exercise a little harder.
- Hit your step goal 6 of 7 days, with one active weekend plan.
- Half a plate of vegetables at most meals.
- Week 12 retest and check-in: page 36.

YOUR WEEKLY PAGES

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Plan + tracker	10	12	14	16	19	21	23	25	28	30	32	34
Done	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

BASIC 3

Your two workouts

Two full-body workouts for home (dumbbells or a band) or the gym. Rest 60 to 90 seconds between sets. About 30 to 40 minutes each, warm-up included (page 9).

Workout A

EXERCISE	SETS X REPS	MAKE IT EASIER	MAKE IT HARDER
1. Goblet squat	3 x 8-12	Sit-to-stand from a chair	Heavier dumbbell, 3-second lower
2. One-arm dumbbell row	3 x 8-12 each	Band row or lighter weight	Heavier dumbbell, pause at the top
3. Romanian deadlift	3 x 8-12	Hip hinge with hands on hips	Heavier pair, slower lower
4. Incline push-up	3 x 6-12	Hands on a wall	Lower surface, then the floor
5. Dead bug	3 x 6 each side	Move legs only	Hold a light weight overhead
6. Farmer carry	3 x 30-40 sec	Lighter weights, shorter walk	Heavier weights, longer walk

Workout B

EXERCISE	SETS X REPS	MAKE IT EASIER	MAKE IT HARDER
1. Reverse lunge	3 x 8 each leg	Hold a chair, smaller step	Hold dumbbells
2. Dumbbell floor press	3 x 8-12	Lighter dumbbells	Heavier pair, pause at the bottom
3. Glute bridge	3 x 10-15	Bodyweight only	Dumbbell on hips, single leg
4. Overhead press	3 x 8-12	Seated, lighter weights	Standing, heavier pair
5. Band pull-apart	3 x 12-15	Lighter band	Thicker band, 2-second hold
6. Side plank	3 x 15-30 sec each	Knees down	Feet stacked, longer hold

2 days a week: A on Monday, B on Thursday. **3 days a week:** Mon, Wed, Fri, alternating A, B, A then B, A, B.

HOW TO TRAIN

Warm up, progress, and handle real life

5-MINUTE WARM-UP

1. March in place or walk: 2 minutes
2. Arm circles: 10 forward, 10 back
3. Bodyweight squats to a chair: 10
4. Hip hinges, hands on hips: 10
5. Wall push-ups: 10

Then one light set of your first exercise.

HOW HARD SHOULD IT FEEL?

Finish each set with about 2 good reps left in the tank. Breathing harder, muscles working, form still clean.

In Phase 3, take the last set to about 1 rep left.

Pain is a stop sign. Muscle effort is fine; sharp or joint pain is not.

THE PROGRESSION RULE

When you can do the top of the rep range on every set with good form, make it a little harder next time: a slightly heavier weight, the "harder" option, or a slower lowering. Then build back up through the range. Write every weight and rep on your weekly tracker so you always know what to beat.

Example: goblet squat 3 x 12 with 15 lb last week, so try 3 x 8 with 20 lb this week and work back up to 12.

When life happens

SHORT ON TIME

Do the first 3 exercises of today's workout, 2 sets each. That's about 15 minutes, and it counts.

SICK OR WIPED OUT

Rest. Walk if you feel up to it. Come back with a lighter workout and build up again.

TRAVEL OR NO EQUIPMENT

Chair squats, wall or counter push-ups, reverse lunges, glute bridges, side planks: 3 rounds of 10 to 15.

A ROUGH WEEK

Don't restart. Keep the next workout on the calendar, eat protein at breakfast, and take a walk. Then keep going.

PHASE 1 · BUILD THE HABIT · WEEK 1 OF 12

Week 1: Put workouts on the calendar

Treat your workouts like appointments. Pick the days and times now, write them below, and protect them. This week the goal is simply to show up, learn the moves and find your step baseline.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] Do 2-3 workouts (Workout A and B)
- [ ] Write down your steps each day (no target yet)
- [ ] Fill in your starting snapshot (page 4)

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 1 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

PHASE 1 · BUILD THE HABIT · WEEK 2 OF 12

Week 2: Protein at breakfast

Most women I coach eat very little protein before lunch. Aim for 25–30 g at breakfast: Greek yogurt, eggs plus egg whites, cottage cheese or a protein shake. It keeps you fuller and makes your daily target much easier.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 2–3 workouts
- [ ] Steps: your Week 1 average + 1,000
- [ ] Protein at breakfast 5 of 7 days

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 2 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

PHASE 1 · BUILD THE HABIT · WEEK 3 OF 12

Week 3: Form first

Film one set of squats and one set of rows on your phone. Check that your chest stays proud, your knees track over your toes and you move slowly on the way down. Good form now means you can safely add weight later.

Dates: _____ to _____ | Daily step goal: _____ | Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 2-3 workouts with slow, controlled reps
- [ ] Hit your step goal 5 of 7 days
- [ ] Hit your protein target 4 of 7 days

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 3 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

Week 4: Wind down for better sleep

Sleep is when your body recovers from training. Set a wind-down alarm 30 minutes before bed: screens down, lights low, same bedtime most nights. This is also your first check-in week (page 18).

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 2-3 workouts
- [ ] Bedtime alarm 5 of 7 nights
- [ ] Do the Week 4 check-in

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 4 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

END OF PHASE 1

Week 4 check-in

Take your measurements and redo the quick tests. Then look at what's working and what to change in the next phase.

MEASURE OR TEST	START (PAGE 4)	GOAL	NOW	CHANGE
Weight (optional)				
Waist				
Hips				
Thigh				
Upper arm				
Sit-to-stand in 30 sec				
Push-ups with good form				
Plank hold (sec)				
Average daily steps				

HABIT SCORE: HOW MANY WEEKS DID I...

Do 2 or more workouts	____ / 4
Hit my step goal 5+ days	____ / 4
Hit protein 5+ days	____ / 4
Sleep 7+ hours most nights	____ / 4

WHAT'S WORKING

WHAT I'LL CHANGE NEXT PHASE

NEW TARGETS

Daily steps: _____

Protein: _____ g

Workouts per week: _____

PHASE 2 · BUILD STRENGTH · WEEK 5 OF 12

Week 5: Add a little

Welcome to Phase 2. When you hit the top of the rep range on every set, go up a little next time: a slightly heavier dumbbell, a harder push-up angle or one extra set. Small jumps, written down, add up.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 3 workouts, log every weight and rep
- [ ] Steps: last week's average + 500 to 1,000
- [ ] Protein target 5 of 7 days

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 5 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

Week 6: Plan for busy nights

Busy evenings are where most plans fall apart. Write down two fallback meals you can make in 15 minutes from pantry and freezer staples, and keep those ingredients in the house.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 3 workouts
- [ ] Write 2 fallback meals in your meal box
- [ ] Prep one protein for the week

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 6 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

Week 7: Walk after meals

A 10-minute walk after a meal is one of the easiest ways to add steps, and it can help with blood sugar after eating. Try it after dinner, even just around the block.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 3 workouts
- [ ] 10-minute walk after a meal 4 of 7 days
- [ ] Protein target 5 of 7 days

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 7 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

PHASE 2 · BUILD STRENGTH · WEEK 8 OF 12

Week 8: Measure, don't just weigh

The scale bounces around with water, salt and hormones. Your waist, your photos, your lifts and how your clothes fit tell a much fuller story. Do your Week 8 check-in (page 27) and look at all of it.

Dates: _____ to _____ | Daily step goal: _____ | Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 3 workouts
- [ ] Week 8 check-in with measurements
- [ ] Note one non-scale win

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 8 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

END OF PHASE 2

Week 8 check-in

Take your measurements and redo the quick tests. Then look at what's working and what to change in the next phase.

MEASURE OR TEST	START (PAGE 4)	PREVIOUS CHECK-IN	NOW	CHANGE
Weight (optional)				
Waist				
Hips				
Thigh				
Upper arm				
Sit-to-stand in 30 sec				
Push-ups with good form				
Plank hold (sec)				
Average daily steps				

HABIT SCORE: HOW MANY WEEKS DID I...

Do 2 or more workouts	____ / 4
Hit my step goal 5+ days	____ / 4
Hit protein 5+ days	____ / 4
Sleep 7+ hours most nights	____ / 4

WHAT'S WORKING

WHAT I'LL CHANGE NEXT PHASE

NEW TARGETS

Daily steps: _____

Protein: _____ g

Workouts per week: _____

PHASE 3 · LEVEL UP · WEEK 9 OF 12

Week 9: Push the last set

Welcome to Phase 3. On the last set of each exercise, work a bit closer to your limit: stop when you have about 1 good rep left, with perfect form. Keep the other sets at 2 reps left.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 3 workouts, last set harder
- [ ] Steps goal 6 of 7 days
- [ ] Protein target 5 of 7 days

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 9 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

Week 10: Have a weekend plan

Weekends can undo a great week. Plan one active thing on Saturday or Sunday (a long walk, a hike, a bike ride) and decide ahead of time how you'll handle one meal out.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 3 workouts
- [ ] One active weekend plan
- [ ] Protein at your meal out

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 10 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

Week 11: Half a plate of plants

Fill half your plate with vegetables or salad at lunch and dinner. You get fiber and volume for very few calories, which makes the rest of your eating easier to manage.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 3 workouts
- [ ] Half a plate of veggies at 10 meals this week
- [ ] Steps goal 6 of 7 days

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 11 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

PHASE 3 · LEVEL UP · WEEK 12 OF 12

Week 12: Retest and celebrate

This is your finish line week. Redo your baseline tests, take your measurements and photos, and compare them with Week 0 on page 36. Then plan your next 12 weeks (page 41). You earned this.

Dates: _____ to _____ Daily step goal: _____ Protein target: _____ g

THIS WEEK'S 3 PRIORITIES

- [ ] 2-3 workouts plus your retest
- [ ] Week 12 check-in (page 36)
- [ ] Plan your next 12 weeks

MY OWN GOAL THIS WEEK

WORKOUT AND WALK SCHEDULE

DAY	PLAN (WORKOUT A OR B, WALK, REST)	TIME	DONE
Mon			☐
Tue			☐
Wed			☐
Thu			☐
Fri			☐
Sat			☐
Sun			☐

MEALS AND PREP NOTES

GROCERIES

Week 12 tracker

DAILY BASICS (TICK OR WRITE IT IN)

	MON	TUE	WED	THU	FRI	SAT	SUN
Protein target hit							
Steps write the number							
Workout or walk A, B, walk, rest							
Water with meals							
Veggies at 2 meals							
Sleep hours							
Energy 1 to 5							

STRENGTH LOG (WRITE WEIGHT X REPS, E.G. 15 X 12, 12, 10)

EXERCISE	WORKOUT 1 (WEIGHT X REPS)	WORKOUT 2	WORKOUT 3
Goblet squat / Reverse lunge			
Row / Floor press			
Romanian deadlift / Glute bridge			
Push-up / Overhead press			
Dead bug / Band pull-apart			
Carry / Side plank			

WINS THIS WEEK

WHAT GOT IN THE WAY

ONE TWEAK FOR NEXT WEEK

WEEK 12 · FINISH LINE

Retest: compare with your start

Redo every baseline test and measurement, take your photos, then compare. Look at all of it, not just the scale.

MEASURE OR TEST	START (PAGE 4)	PREVIOUS CHECK-IN	NOW	CHANGE
Weight (optional)				
Waist				
Hips				
Thigh				
Upper arm				
Sit-to-stand in 30 sec				
Push-ups with good form				
Plank hold (sec)				
Average daily steps				

HABIT SCORE: HOW MANY WEEKS DID I...

Do 2 or more workouts	____ / 4
Hit my step goal 5+ days	____ / 4
Hit protein 5+ days	____ / 4
Sleep 7+ hours most nights	____ / 4

BIGGEST WINS OF THE 12 WEEKS

HOW I FEEL NOW VS WEEK 1

PROGRESS PHOTOS

☐ Front ☐ Side ☐ Back

Put them next to your Week 0 photos.

PRINT AS MANY AS YOU NEED

Workout log

For extra sessions, gym days or your own workouts. Write weight x reps in each set box.

WORKOUT

Date: _____

EXERCISE	SET 1	SET 2	SET 3	NOTES

WORKOUT

Date: _____

EXERCISE	SET 1	SET 2	SET 3	NOTES

PRINT AS MANY AS YOU NEED

Weekly meal planner

Start each meal with a protein, add a vegetable or fruit, then the rest. Plan your two fallback meals for busy nights.

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Lunch							
Dinner							
Snack							

PROTEIN

PRODUCE

PANTRY AND OTHER

MY 2 FALLBACK MEALS

ALL 12 WEEKS ON ONE PAGE

Progress tracker

Fill in one line at the end of each week. Weight and measurements are optional every week; do them at least at your check-ins.

WEEK	WEIGHT	WAIST	HIPS	AVG STEPS	WORKOUTS	BEST LIFT	ENERGY
Start							
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							
Week 9							
Week 10							
Week 11							
Week 12							

COACH'S NOTE

Look at the trend over 3 to 4 weeks, not day to day. Waist and strength often move while the scale stalls, especially in the first month of strength training.

PRINT ONE PER MONTH

Monthly habit tracker

Pick up to 12 habits and color in each day you do them. Month: _____

HABIT	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	31

Ideas: protein at breakfast, 10-minute walk after dinner, 7+ hours of sleep, water with meals, stretch 5 minutes, no phone in bed, veggies at lunch, workout done.

AFTER WEEK 12

Your next 12 weeks

Finishing 12 weeks is a big deal. Here's how to keep the momentum going instead of starting over.

KEEP WHAT WORKS

Print a fresh set of weekly pages (10 to 36) and run the plan again with heavier weights. Most women can keep progressing on these two workouts for months.

CHANGE ONE THING

Add a third workout, raise your step goal, or swap one exercise in each workout for a new one. Change one thing at a time so you can see what helps.

MY GOALS FOR THE NEXT 12 WEEKS

KEEP LEARNING (FREE)

My Free Resource Library at coachluke.com has guides, calculators and meal ideas, and my weekly newsletter sends one practical tip each week. My other printables in my coachluke.com shop include 28-day challenges for home strength, calisthenics and chair yoga, and 28-day meal plans if you want a structured next step.

A NOTE FROM COACH LUKE

The habits in this planner are the same ones I use with my coaching clients and in my own training. You don't need a new program every month; you need to keep showing up. Thank you for letting me be part of your 12 weeks.

CERTIFICATE OF COMPLETION

12 Weeks *Done.*

This certifies that

completed the 12-Week Fitness Planner: planning the week, training for strength, walking more and building habits that last.

Date

Coach Luke

Coach Luke, NASM-CPT

YOUR FREE BONUS

12 weekly coaching emails from *Coach Luke*

One short email at the start of each week: what to focus on, how to adjust your workouts, and a little encouragement to keep going.

Scan with your phone camera

How to claim it

1. Scan the QR code, or type **coachluke.com/fitness-planner-bonus** into your browser.

2. Enter your first name and email.

3. Your welcome email arrives right away, then one email each week for 12 weeks.

Free, no spam, unsubscribe any time.

THANK YOU

Thank you for choosing this planner. If it helps you, I'd love to hear how your 12 weeks go. Just reply to any of my weekly emails.

Questions? Email coach@coachluke.com any time. Coach Luke

Disclaimer: This planner provides general fitness and nutrition information and is not medical advice, diagnosis or treatment. Talk to your doctor before starting a new exercise or nutrition program, especially if you are pregnant or postpartum, have a health condition, take medication, or are recovering from an injury. Stop any exercise that causes pain, dizziness, shortness of breath or chest discomfort. Results vary. For personal use only. Please don't share or resell. © 2026 Coach Luke · coachluke.com