

# Glow



## FITNESS PLANNER & WELLNESS JOURNAL

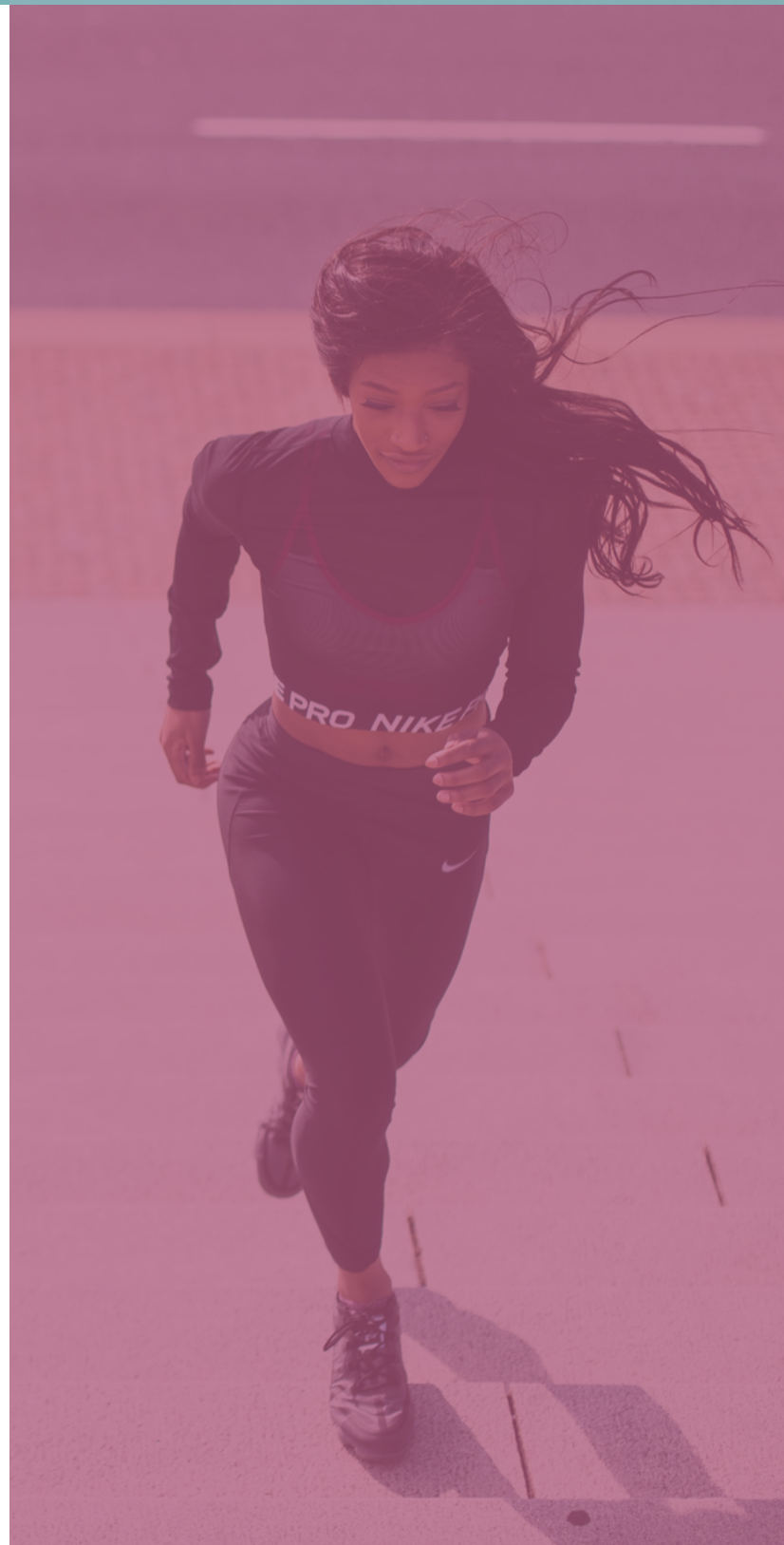
Pic by: Derick McKinney

FIT  
GIRL  
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# *Begin your wellness journey!*

Welcome to **The Fit Girl Movement**, we're so excited to have you as part of our community! We're here to keep you motivated and help you become physically and mentally stronger in the way that's right for you.

Being fit is so much more than a number on the scale or the size of your jeans; true fitness is about your mind as much as your body. Achieving the best version of yourself begins with adopting a **healthy lifestyle** and overcoming fears and mental barriers, not just a 30-day program.

Whatever your goals are, **we're going to make them happen together!**

**We want you to feel like the beautiful, energized woman you are.** That's why we created this document, to help you track your progress and success.

# Connect with us

**FOLLOW US ON IG!**

[@thefitgirl\\_mvmt](#)



**JOIN OUR FB GROUP:**

[The Fit Girl Movement-  
Mindful Workout](#)



Help women discover that they are capable of doing more than they've ever thought.

Share when you're crushing your workouts, feeling inspired, or even if you just need a little extra motivation.

Check-in every day to keep yourself accountable!



**SHARE YOUR  
JOURNEY  
WITH US &  
INSPIRE  
OTHERS**

[#thefitgirlmovement](#)



# Are you ready?



- ☒ Clarify your fitness & wellness goals and write them down.
- ☒ Break down milestones.
- ☒ Invite your friends to join you.
- ☒ Be prepared: you'll need a water bottle, a towel, a mat and power music.
- ☒ Meal prep.
- ☒ Plan your week ahead.
- ☒ Keep track of your progress.
- ☒ Write down how do you feel after each training.
- ☒ Always consult a qualified medical professional before beginning any exercise or nutritional program.





# *Beginner's Guide to Working Out*

Pic by: Elena Kloppenburg

The exercises should feel challenging, but comfortable to complete. If you feel short of breath, stop exercising for a minute or two, regain your breath and then you should be able to continue. If you remain short of breath and/or are concerned, consult your doctor before continuing.

Your muscles may feel tired or even sore after doing exercise - **this is totally normal!** You are simply using muscles in a way you may not be used to. If you feel severe discomfort or you believe the pain is not muscular, consult your doctor immediately.

## **ASSESS YOUR FITNESS LEVEL**

Assessing and recording a baseline fitness level will give you a benchmark against which to measure your progress.

Some ways to assess your fitness level are:

- Your pulse rate before and immediately after walking or running 1 km.
- How many push-ups or squats you can do in 30 sec.
- How many seconds can you hold a plank or a wall sit.
- Your body mass index.



## PLAN YOUR FITNESS PROGRAM

- Define your fitness goals.
- Start small and progress slowly; exercise a couple of days per week and slowly increase the days and the workout duration, remember that is important to allow time to recover.
- Create a balance routine, if one day you are going to run, the next day you can do strength training, your routines should emphasize different parts of your body.
- Find a workout buddy or share your goals with a friend to keep you accountable.
- Schedule time to exercise like any other appointment, find what time works best for you, some people like to workout early morning and some like at the end of the day. **Remember that working out is an act of self-care.**
- Prioritize consistency over intensity.
- Try different activities until you find which ones do you like the most.
- Always warm up a few minutes before start your routine and cool down at the end with some flexibility/stretching exercises.
- **Listen to your body.** If you feel pain, shortness of breath, dizziness or nausea, take a break. You may be pushing yourself too hard.
- Be flexible. If you're not feeling good, give yourself permission to take a day or two off.
- Don't compare yourself to people who are further along in their fitness journey; **the goal is progress, not perfection**, each one of us progresses at a different pace.
- Stay hydrated during your workouts and during the day.
- Don't forget to track your routines and progress.
- Keep in mind that results don't happen right away, and that's OK.
- Practice gratitude for what your body can do right now.

## PREPARE YOUR EQUIPMENT

Buy yourself a rocking pair of leggings or workout clothes that make you feel like a Queen and pick shoes designed for the activity you have in mind.

If you're planning to invest in exercise equipment, choose something that's practical, enjoyable and easy to use; be creative, you can also use some of the things that you have already at home, like water bottles instead of weights.

You might consider using fitness apps for smart devices or other activity tracking devices, such as ones that can track your distance, track calories burned or monitor your heart rate.

**I AM POWERFUL**

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**I AM STRONG**

---

**I AM FIT**

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**I AM A FITNESS GODDESS**

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**FIT**   
**GIRL**  
**MVMT**





# Exercise Snacks

Pic by: Julia Ballew

Instead of mindlessly grabbing a bag of chips or a cookie to snack, try snacking on exercise! An "exercise snack" is a short burst of movement you can do anywhere, anytime. You don't even need to change your clothes.

An exercise snack can last for a few seconds, a minute or several minutes. It may not seem like much, but studies show that exercise snacking a few times a day leads to meaningful gains in fitness and overall health.

Make sure to warm up a little moving your arms and legs for a few seconds at the beginning of each "snack".

## STANDING 6-MINUTE WORKOUT

10 exercises

30 sec per exercise

5 sec rest in between

- Marching / jogging in place
- Squats
- Wall push-ups
- Standing bicycle crunches
- Lunges right leg
- Lunges left leg
- Wall plank
- Stepping or jumping jacks
- Wall sit
- Standing side crunches

## BODY WEIGHT SQUATS

Just take a break from work a few times a day to do 20 sec of squats.

- Stand with your hands on the back of your head and your feet shoulder-width apart with your feet turned out slightly to open the hip joint.
- Lower your body until your thighs are parallel to the floor.
- Pause, then return to the starting position.
- Repeat.

## TIGHT & TONED ARMS

10 reps  
5 sec rest in between  
2 times

- Back fly
- Bicep curls
- Front extensions
- Side curls
- Overhead triceps extension
- Upright row

**Note:** Intensify this by using weights or dumbbells.

## BEGINNER ABS

10 reps  
5 sec rest in between  
2 times

- High knees
- Russian twist
- Plank - 20 sec
- Flutter kicks
- Bicycle crunch
- Leg raise

## 10 MINUTE FULL BODY WORKOUT

10 exercises  
5 sec rest in between

- 20 Jumping jacks
- 20 High knees
- 15 Squats
- 15 Side leg raise
- 10 Russian twist
- 10 Donkey kicks
- 10 Side lunges
- 10 Windshield wipers
- 20 Sec plank
- 20 Marching glute bridge









## JUMP ROPE EXERCISE

5 exercises  
5 sec rest in between  
2 times

- 30 sec Jump rope
- 10 Sumo squats
- 30 sec Jump rope
- 10 Push-ups
- 30 sec Jump rope



# Training time

SUNDAY 	MONDAY 	TUESDAY 	WEDNESDAY 
<p>DATE:</p> <p>TIME:</p> <p>DURATION:</p>	<p>DATE:</p> <p>TIME:</p> <p>DURATION:</p>	<p>DATE:</p> <p>TIME:</p> <p>DURATION:</p>	<p>DATE:</p> <p>TIME:</p> <p>DURATION:</p>
THURSDAY 	FRIDAY 	SATURDAY 	NOTES 
<p>DATE:</p> <p>TIME:</p> <p>DURATION:</p>	<p>DATE:</p> <p>TIME:</p> <p>DURATION:</p>	<p>DATE:</p> <p>TIME:</p> <p>DURATION:</p>	

# Food journal

**SUNDAY**



DATE:

WATER  
INTAKE

BREAKFAST:

SNACK(S):

LUNCH:

DINNER:

**MONDAY**



DATE:

BREAKFAST:

SNACK(S):

LUNCH:

DINNER:

**TUESDAY**



DATE:

BREAKFAST:

SNACK(S):

LUNCH:

DINNER:



WEDNESDAY



DATE:

WATER  
INTAKE

BREAKFAST:

SNACK(S):

LUNCH:

DINNER:

THURSDAY



DATE:

BREAKFAST:

SNACK(S):

LUNCH:

DINNER:

FRIDAY



DATE:

BREAKFAST:

SNACK(S):

LUNCH:

DINNER:

SATURDAY



DATE:

BREAKFAST:

SNACK(S):

LUNCH:

DINNER:



# Mindset

**IT IS ALL ABOUT MINDSET.**

**FROM THE MOMENT YOU WAKE UP  
TO THE MOMENT YOU REST YOUR HEAD AT NIGHT.**

**EVERYTHING IS UP TO YOU.**

**YOUR EMOTIONS, YOUR THOUGHTS,  
YOUR PERCEPTION, YOUR REACTIONS.**

**EVERY MOMENT.**



No matter where you are in your journey towards a healthy lifestyle, you want to have energy and focus for your next steps. We all want to be grounded and strong as we move forward toward a life of less stress, less clutter, less meaningless stuff — and more purpose, more clarity, more of what matters.

**You don't have to learn everything all at once.** You can start small, or you can simplify what you're already doing. You don't have to invest in every health program and wellness product out there. You can choose what's right for you — start by making small changes that add up.

**Wellness** describes a **healthy lifestyle** beyond acute illness. It refers to a state of physical health in which people have the ability and energy to move, without chronic suffering and it's primarily supported through habits of eating, physical activity and quality sleep.

**When you think about wellness, think prevention and health.**

**Well-being** encompasses the broader holistic dimensions of a well-lived life regarding your career, social life, finances, spiritual life and mental health, including physical health.

**When you think about well-being, think happiness.**

**There are eight dimensions of wellness. Each dimension is interrelated with another.** Each dimension is equally vital in the pursuit of optimum health.

Maintaining an optimal level of wellness is crucial to living a higher quality of life. **Wellness matters because everything we do and every emotion we feel relates to our well-being.** In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. Therefore, everyone needs to achieve optimal wellness to subdue stress, reduce the risk of illness and ensure positive interactions.

Source: <https://www.helpguide.org/>





# *Eight Dimensions of Wellness*





Pic by: Patrick Hendry

## EMOTIONAL WELLNESS

- Emotional wellness is about to successfully handle life's challenges and adapt to change in difficult times; managing our emotions doesn't mean repressing them, is about acknowledging them, allow your emotions to express themselves, reflect on them and move on.
- Emotional wellness is about being your whole, true and authentic self, without judgment and trusting your inner wisdom.
- Emotional wellness is also about developing inner resources so you can learn and grow from experiences.


**TIP:** Remember that you are not alone, it is important to develop and keep a circle of support with people who care about you.

## ENVIRONMENTAL WELLNESS

- Environmental wellness is about living a lifestyle that is respectful of our surroundings, is about living in harmony with the Earth and all the beings that live in it.
- Environmental wellness promotes a sustainable interaction with our environment, creating a consciousness that we are one with the universe.

**TIP:** On page 29 of this journal, you will find some sustainable and eco-friendly tips easy to implement in your everyday life.





Pic by: Gemma Chua-Tran

## FINANCIAL WELLNESS

- Financial wellness is about learning how to successfully manage your finances, is not about being extremely rich, is more about earning what you deserve.
- Money plays a critical role in our lives and could impact our overall health but remember that true wealth depends on a positive money mindset.

**TIP:** There are so many free courses and resources that will help you to learn how to manage your finances; be thankful for what you already have, you will realize that you are richer than you think.

## INTELLECTUAL WELLNESS

- Intellectual wellness is about trying new ideas and continuing to expand your knowledge.
- It encourages active participation in any activity that will help you to improve and grow.

**TIP:** Be creative, read a book about a topic that interests you, watch a documentary, learn a new hobby, journal, find an activity that inspires you and spend some free time doing it.

## OCCUPATIONAL WELLNESS

- Occupational wellness is about enjoying what you do at your job.

**TIP:** Work on what you are passionate about, learn new skills that will help you to improve your abilities, don't be afraid to try new things.



## PHYSICAL WELLNESS

- Physical wellness is about maintaining a healthy body without judgment and self-love.
- Physical wellness is about doing exercise regularly, eating healthy, drinking enough water, getting enough sleep and seeking help when needed.

**TIP:** Try different physical activities until you find what you like, remember that doing exercise should be fun and is a form of self-care.

## SOCIAL WELLNESS

- Social wellness is about surrounding yourself with kind people, is about creating meaningful connections and be part of a community that will encourage you and help you to be better.

**TIP:** Create a support network where you can be and express yourself.

## SPIRITUAL WELLNESS

- Spiritual wellness is about finding your passion and purpose in life, is about defining your core values and beliefs that will guide your actions.
- Spirituality could be expressed in many ways: through religion, in relation with nature, with meditation practices, self-awareness and many others.

**TIP:** Journal about what are your core values and how do you integrate them in your everyday routine.



Pic by: Ava Sol

# Types of self-care



physical



emotional



spiritual



intellectual



social



mental  
health



## PHYSICAL SELF-CARE

This type of self-care refers to any activities you deliberately engage in to enhance your physical well being.

These should be activities that make you feel calm, balanced, and happy.

A few examples include:

- Being active (going for a walk, running, fitness classes)
- Taking a relaxing bubble bath
- Dancing to your favourite song
- Eating healthy
- Taking a nap

## EMOTIONAL SELF-CARE

This type of self-care refers to any activities that help you connect, process, and reflect on what are you feeling.

It's about becoming more in tune with your emotions.

A few examples include:

- Talk with a friend
- Going to therapy
- Journaling
- Coloring
- Being creative
- Connect with your artistic side



Pic by: Content Pixie

## SPIRITUAL SELF-CARE

Spiritual self-care encompasses any activities you engage in, to connect with and nurture your soul.

This practice is fundamentally about connecting with your inner spirit, finding inner peace and seeking to find purpose and meaning of life.

A few examples include:

- Mindfulness and meditation
- Yoga
- Spending time in nature
- Volunteer, helping others
- Creating a vision board

## INTELLECTUAL SELF-CARE

This type of self-care refers to activities and actions that balance and fulfill your career and nourish and challenge your mind.

A few examples include:

- Reading a book
- Learn a new skill
- Taking courses, attending conferences
- Finding a mentor
- Going to a museum
- Solving a puzzle





## SOCIAL SELF-CARE

Social self-care is about activities that nurtures and deepens our relationship with others.

Your relationships should uplift and fulfill you, not deflate and drain you; surround yourself with positive and empowering people.

A few examples include:

- Catch-up with your friends regularly
- Spend time with your pet
- Go for a night date with your partner
- Call your parents regularly

## MENTAL HEALTH

Mental health refers to cognitive, behavioural, and emotional well being. It is about how you think, feel, and behave.

Includes an individual's ability to enjoy life and to create a balance between life activities and efforts to achieve psychological resilience.

A few examples include:

- Eating a balanced, nutritious diet
- Deep breathing, meditation, and mindfulness
- Dedicate time for self-reflection
- Spend time outside
- Do a random act of kindness





**Mindfulness** is the act of paying attention, on purpose, to all elements of our experience with an attitude of open acceptance, non-judgmental and compassion.

- **Mindfulness formal practice** includes body scan, sitting mediation and mindful movement.
- **Mindfulness informal practice** is paying attention to an everyday activity with fresh eyes, as if you were doing it for the first time.

### Basic mindfulness practice

**Set aside some time.** You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.

**Observe the present moment as it is.** The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment.

**Let your judgments roll by.** When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.

**Return to observing the present moment as it is.** Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.

**Be kind to your wandering mind.** Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

Source: <https://www.mindful.org>.

# Wellness journal

DATE:

SLEEP



BEDTIME LAST NIGHT:

WOKE UP THIS MORNING:

HOURS OF SLEEP:

MOOD



ENERGY



GRATITUDE



SELF-CARE



REFLECTION





# Journal prompts ideas

**What do you like to do? How does it make you feel?**

**Where are you happiest? Describe that place.**

**What magic power would you like to have? How would you use it?  
What would it feel like?**

**What do you truly want?**

**What do you want to change within the next few months, years?**

**What actions can you take today to simplify your life?**

**When do you feel most in tune with yourself?**

**Consider in what ways you get distracted.  
Explore how these distractions can be managed.**

**What are 10 things you love about yourself and why?**

**How can you support yourself today?**

**How can you feel more fulfilled in your life?**

**Develop an intention for your day.  
Choose an intention that helps you to feel grounded  
and helps to increase your energy in your daily life.**







# 31 day Mental Health Challenge

Pic by: Becca Tapert

01

Do a deep breathing exercise.

02

Create a music playlist for times when you need some comfort.

03

Catch up with a friend or family.

04

Practice mindfulness. Don't focus on the past or the future.

05

Plan a healthy meal.

06

Start reading a book.

07

Practice self-care. Create a beauty ritual.

08

Try a yoga pose for a few breaths.

09

Take a 10 minute nap.

10

Watch one of your favourite movies.

11

Take a social media break.

12

Give a nice compliment to someone.

13

Go for a walk.

14

Try something new for you.

15

Write down something good that happened.

16

Say no to something.





# 31 day Mental Health Challenge

17

Start a journal.

18

Adopt a new habit.

19

Dance with you  
favourite song.

20

Doodle or  
colour something.

21

Try a new recipe.

22

Write a letter to  
your future self.

23

Make a  
mood board.

24

Dress up with  
your favourite  
outfit, even if  
you won't go out.

25

Give yourself  
3 compliments.

26

Stretch during  
the day.

27

Clean or organize  
something at home.

28

Take a hot shower  
or a bubble bath.

29

Listen to a  
new podcast.

30

Try a new  
makeup look.

31

Go to bed 30 min  
earlier than usual.





# Sustainable & Eco-friendly tips

Pic by: Benjamin Massello

- 01 Use a reusable water bottle, a travel mug or a tumbler.
- 02 Carry a shopping cloth bag when buying fruits or vegetables at the store.
- 03 Try buying produce directly from a farmer's market.
- 04 Swap out your plastic disposable toothbrush for a bamboo version.
- 05 Drink tap water, stop buying plastic water bottles.
- 06 Prioritize glass, paper and aluminium when you are shopping, these materials are often more easily recycled than different types of plastic.
- 07 If possible, walk, cycle, take a bus or use public transport for short distances.
- 08 Save energy. Mobile phones are more energy efficient than TVs or laptops. And using Wifi requires less energy than using 3G or 4G.
- 09 Read the labels on your food, clothes and cosmetics and identify which ingredients are the best for you and the environment.
- 10 If you can, set up a backyard composter.
- 11 Try not to waste any food, you can create innovative recipes with your leftovers.
- 12 Wear your clothes more often, buy fewer quality items that are more durable instead of fast fashion.
- 13 Start making your beauty routine more circular by swapping out single-use cotton wool pads with reusable pads or cloths made from organic cotton. Wet wipes are usually made of plastic polymers, do not degrade and can cause havoc when flushed into sewage systems.
- 14 Consider buying beauty products from organic or vegan brands that don't test on animals.
- 15 If something is broken, try to repair it first before you buy new.
- 16 Swap your shampoo and conditioner bottles for bar ones, they last more.
- 17 Plan ahead when buying online and choose a longer delivery time to allow your goods to be air freighted.
- 18 Upcycle what you can. Learn how to make simple alterations to your clothes and find friends you can swap clothes with.



# How to make the perfect smoothie

01

## CHOOSE A LIQUID

1 1/4 cup

Choose between any kind of milk, juice or even water.

02

## CHOOSE YOUR FRUIT

2-3 cups

It could be fresh or frozen, and if you prefer, you can add some vegetables too.

03

## ADD A THICKENER

1/2 cup

Greek yogurt is the best option, but you can add ice cubes or even peanut butter.

04

## OPTIONAL ADD-INS

Choose between protein or vitamin powder, seeds, mint, honey, chocolate syrup or cinnamon. There are so many options!



**WAKE UP**

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**WORK OUT**

---

**LOOK HOT**

---

**KICK ASS**

---

**FIT**   
**GIRL**  
**MVMT**



# Disclaimer

## **No Medical or Personal Advice**

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