

Fearlesslyfitfemale
Fitness Planner



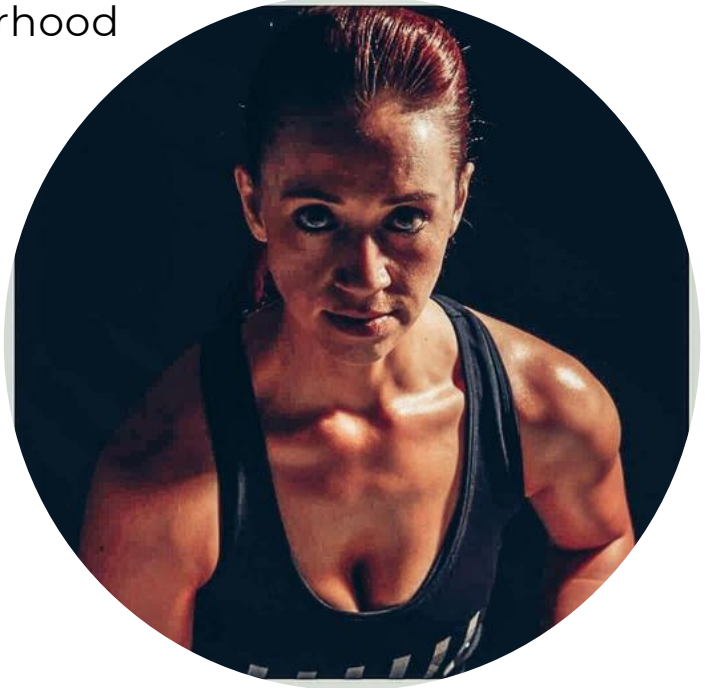
Let me help you plan your journey

About *me*

My name is Bernice, and I'm the creator behind a fitness and lifestyle platform focused on helping women—especially moms—balance health, faith, and everyday life in a realistic and sustainable way. I am not a personal trainer, I am a woman who knows how difficult it is to balance work, motherhood and trying to stay fit.

My content centers around:

- Realistic fitness for busy moms
- Simple, healthy nutrition
- Faith-based motivation and discipline
- Building consistency in everyday life



Fitness. Focus. Fearlessly before 40.

I've been the **face of VivaGym SA**, won the **@MoniqueFit 10-week challenge**, and competed in **bikini fitness and CrossFit**.

I'm also the author of **Meisie tot Mens an Afrikaans e-book series with Afriforum**.

Now, approaching 40, I'm on a mission to achieve my **strongest, healthiest, best-ever self**—and share every step with you!

I am also currently sponsored by **Moove Motion Fitness**.

Guide to the Fitness Planner

Hi Fearless Lady 🏃‍♀️🌟

This guide is here to help you understand how to use your fitness planner.

Start by writing down your goals—big or small. Then take your measurements so you have a clear starting point.

You'll find some basic exercises to get you started, and from there you can begin to challenge yourself as you grow stronger.

Use the templates provided to track your progress and stay consistent—whether it's your workouts, steps, cardio, running, or strength training.

Remember, this is your journey—keep it realistic, stay consistent, and give yourself grace along the way ❤️

Enjoy!

Bernice

Fitness *Goals*

START DATE:

END DATE:

GOALS

MOTIVATION

MY PLAN

BEFORE

AFTER

My big *Goal*

| | |
|-----------|------------------------------------|
| | |
| DEADLINE: | ACHIEVED: <input type="checkbox"/> |

BREAK DOWN YOUR BIG GOAL INTO 3 MINI GOALS

MINI GOAL 1:

MINI GOAL 1:

MINI GOAL 1:

ACTION STEPS:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
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- _____

ACTION STEPS:

- _____
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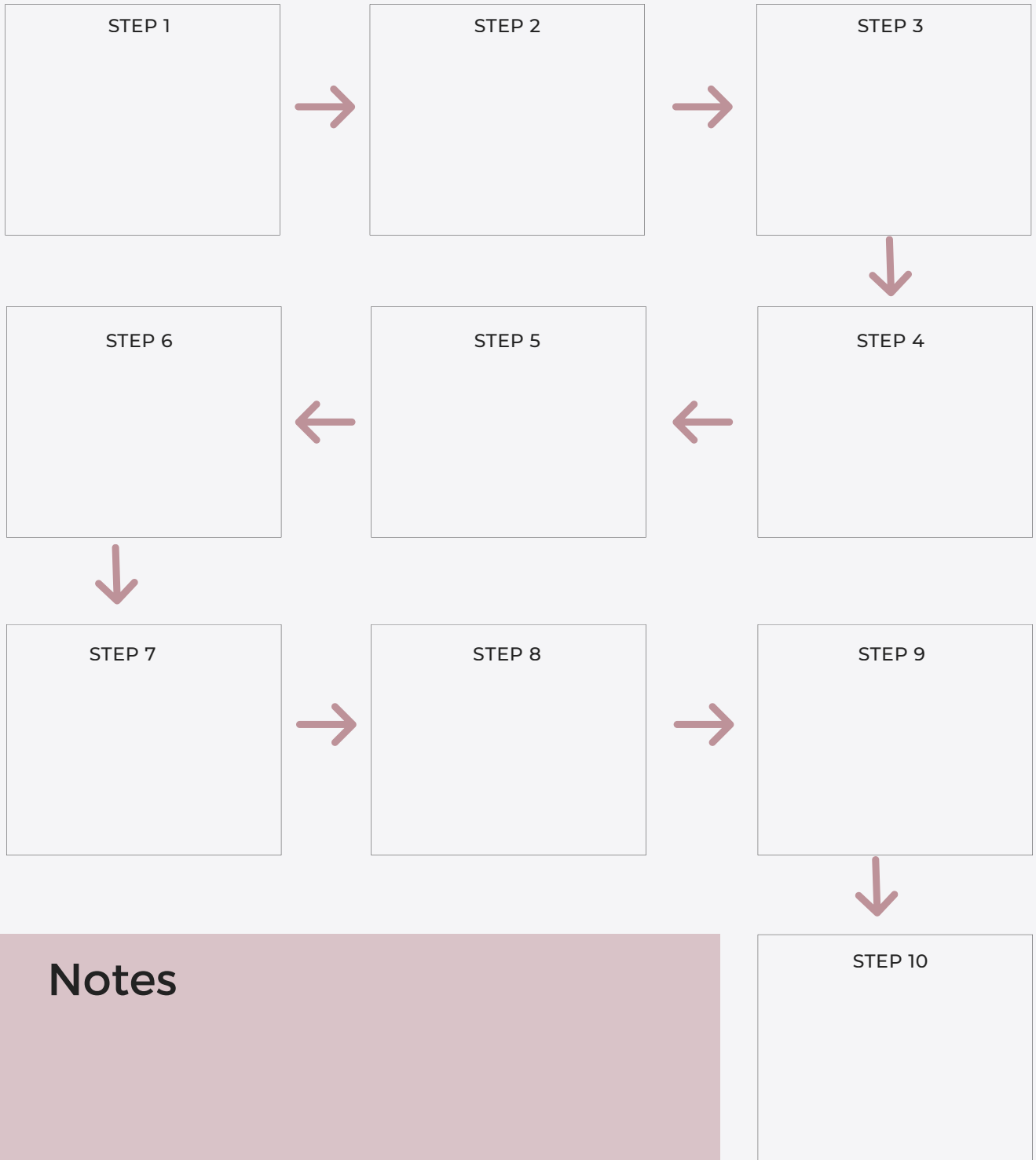
ACTION STEPS:

- _____
- _____
- _____
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- _____
- _____
- _____

Goal *breakdown*

Goal

Deadline



Fitness *Fun*

My Goal: Complete each exercise every day.

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|------------------|-------|-------|-------|-------|-------|-------|-------|
| 15 Jumping Jacks | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 15 Sit Ups | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 15 Squats | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 15 Lunges | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 15 Push Ups | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 15 Toe Touches | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 15 Leg Raises | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 15 Arm Circles | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| 15 Knee Raises | _____ | _____ | _____ | _____ | _____ | _____ | _____ |

30 day

challenge

Month: _____

| | | | | | | |
|----|----|----|--|----|----|----|
| 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |  Reward: _____ _____ _____ _____ | | | |
| | | | | | | |

Notes:

Weekly *fitness*

DATE:

MONDAY

Activity

Food

TUESDAY

Activity

Food

WEDNESDAY

Activity

Food

THURSDAY

Activity

Food

FRIDAY

Activity

Food

SATURDAY

Activity

Food

SUNDAY

Activity











































Food

OTHER NOTES

Monthly *fitness*

MONTH: _____

YEAR: _____

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|---|
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IMPORTANT NOTES:

Workout *planner*

WEEK _____

| MONDAY | |
|-----------------|----------------|
| Planned Workout | Actual Workout |

| TUESDAY | |
|-----------------|----------------|
| Planned Workout | Actual Workout |

| WEDNESDAY | |
|-----------------|----------------|
| Planned Workout | Actual Workout |

| THURSDAY | |
|-----------------|----------------|
| Planned Workout | Actual Workout |

| FRIDAY | |
|-----------------|----------------|
| Planned Workout | Actual Workout |

| SATURDAY | |
|-----------------|----------------|
| Planned Workout | Actual Workout |

| SUNDAY | |
|-----------------|----------------|
| Planned Workout | Actual Workout |

Steps *tracker*

MONTH:

TOTAL STEPS _____

WEEK 1

TOTAL STEPS:

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

WEEK 2

TOTAL STEPS:

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

WEEK 3

TOTAL STEPS:

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

WEEK 4

TOTAL STEPS:

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

WEEK 5

TOTAL STEPS:

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | |

Notes

Strength *training*

| DATE | CHEST | TRICEPS | SHOULDERS | BACK | BICEPS | HAMSTRINGS | QUADS | CALVES | ABS | CARDIO | BODY WEIGHT |
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Running *progress*

START HERE

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Workout *log*

| | Activity | Time | Distance | Sets | Reps | Weight |
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Workout *tracker*

DATE:

EXERCISE

WEIGHT

REPS

SETS

DIST.

TIME

Healthy habit *tracker*

MONTH _____

| HABIT: | | | | | | |
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| HABIT: | | | | | | |
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| HABIT: | | | | | | |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
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Notes

Thank you for *downloading*

Hi Fearless Lady! 💪🌟

Thank you so much for downloading this guide—I truly appreciate your support!

I hope it's been helpful and that this is just the beginning of an incredible fitness and health journey for you ♥

I'd love to hear your thoughts, so please feel free to DM me with your feedback!

Looking forward to hearing from you 💬

Bernice

Let's get in *Touch*

