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CO.

Health on Track

*Living my
healthiest,
happiest life*

MARCH 2025

Health on Track

March 2025

1

The WHY

2

The GOAL

3

The HOW

4

The CHALLENGE

5

The ACCOUNTABILITY

6

The RESULT

*Living my
healthiest,
happiest life*

Taking care
of yourself
is productive

daily reminder

smile
drink your water
remember why you started
spread love & positivity

BE
THE
ENERGY
YOU WANT
TO ATTRACT

Practice Plan

FIVE *practices*

1. set a goal
2. daily movement
3. fast from something
4. prioritize whole food meals
5. create a mindfulness practice

GOAL:

MOVEMENT (list types of movement, set in calendar):

FAST:

MINDFULNESS:

MEAL PLAN (below)

WORKOUT PLANNER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

PUSH

WORKOUT	WEIGHT	REPS
DOWN DOG, HIGH PLANK, PUSH UP	BODYWEIGHT	4X12
BICEP CURL, SHOULDER PRESS	10LB,15LB	4X12R,12L
CHEST PRESS	15LB	4X12
OUTSIDE BICEP CURL	10-12LB	4X12
LATERAL RAISE	5-10LB	4X12
FRONT PUSH DOWN	20-30LB	4X12
BIRD DOG		4X10R,10L

STRENGTH TRACKER

GOALS

PULL

WORKOUT	WEIGHT	REPS
TRX INCLINE PULL UP	BODYWEIGHT	4X12
ROW/PULL BACK	20LB	4X10
TRICEP KICK BACK	10-15LB	4X10
LAT PULL DOWN	30LB	4X12
FACE PULL	20LB	4X10
PULL UP		MAX
PULL OVER, BRIDGE	25LB	4X10

STRENGTH TRACKER

GOALS

LEGS

WORKOUT	WEIGHT	REPS
BANDED SQUAT SIDE STEPS		4X4R,4L
SINGLE LEG RDL	20+LBS/BAR	4X10R,10L
SINGLE LEG DECLINE REVERSE LUNGE	15LB+	4X10R,10L
LEG PRESS	40LB+	4X12
HAMSTRING CURL	20LB+	4X12
STEP UP, LUNGE	20LB	4X12
10 BANDED BRIDGES + 10 PULSES		5X
JACK KNIFE	BODYWEIGHT	4X10R,10L

STRENGTH TRACKER

GOALS

CORE + CARDIO

WORKOUT	WEIGHT	REPS
WALK 3 MILES - INCLINE 1		
PILATES CRUNCH, TOE TAP		4X10
FIGURE 4 CRUNCH		4X10R,10L
STAIRS - 15MIN - LEVEL 7/10		
PILATES CRUNCH, TOE TAP		4X10
FIGURE 4 CRUNCH		4X10R,10L
BICYCLES		2 MIN.
WALK 1 MILE - INCLINE 3		

STRENGTH TRACKER

GOALS

FULL BODY

WORKOUT	WEIGHT	REPS
DEAD BUG	10+LBS	1MIN
STAR CUNCH		4X10 - 2R,2L
DOWNDOG PUSH UP		4X12
REVERSE LUNGE, CURTSY LUNGE	10+LBS	4/10 - 2R,2L
AROUND THE WORLD	8+LBS	4X12
LATERAL LUNGE	10+LBS	4X12R,12L
SIDE PLANK + REACH UP, DOWN	5+LBS	1 MIN. R,L
WALK 3 MILES - INCLINE 1		

STRENGTH TRACKER

GOALS

Health on Track

March 2025

1

The WHY

I have been feeling tired and have been eating out too much

2

The GOAL

*To reset and reprioritize my health.
To feel more clear minded
To have more energy*

3

The HOW

Prioritizing whole foods, exercising 4x+ a week, walking 10K steps, morning meditation

4

The CHALLENGE

Waking up 30min earlier every morning

5

The ACCOUNTABILITY

I'm doing this with a friend!

6

The RESULT

*Living my
healthiest,
happiest life*

Health Plan

March 2025

FIVE practices

1. set a goal
2. daily movement
3. fast from something
4. prioritize whole food meals
5. create a mindfulness practice

GOAL:

stop scrolling on social media when I'm bored
be able to do a push-up from my toes

MOVEMENT (list types of movement, set in calendar):

strength training
hot pilates

FAST:

no scrolling social media - only posting if for work
no snacking - only meals

this will allow me to spend more time intentionally and focus on creating well-rounded meals

MINDFULNESS:

morning Bible App - bible plan - weekly
morning journal gratitude and positivity of the day

MEAL PLAN (below):

MEAL PLANNER

WEEK OF: 3/1/2025

	BREAKFAST	LUNCH	DINNER
SAT	smoothie	eggs, chicken sausage, apple	ground turkey, cottage cheese, cucumber bowl
SUN	fruit + beef sticks	ground turkey, cottage cheese, cucumber bowl	pasta w/meat sause + salad
MON	eggs, chicken sausage, greens	fruit + beef sticks	salmon, greens, roasted potatoes
TUE	fruit + beef sticks	ground turkey, cottage cheese, cucumber bowl	smoothie protein bowl
WED	smoothie protein bowl	taco bowl	chicken thighs w/sweet potatoes & roasted carrots
THUR	eggs, chicken sausage, apple	smoothie protein bowl	chicken thighs w/sweet potatoes & roasted carrots
FRI	smoothie protein bowl	fruit + beef sticks	taco bowl

GROCERY SHOPPING LIST

ground beef	sweet potatoes	cottage cheese	bananas - frozen
ground turkey	carrots	greens	cherries - frozen
chicken thighs	cucumbers		pears
salmon	apples	pasta sauce	oranges
eggs	salsa	salsa	
beef sticks	onion	granola	
	avocado		

WORKOUT PLANNER

SUNDAY

FULL BODY

MONDAY

PUSH

TUESDAY

CORE & CARDIO

WEDNESDAY

PULL

THURSDAY

FULL BODY

FRIDAY

SATURDAY

LEGS

FULL BODY

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WALK 3 MILES - INCLINE 1		

STRENGTH TRACKER

*WEEK 1 - 10 LB LUNGES, WEEK 2 - 15 LBS
AROUND THE WORLD - UP TO 20LBS!!*

GOALS

Be able to lift 5-10lb heavier by the end of the month