

# 12 week year

## Sample Plan: Health & Fitness

### 12 Week Goals

Improve my general health and fitness and lose 15 lbs.

*Goal: Improve my general health and fitness and lose 15 lbs.*

<b>Tactics</b>	<b>Due</b>	<b>Begin in</b>	<b>End in</b>	<b>Completed</b>
Get a complete physical and clearance to exercise from physician	week 1			
Select cardiovascular exercise - walking, jogging, bicycling, elliptical, etc.	week 1			
Do cardio exercise 4 times per week for a minimum of 20 minutes	each wk	week 2	week 13	
Select strength/resistance training exercises	week 1			
Do strength training 3 times per week	each wk	week 2	week 13	
Drink 6-8 glasses of water each day	each wk	week 1	week 13	
Keep a daily journal of food and drink consumer	each wk	week 1	week 13	
No fast food	each wk	week 1	week 13	
Do not eat after 8 pm	each wk	week 1	week 13	
Consume at least 3 helpings of fruits and vegetables each day	each wk	week 1	week 13	