

FITNESS PLANNER

✨ Welcome to Your Glow-Up ✨

Because becoming "that girl" isn't a trend - it's your personal transformation.

You know her. She's the one who wakes up early, stretches with intention, sips iced matcha, and walks through life with quiet confidence. Her life isn't perfect - but it's aligned.
And here's the secret: she's you, with structure, space, and systems that support her. This isn't about perfection. It's about feeling in control of your body, mind, and energy. It's about romanticizing your routines, being proud of your progress, and building the habits that help you shine.
This planner is your toolkit for doing just that.

What You'll Find Inside

This free version is a gentle start to help you:

- Set fitness + wellness goals that motivate you (without pressure)
- Track your energy, routines, workouts, & mindset - so you can stay balanced
- Reflect weekly to keep glowing, even when life gets chaotic
- Feel more attractive + confident as you build consistency and show up for yourself

Everything is hyperlinked, easy to use with a stylus or your finger, and designed to make you feel put together whether you're using Goodnotes, Notability, Noteshelf, or any other note-taking app.

Why This Isn't Just Another Planner

This is about becoming more of yourself, not less. You're not trying to be someone else. You're elevating you - your discipline, your softness, your routines, your glow. When you have a clear system, you feel better. You look better. You move with purpose. That's the kind of confidence that changes your life.

Heads up: You'll notice some pages are softly blurred - those are part of the full version, ready for you when you're ready to take things further. Until then, enjoy this cozy sneak peek. Test it, fill it in, and let it support the start of your routine reset.

You're not late. You're right on time.

This is your sign to begin.
We're so glad you're here.

— The Bewely Team 💙

Let's Stay Connected!

For aesthetic wellness inspo, glow-up routines, and sneak peeks inside our planners

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INDEX

CALENDAR

- IMPORTANT DATES
- GOAL & REFLECTION
- VISION BOARD

MY SECTIONS

TEMPLATES

- YEARLY WEIGHT TRACKER
- YEARLY WEIGHT LOG
- CARDIO TRACKER
- YEARLY STEPS TRACKER
- YEARLY MOOD TRACKER
- YEARLY SLEEP TRACKER
- HYDRATION TRACKER
- PERIOD TRACKER
- SYMPTOMS TRACKER
- BLOOD SUGAR TRACKER
- BODY MEASUREMENTS LOG
- WEIGHT LIFTING LOG
- FITNESS JOURNEY
- FOOD JOURNAL
- CALORIES TRACKER
- MEMBERSHIPS
- EXPENSES
- GRATITUDE JOURNAL
- WHEEL OF LIFE
- GROCERY LIST
- WISHLIST

MONTHLY PLANNER

PLANNER

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

REFLECTION

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

STEP TRACKER

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

RUNNING TRACKER

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

INTERMITTENT FASTING

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

SELF-CARE & HABITS

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

VISION BOARD

Jan	Feb	Mar	Apr	May	Jun
Jul	Aug	Sep	Oct	Nov	Dec

WEEKLY PLANNER

PLANNER

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

WORKOUT PLANNER

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

MEAL PLANNER

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

GROCERY LIST

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

VITAMINS & MEDS

01	02	03	04	05	06	07	08	09
12	13	14	15	16	17	18	19	20
23	24	25	26	27	28	29	30	31
34	35	36	37	38	39	40	41	42
45	46	47	48	49	50	51	52	

NOTES

STICKERS

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Hold Up, Gorgeous - This Part's Still Locked

You're not just missing pages - you're missing what happens after this soft start.

That moment you stop restarting your routines and actually stay consistent.
That feeling when your clothes fit better, your mood's lighter, and people start asking what you're doing differently.

Here's What Unlocking the Full Planner Can Really Do

Help you finally show up to the gym 3x a week - without skipping "just this once"

Give you that calm, main character morning you've been saving on Pinterest

Make meal planning aesthetic (and effortless) so you stop defaulting to snacks

Help you feel so confident in your skin, your selfies hit different

Make you the girl who glows before hot girl summer even starts

And yes... maybe even help you catch the eye of that guy in class... without even trying

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MONTHLY PLANNER | PLANNER REFLECTION

GOAL & FOCUS

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

NOTES

WEEK 01	1	2	3	4	5	6	7
WEEK 02	8	9	10	11	12	13	14
WEEK 03	15	16	17	18	19	20	21
WEEK 04	22	23	24	25	26	27	28
WEEK 05	29	30	31				

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FIRST DAY OF THE MONTH

Weight | % body fat

Muscle | BMI

Chest | Waist | Hips

Right arm | Left arm

Right thigh | Left thigh

Right calf | Left calf

LAST DAY OF THE MONTH

Weight | % body fat

Muscle | BMI

Chest | Waist | Hips

Right arm | Left arm

Right thigh | Left thigh

Right calf | Left calf

CHALLENGES & OBSTACLES

WHAT WENT WELL

AREAS FOR IMPROVEMENT

BENCHMARK EXERCISES

EXERCISE	REPS	WEIGHT

NOTES

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MONTHLY PLANNER | SELF-CARE & HABITS

HABITS

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

MOOD

MOOD	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
Happy																															
Calm																															
Productive																															
Stressed																															
Anxious																															
Sad																															

SLEEP

HOURS SLEPT	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
1 hour																															
2-4 hours																															
5-6 hour																															
7-8 hours																															
9-10 hours																															

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WEEK 1

1	DAY 1	☐ CARDIO	☐ STRENGTH	☐ OTHER
	CALORIES IN	CALORIES OUT	WATER	
2	DAY 2	☐ CARDIO	☐ STRENGTH	☐ OTHER
	CALORIES IN	CALORIES OUT	WATER	
3	DAY 3	☐ CARDIO	☐ STRENGTH	☐ OTHER
	CALORIES IN	CALORIES OUT	WATER	
4	DAY 4	☐ CARDIO	☐ STRENGTH	☐ OTHER
	CALORIES IN	CALORIES OUT	WATER	
5	DAY 5	☐ CARDIO	☐ STRENGTH	☐ OTHER
	CALORIES IN	CALORIES OUT	WATER	
6	DAY 6	☐ CARDIO	☐ STRENGTH	☐ OTHER
	CALORIES IN	CALORIES OUT	WATER	
7	DAY 7	☐ CARDIO	☐ STRENGTH	☐ OTHER
	CALORIES IN	CALORIES OUT	WATER	

OVERVIEW

Weight

Weight lost

BMI

Body fat rate

Goal

SELF-CARE

NOTES & REFLECTION

WK							
01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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EXERCISE	SETS	REPS	WEIGHT

EXERCISE	SETS	REPS	WEIGHT

EVERYDAY EXERCISES

NOTES

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WEEK 1 | MEAL PLANNER

BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	
Calories:	Calories:	Calories:	Calories:	

CALORIES DAILY GOAL

NOTES & REWARD

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WEEK 1 | GROCERY LIST

FRESH PRODUCE

PROTEINS

FROZEN FOODS

DAIRY & EGGS

BAKERY & BREAD

OTHER

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DAY 1

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS



FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				



32 oz / 1 liter | 64 oz / 2 liters | 96 oz / 3 liters

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

MONTHLY PLANNER | COOKBOOK | CHALLENGES

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DAY 2

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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DAY 3

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS



FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				



32 oz / 1 liter | 64 oz / 2 liters | 96 oz / 3 liters

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

MONTHLY PLANNER | COOKBOOK | CHALLENGES

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DAY 4

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK							
01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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DAY 5

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS



FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				



32 oz / 1 liter | 64 oz / 2 liters | 96 oz / 3 liters

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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DAY 6

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK							
01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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DAY 7

GO TO BED	WAKE UP	SLEEPING TIME

WEIGHT	CALORIES IN	CALORIES OUT

TODAY'S FOCUS

EXERCISE LOG

NAME	WEIGHT	SETS	REPS	TIME

FOOD LOG

PRODUCT	CAL	PROT	CARBS	FAT
TOTAL				

CARDIO LOG

TIME	DISTANCE	PACE	INTENSITY

STEPS	DISTANCE	CALORIES

32 oz / 1 liter

64 oz / 2 liters

96 oz / 3 liters

NOTES & REFLECTION

WK

01	1	2	3	4	5	6	7
02	8	9	10	11	12	13	14
03	15	16	17	18	19	20	21
04	22	23	24	25	26	27	28
05	29	30	31	1	2	3	4

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COOKBOOK

NO	RECIPE	RATING	NOTES
1		☆ ☆ ☆ ☆ ☆	
2		☆ ☆ ☆ ☆ ☆	
3		☆ ☆ ☆ ☆ ☆	
4		☆ ☆ ☆ ☆ ☆	
5		☆ ☆ ☆ ☆ ☆	
6		☆ ☆ ☆ ☆ ☆	
7		☆ ☆ ☆ ☆ ☆	
8		☆ ☆ ☆ ☆ ☆	
9		☆ ☆ ☆ ☆ ☆	
10		☆ ☆ ☆ ☆ ☆	
11		☆ ☆ ☆ ☆ ☆	
12		☆ ☆ ☆ ☆ ☆	
13		☆ ☆ ☆ ☆ ☆	
14		☆ ☆ ☆ ☆ ☆	
15		☆ ☆ ☆ ☆ ☆	
16		☆ ☆ ☆ ☆ ☆	
17		☆ ☆ ☆ ☆ ☆	
18		☆ ☆ ☆ ☆ ☆	
19		☆ ☆ ☆ ☆ ☆	
20		☆ ☆ ☆ ☆ ☆	

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Servings Calories

Prep time Cook time

Protein Fat Carbs

Difficulty ○ ○ ○ ○ ○ Rating ☆ ☆ ☆ ☆ ☆

INGREDIENTS

DIRECTIONS

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CHALLENGES

- 7 DAYS CHALLENGE
- 30 DAYS CHALLENGE
- 52 WEEKS CHALLENGE
- YEAR CHALLENGE

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7 DAYS CHALLENGE | _____ - _____

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

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Hold Up, Gorgeous - This Part's Still Locked

You're not just missing pages - you're missing what happens after this soft start.

That moment you stop restarting your routines and actually stay consistent.
That feeling when your clothes fit better, your mood's lighter, and people start asking what you're doing differently.

Here's What Unlocking the Full Planner Can Really Do

Help you finally show up to the gym 3x a week - without skipping "just this once"

Give you that calm, main character morning you've been saving on Pinterest

Make meal planning aesthetic (and effortless) so you stop defaulting to snacks

Help you feel so confident in your skin, your selfies hit different

Make you the girl who glows before hot girl summer even starts

And yes... maybe even help you catch the eye of that guy in class... without even trying

Ready to become the version of you she keeps dreaming about?

Get Your Full Planner

Unlock your routine. Own your glow-up. Make you your biggest flex.

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TEMPLATES

YEARLY WEIGHT TRACKER	YEARLY WEIGHT LOG	CARDIO TRACKER
YEARLY STEPS TRACKER	YEARLY MOOD TRACKER	YEARLY SLEEP TRACKER
HYDRATION TRACKER	PERIOD TRACKER	SYMPTOMS TRACKER
BLOOD SUGAR TRACKER	BODY MEASUREMENTS LOG	WEIGHT LIFTING LOG
FITNESS JOURNEY	FOOD JOURNAL	CALORIES TRACKER
MEMBERSHIPS	EXPENSES	GRATITUDE JOURNAL
WHEEL OF LIFE	GROCERY LIST	WISHLIST

NOTES

PLAIN

DOTTED

LINED

CHECKERED

TABLE

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STICKERS

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You're Not Just Planning - You're Becoming

This wasn't just a sneak peek. This was the first step in becoming her. The version of you who moves with confidence, honors her energy, and feels in control of her life. Maybe you've tried random routines before. Maybe you've saved a dozen aesthetic habits on TikTok or Pinterest and never stuck with any. Maybe you've even bought planners before - and abandoned them halfway through. We get it.

But this is different.
The Fitness & Wellness Planner isn't about hustle. It's about creating a lifestyle you actually want to wake up to. With every section, every template, every page - it's designed to help you:

- Feel organized and confident
- Move through your day with intention
- Build habits that align with your vision
- Stay accountable, even when life gets chaotic

Here's what's waiting inside the full version:

Unlock the full experience to get:

- 12 months of dated aesthetic planning pages
- Step & Running trackers to celebrate your wins
- Intermittent fasting logs to help you stay aligned
- A 60-recipe mini cookbook (yes, really!)
- Monthly + yearly challenges to stay on track
- Aesthetic templates for notes, gratitude, reflection & more
- Bonus wellness pages: hydration, mood, symptoms, weight, and more

Everything is fully hyperlinked for quick navigation and sized perfectly for your favorite digital planning apps - Goodnotes, Notability, Noteshelf, etc.

It's Time to Invest in You

This is more than just a planner. It's a system to help you become that version of yourself you keep visualizing. And the truth? You're already on your way - now give yourself the structure to keep going.

Get The Full Planner

One download. A full year of confidence, clarity, and glow-up energy.

You've got this. You don't need to do everything at once. You just need to keep showing up for yourself - and we'll be right here with you.

— With love, The Bewely Team

Let's Stay Connected!

For aesthetic wellness inspo, glow-up routines, and sneak peeks inside our planners

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