

Weekly Fitness Checklist

Workout

- Complete 3 gym workouts
- Complete 2 cardio or mobility sessions
- Warm up before every workout
- Stretch after training

Nutrition

- Eat protein at each main meal
- Drink enough water
- Prepare two healthy meals in advance
- Add fruit or vegetables to most meals

Recovery

- Sleep 7–9 hours when possible
- Take at least two rest days
- Write one progress note at the end of the week