



Welcome to 31 In 31

Hit the reset button in 2021

31 in 31 is a New Year fitness plan that includes short exercise videos and simple everyday tips and goals that will change your daily routines and create new positive habits.

Each Day a New Video will be posted to our FaceBook Page with a Daily Action for you to follow / complete.



The idea behind our FREE program is to get you to move more in January and to kickstart a more active lifestyle in 2021.

CLEAR YOUR MIND OF CANT



Whether your overall goal is to lose a bit of weight, get fit or increase strength, Nutrition will play a huge part in that.

As they say 'Its not the hour you spend in the gym thats important, its what you do in the 23 hours out of the gym'

There simply isnt a one size fits all plan, so do some research and find what would work best for you BUT please remember not to change too much all at once as we want this plan to be maintainable.

We have added a daily planner so feel free to track your measurements if you and we would love to hear how you get on



Weekly Planner

WEEKLY FOCUS

Weight(lbs):
Measurements:
Waist(cm):
Hips(cm):
Arms(cm):
Legs(cm):

Monday 04th

- ☐ Goal of the day: _____
- ☐ Plan your weekly meals _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Friday 01st Jan

- ☐ Goal of the day: _____
- ☐ Drink 3L of water _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Tuesday 05th

- ☐ Goal of the day: _____
- ☐ Try and get 8 hours sleep _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Saturday 02nd

- ☐ Goal of the day: _____
- ☐ Get a friend to exercise with you _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Wednesday 06th

- ☐ Goal of the day: _____
- ☐ Eat 5 different fruits or vegetables _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Sunday 03rd

- ☐ Goal of the day: _____
- ☐ Sign up for an event e.g. running, cycling _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Thursday 07th

- ☐ Goal of the day: _____
- ☐ Walk to work _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____



Weekly Planner

WEEKLY FOCUS

Motivation is what gets you started. Habit is what keeps you going.

Monday 11th

- ☐ Goal of the day: _____
- ☐ Track your calories _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Friday 08th

- ☐ Goal of the day: _____
- ☐ Try and take the stairs _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Tuesday 12th

- ☐ Goal of the day: _____
- ☐ Set 3 goals your going to complete today _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Saturday 09th

- ☐ Goal of the day: _____
- ☐ Have a cold bath or shower after your workout _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Wednesday 13th

- ☐ Goal of the day: _____
- ☐ Eat your lunch outside _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Sunday 10th

- ☐ Goal of the day: _____
- ☐ Put music on with your workout _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Thursday 14th

- ☐ Goal of the day: _____
- ☐ Wake up earlier this morning _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____



Weekly Planner

WEEKLY FOCUS

Reflection:

Are these small changes helping your everyday lifestyle?

Is there any positive change mentally or physically?

Are you getting a better nights sleep?

Monday 18th

- ☐ Goal of the day: _____
- ☐ Get an earlier night _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Friday 15th

- ☐ Goal of the day: _____
- ☐ Make sure you eat breakfast _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Tuesday 19th

- ☐ Goal of the day: _____
- ☐ Plan your day _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Saturday 16th

- ☐ Goal of the day: _____
- ☐ Exercise before breakfast _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Wednesday 20th

- ☐ Goal of the day: _____
- ☐ Try and get 10,000 steps _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Sunday 17th

- ☐ Goal of the day: _____
- ☐ Monitor your heart rate during exercise _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Thursday 21st

- ☐ Goal of the day: _____
- ☐ Cut back on screen time _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____



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WEEKLY FOCUS

Success is small efforts repeated day in and day out.

Monday 25th

- ☐ Goal of the day: _____
- ☐ Reward yourself _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Friday 22nd

- ☐ Goal of the day: _____
- ☐ Stand up when using your phone _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Tuesday 26th

- ☐ Goal of the day: _____
- ☐ Stretch at least 3 times _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Saturday 23rd

- ☐ Goal of the day: _____
- ☐ Weigh yourself _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Wednesday 27th

- ☐ Goal of the day: _____
- ☐ Have an apple as a snack instead of chocolate _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Sunday 24th

- ☐ Goal of the day: _____
- ☐ Read a few pages of a book before bed _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Thursday 28th

- ☐ Goal of the day: _____
- ☐ Write a list of positive affirmations _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____



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Weight(lbs):
Measurements:
Waist(cm):
Hips(cm):
Arms(cm):
Legs(cm):

Friday 29th

- ☐ Goal of the day: _____
- ☐ Try standing at your desk _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Saturday 30th

- ☐ Goal of the day: _____
- ☐ Write a fitness journal _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____

Sunday 31st

- ☐ Goal of the day: _____
- ☐ Write an irritation list _____
- ☐ _____
- ☐ Time you went to sleep: _____
- ☐ Time you woke up: _____