

THE COMPLETE 90-DAY FITNESS & MEAL PLANNER

Train with purpose.

Track what changes everything.

90

DAILY CHECK-INS

13

WEEKLY PLANS

12+

SMART TRACKERS

WORKOUTS / MEALS / HABITS / MEASUREMENTS / PROGRESS

NAME

START DATE

WELCOME TO YOUR NEXT 90 DAYS

Consistency becomes visible when you give it a place to live.

FORM90 is a decision system for training, meals, recovery, and follow-through.

01

PLAN THE WEEK

Set priorities before the week gets busy.

02

EXECUTE THE DAY

Record the work and the signals that matter.

03

REVIEW THE PATTERNS

See what is working beyond one good or bad day.

04

ADJUST WITH PURPOSE

Keep what works and change one variable at a time.

THE FORM90 RULE

Progress over perfection. Data over drama. The next useful action over the perfect plan.

This is an organization tool and does not replace medical, fitness, or nutrition advice.

THE 10-MINUTE QUICK START

Complete these five moves before Day 1.

1

CHOOSE A START DATE

Pick a real date within the next seven days.

2

RECORD YOUR BASELINE

Use consistent conditions without judgment.

3

DEFINE ONE 90-DAY OUTCOME

Make it specific, visible, and meaningful.

4

CHOOSE YOUR CORE FIVE

Select repeatable actions you can score.

5

PLAN WEEK 1

Schedule workouts, meal anchors, and recovery.

YOUR STARTING POINT

Record the truth without turning it into a verdict.

CURRENT SNAPSHOT

DATE

WEIGHT

WAIST

SLEEP AVG.

ENERGY 1-10

WHAT IS WORKING

WHAT NEEDS ATTENTION

WHY THIS MATTERS NOW

If I complete these 90 days, what becomes possible?

THE 90-DAY OUTCOME MAP

One clear outcome. Three proof points. A repeatable process.

MY PRIMARY OUTCOME

HOW I WILL KNOW IT IS WORKING

PROOF POINT 1

PROOF POINT 2

PROOF POINT 3

ACTIONS I CONTROL

☐ Training

☐ Nutrition

☐ Recovery

☐ Planning

☐ Mindset

OBSTACLES AND RESPONSES

IF

THEN I WILL

IF

THEN I WILL

IF

THEN I WILL

IF

THEN I WILL

BASELINE MEASUREMENTS

Use consistent conditions for every check-in.

METRIC	START	DAY 30	DAY 60	DAY 90	CHANGE
Weight					
Body fat %					
Chest					
Waist					
Hips					
Upper arm					
Thigh					
Other					

PROGRESS PHOTOS

FRONT SIDE BACK

NOTES BEYOND THE NUMBERS

ENERGY

STRENGTH

CLOTHES FIT

CONFIDENCE

DAILY LIFE

BUILD YOUR CORE FIVE

Make each habit small enough to repeat and clear enough to score.

01**TRAIN**

What counts as completed training?

02**NOURISH**

What does an on-plan meal or day look like?

03**HYDRATE**

What is your daily water target?

04**RECOVER**

What recovery action will you protect?

05**RESET**

What planning habit keeps you aligned?

WEEK 01 PLAN

Days 1-7 | *Decide before the week decides for you.*

THE RESULT THAT MATTERS MOST

TRAINING SCHEDULE

DAY	FOCUS	SESSION / MOVEMENT	TIME	DONE
MON				☐
TUE				☐
WED				☐
THU				☐
FRI				☐
SAT				☐
SUN				☐

NUTRITION ANCHORS

BREAKFAST

LUNCH

DINNER

SNACK

PREP MOVE

CORE FIVE TRACKER

☐ Train

☐ Nourish

☐ Hydrate

☐ Recover

☐ Reset

DAY 01 CHECK-IN

Week 1 | Show up, record the signal, move forward.

DATE

TODAY'S FOCUS

ENERGY 1-10

INTENTION

TRAINING LOG

MOVEMENT / ACTIVITY	SETS	REPS / TIME	LOAD	RPE

NUTRITION PLAN AND LOG

BREAKFAST

LUNCH

DINNER

SNACK

DAILY SIGNALS

WATER

SLEEP

STEPS

MOOD

THE ONE THING WORTH REMEMBERING

CORE FIVE

☐ Train

☐ Nourish

☐ Hydrate

☐ Recover

☐ Reset

WEEK 01 REVIEW

Keep the lesson. Release the judgment. Plan the next useful move.

SCORE THE WEEK

TRAINING

NUTRITION

HYDRATION

RECOVERY

PLANNING

WINS TO REPEAT

FRICTION TO SOLVE

WHAT THE DATA IS TELLING ME

STRONGEST PATTERN

WEAKEST PATTERN

ONE VARIABLE TO ADJUST

NEXT WEEK'S COMMITMENT

WEEK 05 PLAN

Days 29-35 | *Decide before the week decides for you.*

THE RESULT THAT MATTERS MOST

TRAINING SCHEDULE

DAY	FOCUS	SESSION / MOVEMENT	TIME	DONE
MON				☐
TUE				☐
WED				☐
THU				☐
FRI				☐
SAT				☐
SUN				☐

NUTRITION ANCHORS

BREAKFAST

LUNCH

DINNER

SNACK

PREP MOVE

CORE FIVE TRACKER

☐ Train

☐ Nourish

☐ Hydrate

☐ Recover

☐ Reset