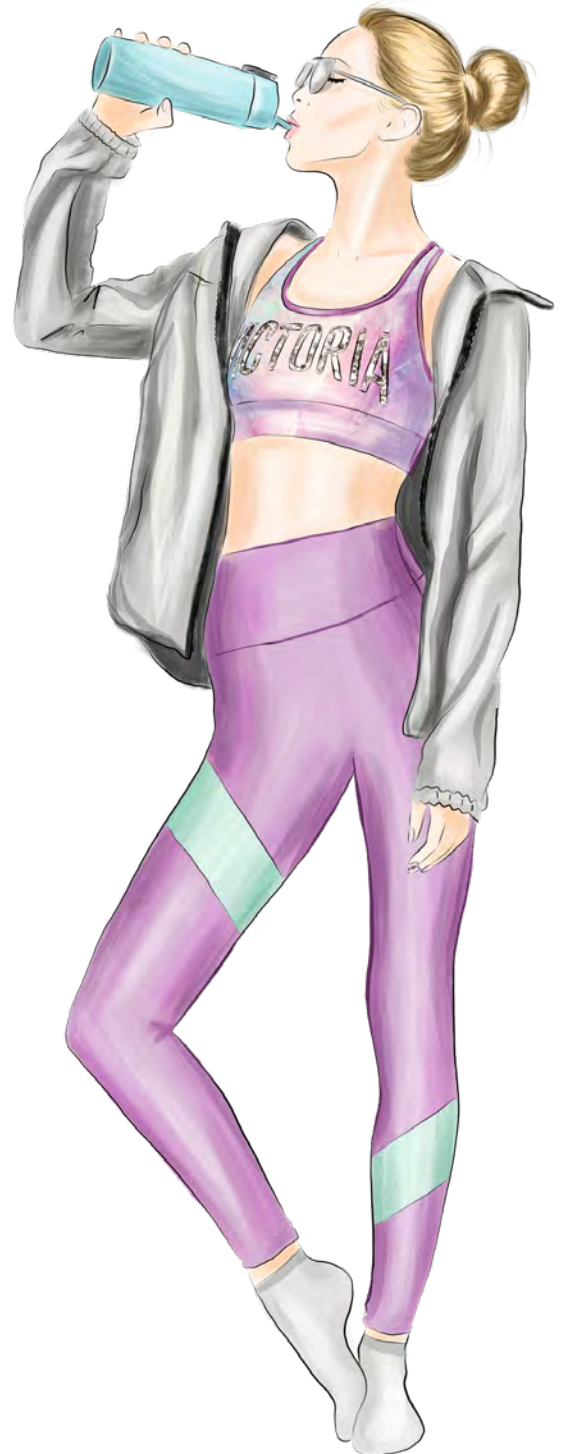


FITNESS PLANNER
10 Must-Have Items
To Include



HOW TO CREATE A FITNESS PLANNER
Pretty Fabulous Designs

BRANDING

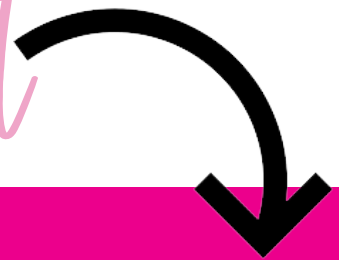
challenge
5-DAY



COMING SOON

FREE 5-DAY
branding challenge

join the waitlist



<https://rebrand.ly/brandingwaitlist>

fitness planners

10 Content Ideas for your next Fitness Planner

1. PHYSICAL TRANSFORMATION

Are you helping them to achieve a specific physical transformation like weight-loss, bikini season, skinny jeans, post-pregnancy





fitness planners

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2. MEDICAL DISCLAIMER

You need a legal disclaimer that nothing you say is meant as medical advice and that they should always check with their physician before embarking on any new fitness program

3. FITNESS STOCK PHOTOS

Look for both indoor and outdoor active photos of both one person and groups of people. Try to get photos during all 4 seasons. And BONUS if you can take your own original fitness photos or yourself or a model.





fitness planners

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4. BRIGHT + COLORFUL DESIGN

Dark and drab is not where it's at when it comes to health and fitness. Think clean eating: fruits and vegetables are full of lively and vibrant colors and so should your planner since that's what people are thinking of when they shop for a fitness planner



5. RECIPES

If you're creating a keto, paleo, vegan or other diet or lifestyle specific type of book, you know what to include. But if not, then you can really include anything you deem healthy and aligned with your fitness planner theme.



fitness planners

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6. WORKOUT LOG

Give users a place to track their workouts. You can split it into the 3 pillars of fitness: strength, cardio and flexibility

7. HEALTH + FITNESS QUOTES

Provide quotes that motivate people to move, to eat better, live healthier and exercise their heart.

8. FITNESS STICKERS

Best Fitness Stickers ever are by Bloom Daily Planners - go there for some inspiration and then create your own using icons or illustrations.

9. MEAL PLAN

This is not the time to provide a meal tracker or empty planning tool - tell them what to eat, when to eat it and how much - portion size!

10. GROCERY SHOPPING LIST

This isn't the generic one you find in the back of any old planner - this one is specific to the meal plan and recipes you provided earlier in the book!

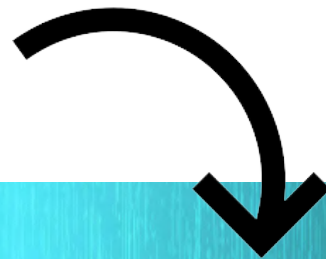


FITNESS PLANNER



DID YOU WATCH
TODAY'S VIDEO
10 Fitness Content Ideas

watch now



<https://youtu.be/GBZ-re8J6Xc>