2027 FITNESS YEAR AT A GLANCE

SHADE WORKOUT DAYS · CIRCLE RACES & EVENTS

JANUARY

M	T	W	T	F	S	S
				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

FEBRUARY

M	T	W	T	F	S	S
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

MARCH

M	T	W	T	F	S	S
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				

APRIL

M	T	W	T	F	S	S
			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		

MAY

M	T	W	T	F	S	S
					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						

JUNE

M	T	W	T	F	S	S
	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				

JULY

M	T	W	T	F	S	S
			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	

AUGUST

M	T	W	T	F	S	S
						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					

SEPTEMBER

M	T	W	T	F	S	S
		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			

OCTOBER

M	T	W	T	F	S	S
				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

NOVEMBER

M	T	W	T	F	S	S
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					

DECEMBER

M	T	W	T	F	S	S
		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		

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2027 GOALS

BIG GOAL → QUARTERLY STEPS → WEEKLY HABITS

My #1 fitness goal for 2027

Q1 · Jan–Mar

Q2 · Apr–Jun

Q3 · Jul–Sep

Q4 · Oct–Dec

Weekly non-negotiables

- [ ] Workouts per week: ____
- [ ] Steps per day: ____
- [ ] Water per day: ____
- [ ] Sleep hours: ____
- [ ] Rest days: ____

JANUARY 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
				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

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

FEBRUARY 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
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

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

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MARCH 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
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				

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

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APRIL 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
			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		

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

MAY 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
					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						

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

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JUNE 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
	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				

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

JULY 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
			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	

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

AUGUST 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
						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					

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

SEPTEMBER 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
		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			

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

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OCTOBER 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
				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

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

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NOVEMBER 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
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					

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

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DECEMBER 2027

MONTHLY TRAINING PLAN · GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN
		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		

Focus

Targets

- ☐ Workouts ____
- ☐ Km/miles ____
- ☐ Weight ____
- ☐ New PR ____

WEEK	WORKOUTS	CARDIO	STRENGTH	REST	RATING

2027 YEAR IN REVIEW

YOUR STATS, YOUR PRS, YOUR STORY

MONTH	WORKOUTS	DISTANCE	WEIGHT	BEST MOMENT
Jan				
Feb				
Mar				
Apr				
May				
Jun				
Jul				
Aug				
Sep				
Oct				
Nov				
Dec				

Personal records

Goals for 2028