

Jumpstart By Shana Mental Gym Workout Planner

First, plan your workouts activities. What things are you going to do to stretch, grow and strengthen your mind? Ideas include praying/meditating, reading, listening to podcasts, naps, quiet, nature walks, etc.

Workout 1:

Activity	Duration / Reps	Materials Needed
_____	_____	_____

Workout 2:

Activity	Duration / Reps	Materials Needed
_____	_____	_____

Workout 3:

Activity	Duration / Reps	Materials Needed
_____	_____	_____

Workout 4:

Activity	Duration / Reps	Materials Needed
_____	_____	_____

Now, plug the workouts into your calendar:

	S	M	T	W	T	F	S
Week 1							
Week 2							
Week 3							
Week 4							

