

2020

IF SHE CAN'T SEE IT, SHE CAN'T BE IT



LIDL MOVES EXERCISE PLANNER & DIARY

Making a plan and keeping track of your progress and feelings after exercise will help you reflect on how the process is going so keep up to date by using our handy planner.

Exercise Plan

Diary

DAY **1**

DAY **2**

DAY **3**

DAY **4**

DAY **5**

DAY **6**



Exercise Plan

Diary

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

20//20
IF SHE CAN'T SEE IT, SHE CAN'T BE IT



**LIDL MOVES
EXERCISE PLANNER & DIARY**

Exercise Plan

Diary

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

From day 21 onwards, you are in control of your new habit and can take it from here. We recommend you continue to plan your exercise and keep track of how it's going to maximise the return you received. Good luck!