



# MY FITNESS PROGRAM

# MONDAY

- Morning Routine
  - 30-minute walk with the dog
  - Breakfast: Oatmeal with nuts and honey + green tea
- Workout: Strength Training (Full Body)
  - Squats – 3×12
  - Push-ups – 3×15
  - Plank – 3×40 seconds
  - Bicep curls – 3×12
  - 10 minutes of light cardio
- Meal Plan
  - Lunch: Grilled chicken + rice + steamed broccoli
  - Afternoon Snack: Greek yogurt with fruit
  - Dinner: Whole-grain toast with avocado and egg

# TUESDAY

- Morning Routine
  - 30-minute walk with the dog
  - Breakfast: Whole-grain bread with peanut butter + banana
- Workout: Cardio Training
  - 10 min jump rope
  - 3x 30-second sprints + 1 min slow jog
  - 10 min light jog or cycling
- Meal Plan
  - Lunch: Salmon + quinoa + vegetable salad
  - Afternoon Snack: Protein shake + a handful of almonds
  - Dinner: Tuna salad with whole-grain bread

# WEDNESDAY

- Morning Routine
  - 30-minute walk with the dog
  - Breakfast: Omelet with vegetables + whole-grain toast
- Workout: Strength Training (Upper Body)
  - Push-ups – 3×15
  - Dumbbell presses – 3×12
  - Bicep curls – 3×12
  - Plank – 3×40 seconds
- Meal Plan
  - Lunch: Turkey + sweet potatoes + steamed vegetables
  - Afternoon Snack: Cottage cheese with nuts
  - Dinner: Whole-grain wrap with chicken and vegetables

# THURSDAY

- Morning Routine
  - 30-minute walk with the dog
  - Breakfast: Yogurt with oats and honey
- Workout: Recovery & Stretching
  - 30 minutes of dynamic stretching + yoga
  - 15-minute walk or light jogging
- Meal Plan
  - Lunch: Baked tofu + rice + salad
  - Afternoon Snack: Smoothie with banana and protein
  - Dinner: Whole-grain toast with tuna and avocado

# FRIDAY

- Morning Routine
  - 30-minute walk with the dog
  - Breakfast: Oatmeal with apples and cinnamon
- Workout: Strength Training (Lower Body)
  - Squats – 3×12
  - Lunges – 3×12 per leg
  - Deadlifts – 3×10
  - Calf raises – 3×15
- Meal Plan
  - Lunch: Beef + quinoa + grilled vegetables
  - Afternoon Snack: Nuts + protein shake
  - Dinner: Whole-grain wrap with hummus and vegetables

# SATURDAY

- Morning Routine
  - 30-minute walk with the dog
  - Breakfast: Protein pancakes with cottage cheese
- Workout: Cardio + Interval Training
  - 5 min warm-up (fast walking, light jog)
  - 3x 30-second sprints + 1 min walk
  - 10 min light jogging
  - 5 min stretching
- Meal Plan
  - Lunch: Baked chicken thigh + sweet potatoes + salad
  - Afternoon Snack: Cottage cheese with fruit
  - Dinner: Baked fish + steamed broccoli

# SUNDAY

- Morning Routine
  - 30-minute walk with the dog
  - Breakfast: Omelet with cheese + whole-grain toast
- Workout: Recovery Day (Stretching + Light Activity)
  - 30 minutes of dynamic stretching or yoga
  - 15 minutes of light jogging or cycling
- Meal Plan
  - Lunch: Chickpea salad + whole-grain bread
  - Afternoon Snack: Yogurt with nuts
  - Dinner: Whole-grain wrap with avocado and egg



