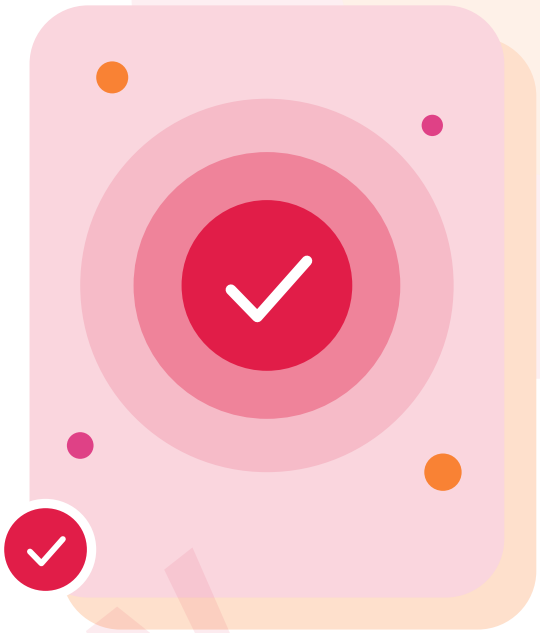
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Building a Home Workout Routine



A home workout routine ensures flexibility and consistency in fitness. Use this checklist to build a plan tailored to your needs.

12 steps · Print-ready A4

NAME	START	TARGET DATE

1 Define Your Fitness Goals

Clarify what you want to achieve: strength, endurance, flexibility, or weight loss.

TIP *Break larger goals into smaller, measurable milestones, like "Do 10 push-ups in a row."*

2 Choose a Workout Space

Designate a clutter-free area for exercising where you won't be disturbed.

TIP *Use a yoga mat or rug for comfort and stability during your workouts.*

3 Select Equipment (Optional)

Decide if you'll include weights, resistance bands, or bodyweight exercises in your routine.

TIP *Start with simple equipment like resistance bands before investing in more expensive items.*

PREVIEW



PREVIEW

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