



DECEMBER 2026

NEW EXERCISE

Maintain & Improve Current Exercises



GOAL

3 sets of 8-10 reps

- Squats
- Push-ups
- Dead Bugs
- Side Lunges
- Pull-Aparts
- Pallof Press Rotations
- Reverse Lunge
- Bent-Over Rows
- Plank

Complete all exercises 3+ days per week, focusing on proper form, controlled movement, and gradual progression as you get stronger.

This simple, balanced routine combines lower-body, upper-body, and core exercises to support strength and functional health. As your fitness improves, use the alternative exercise options to add variety, adjust for your needs, and continue progressing over time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	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	1	2



NUTRITION FOCUS

Celebrate Wins & Reflect



Goal: Reflect on which nutrition habits supported your health and energy this year, what improved, and which practices you want to continue or refine in the new year.



Habit Building Tips: Take time to recognize all progress and wins, big and small. Reflect on the habits, routines, and mindset shifts that supported your progress, and how far you've come since you started. Progress doesn't have to be perfect to matter. Progress does not need to be perfect or match the original goal to count. Every step you took matters. Consider what you are most looking forward to improving or building on next year.

Disclaimer: Educational resource only. Participation is voluntary. See Instructions page for full disclaimer.