



1GlowWithin 90 Day Fitness Planner Part 1 Vision & Foundation

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 Welcome to Your
1GlowWithin Journey
Part 1

You're beginning the first 30 days of your 1GlowWithin Transformation.

Here you'll define your goals, set mindful intentions, and track your daily habits across mind, body & beauty.

Every page invites you to slow down, breathe, and honor your growth from within.

"Your glow begins the moment you decide to nurture yourself."

How to Use This Planner

- 🌸 Set Your Intentions: Start with your 90-day vision & wellness pillars.
- 💪 Track Daily Progress: Complete one page per day.
- 🌿 Reflect Weekly: Use the reflection pages to celebrate your wins.

✨ Define Your Wellness Vision Board

NAME:

DATE:

Reflection: “How do I want to feel 90 days from now?”

“What does balance mean to me?”

“One word to describe my ideal self...”

Break down your 90-day goals into three wellness pillars:

Inner Health • Outer Beauty • Fitness.

Inner Health 🌿 Sleep 8 hrs Better focus & energy.
Set bedtime alarm. Wake up refreshed 5x/wk.

Outer Beauty 💄 Daily skincare. Boost confidence

AM/PM skincare routine. Consistent routine.

Fitness 🏃♀️ steps/day Improve endurance Walk or exercise.

My Goal:

Why It Matters:

Action Steps:

Success Measure:

Day 1

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 2

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
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Day 3

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
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Day 4

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 5

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 6

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 7

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Weekly Reflection — Week 1

- How did I feel mentally and emotionally this week?

- What worked well in my routines?

- What could I improve next week?

- Notes and insights...

“One small step each day adds up to big change.”

Day 8

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 9

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 10

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 11

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 12

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 13

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 14

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Weekly Reflection — Week 2

- How did I feel mentally and emotionally this week?
- What worked well in my routines?
- What could I improve next week?
- Notes and insights...

“I am stronger than my excuses.”

Day 15

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 16

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 17

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 18

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 19

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
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Day 20

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
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Day 21

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Weekly Reflection — Week 3

- How did I feel mentally and emotionally this week?
- What worked well in my routines?
- What could I improve next week?
- Notes and insights...

“I am stronger than my excuses.”

Day 22

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 23

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
-  ■ Progress Notes

Day 24

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 25

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 26

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 27

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
- Strength & Cardio Tracker
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Day 28

- Daily Mindfulness Prompt
- Gratitude Log
- Sleep Tracker
- Stress-Level Check-In
- Skin Care Routine
- Water Intake Tracker
- Self-Care Activity of the Day
- Workout Plan
- Step Count
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Weekly Reflection — Week 4

- How did I feel mentally and emotionally this week?
- What worked well in my routines?
- What could I improve next week?
- Notes and insights...

“I am stronger than my excuses.”

End of Part 1
You've Built Your Foundation

- Take a moment to appreciate how far you've come.
- Your consistency has created clarity and strength you're glowing from within.
- Continue your journey in Part 2 Progress & Consistency to keep your momentum flowing.

"One small step each day adds up to big change."

1GLOWWITHIN



**Build your foundation
for inner health, outer
beauty & wellness.**



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