



1GlowWithin
90 Day Fitness Planner
Part 2
Progress & Consistency
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PAGE 2: WELCOME TO PART 2
✨ Welcome Back — Your Glow Continues ✨

You've built your foundation now it's time to strengthen it.

Part 2 of your GlowWithin journey is about consistency, courage, and confidence.

Each daily page invites you to show up for yourself with discipline, intention, and self-compassion.

Progress isn't perfection; it's the proof that your glow is growing.

"Each day I choose progress over perfection."

STAYING CONSISTENT

How to Stay Consistent

- 💡 Schedule your glow time — set a reminder to complete your daily page.
 - 🌱 Celebrate mini milestones — small wins build big momentum.
 - 💧 Nourish your energy — rest, hydrate, and refocus when needed.
- ✨ Revisit your “why” your purpose keeps you anchored.

Consistency is a love letter to your future self.

Day 29

- 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 30

- 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 31

- 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 32

- 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 32

- 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 34

- 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 35

- 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

Weekly Reflection — Week 5

- 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 36

- 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 37

- 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 38

- 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 39

- 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 40

- 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 41

- 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 42

- 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

Weekly Reflection — Week 6

- 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 43

- 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 44

- 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 45

- 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 46

- 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 47

- 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 48

- 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 49

- 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

Weekly Reflection — Week 7

- 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 50

- 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 51

- 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 52

- 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 53

- 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 54

- 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 55

- 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 56

- 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

Weekly Reflection — Week 8

- 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 2

You're Two-Thirds Through Your Journey

You've sustained your rhythm with grace and strength.

This stage is proof of your resilience — you've turned intention into habit.

Take a breath, reflect on your progress, and prepare to finish strong in Part 3 – Glow & Reflection.

“Consistency creates confidence, and confidence fuels your glow.”

1GLOWWITHIN



**Deepen your habits,
strengthen your rhythm, and
stay aligned with your glow.**



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