



Weekly Bone-Strengthening Planner™

Create a realistic mix of movement that supports bones, muscles, balance and recovery.

MY WEEKLY FOCUS

Week of: _____

One movement habit I want to make easier:

PLAN BEFORE THE WEEK BEGINS

Strength sessions I can realistically fit: _____

Upright activities I enjoy: _____

Where I can practice balance safely: _____

	 STRENGTH	 WEIGHT-BEARING / IMPACT	 BALANCE / POSTURE	 NOTES / RECOVERY
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

MY WEEK AT A GLANCE

Strength days: _____ Weight-bearing days: _____ Balance days: _____ Rest or recovery days: _____

WHAT I NOTICED

- ☐ The plan felt manageable.
- ☐ I need more recovery between strength sessions.
- ☐ I felt steadier or more confident.

- ☐ Pain, fatigue or another symptom changed my plan.
- ☐ I would like professional guidance.

What helped me follow through: _____

One adjustment for next week: _____



MOVE SAFELY

Stop and seek appropriate guidance for new or sharp pain, dizziness, chest discomfort, unusual shortness of breath or a suspected injury.



Gentle Reminder

Plans are allowed to change. Adjusting to your energy, health and recovery is part of a sustainable routine.

Martine's Midlife Wellness Tip

Schedule strength first, then build walking and balance around it.
What reaches the calendar is much more likely to happen.