



Your 30-day fitness planner

Build a routine that fits your life. Choose your own start date, record what you do and review what you enjoy.

My start date: _____ My realistic goal: _____

My preferred activity and location: _____

My weekly budget (AED): _____ My available time: _____

Support, access or coaching I need: _____

Week	Choose a focus	My plan
1	Find a manageable routine and try suitable activities.	
2	Repeat what fits your week and record the experience.	
3	Review your timetable, support needs and recovery.	
4	Keep what works and plan your next month.	

Dubai Fitness Challenge 2026 runs from 31 October to 29 November and encourages 30 minutes of daily activity for 30 days. Verify activities and registration at dubaifitnesschallenge.com.

This is a flexible activity log, not a personalised exercise prescription. Adapt activity to your needs and seek qualified advice where appropriate. UAEThrive is independent and is not an official partner, sponsor or organiser of Dubai Fitness Challenge.



Days 1-15: your activity log

Record your own plan. Use recovery or a suitable gentle activity when needed; this is not a fixed daily workout programme.

Day / date	Activity or session	Mins	Cost AED	How it felt / notes
1 / ____		____	____	
2 / ____		____	____	
3 / ____		____	____	
4 / ____		____	____	
5 / ____		____	____	
6 / ____		____	____	
7 / ____		____	____	
8 / ____		____	____	
9 / ____		____	____	
10 / ____		____	____	
11 / ____		____	____	
12 / ____		____	____	
13 / ____		____	____	
14 / ____		____	____	
15 / ____		____	____	

What worked this fortnight? _____

What will I change? _____



Days 16-30: your activity log

Record your own plan. Use recovery or a suitable gentle activity when needed; this is not a fixed daily workout programme.

Day / date	Activity or session	Mins	Cost AED	How it felt / notes
16 / ____		____	____	
17 / ____		____	____	
18 / ____		____	____	
19 / ____		____	____	
20 / ____		____	____	
21 / ____		____	____	
22 / ____		____	____	
23 / ____		____	____	
24 / ____		____	____	
25 / ____		____	____	
26 / ____		____	____	
27 / ____		____	____	
28 / ____		____	____	
29 / ____		____	____	
30 / ____		____	____	

What worked this fortnight? _____

What will I change? _____



Choose what to keep

Compare three options using your own experience. Ask for written terms before buying a membership or training package.

Compare	Option A	Option B	Option C
Business / location			
Travel time			
Total cost in AED			
Minimum term / cancellation			
Timetable / access			
Coaching / induction			
Trial experience			

Activities I enjoyed most: _____

Routine I can keep next month: _____

Questions to ask the provider: _____

Next step: _____

Compare public fitness business profiles and read the buyer guide:

<https://uaethrive.com/guides/dubai-fitness-wellness-buyer-guide/>

Official event information: <https://www.dubaifitnesschallenge.com/en/faqs>

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