

If you're someone who exercises at different times on varying days of the week, an Apple Fitness+ custom plan is for you. This flexible workout program lets you pick the days, activities, and amounts of time so that you can work out when it's most convenient for you. Ready to give it a try? Here's how you can create and start an Apple Fitness+ plan in iOS 17.



- [About Apple Fitness+ custom plans](#)
- [How to create an Apple Fitness+ custom plan on iPhone](#)
- [How to start your custom Fitness+ plan](#)
- [How to modify custom plan on iPhone](#)

About Apple Fitness+ custom plans

When you want to work out on your own schedule, perform specific activities, and choose the timing to stay on track with your fitness goals, you can build a Fitness+ custom plan.

- You can start your plan's workout activity on iPhone, iPad, or Apple TV. If you have a paired Apple Watch, you can [control the activity on your wrist](#) once you start it on your iPhone (below).
- You must [be an Apple Fitness+ \(Apple Fitness plus\) subscriber](#) and have iOS 17,

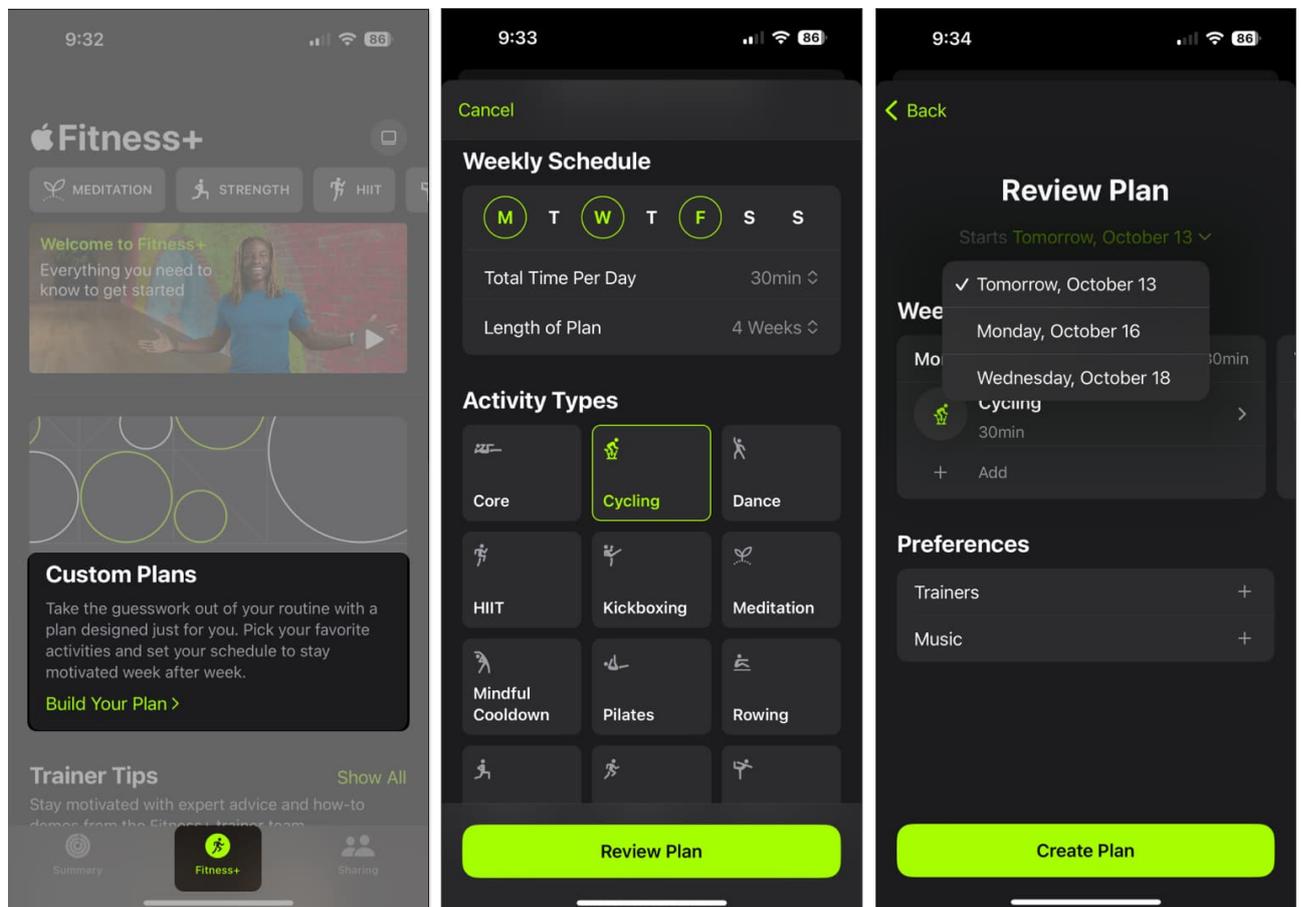
iPadOS 17, tvOS 17, and watchOS 10 or later to create and access a custom plan.

- Additionally, you can currently only have one active custom plan at a time.

To set up your Apple Fitness+ custom workout, grab your iPhone and follow these simple steps.

How to create an Apple Fitness+ custom plan on iPhone

1. Open the **Fitness** app → Select the **Fitness+** tab.
2. In the *Custom Plans* section, tap **Build Your Plan**.
3. Select the **days** of the week you want to work out, the **Total Time Per Day**, and the entire length of the plan.
4. Choose an **Activity Type** like cycling, dance, Pilates, or rowing.
 - You can pick up to five activities for your custom plan. Note that if you do include more than one activity, you may need to adjust your duration or number of days to accommodate them all.
5. Select **Review Plan**.
6. You'll then see your **Weekly Schedule** and can swipe to the right for the additional days. You can also do the following:
 - Use the **date** drop-down arrow at the top to start your plan on a different day.
 - Select the **activity** to change the amount of time.
 - Tap **Add** to include another activity in the workout plan.
 - Choose **Trainers** to pick a particular featured trainer.
 - Pick **Music** to select a featured music genre.
7. When you finish, tap **Create Plan** to save your detailed workout schedule.

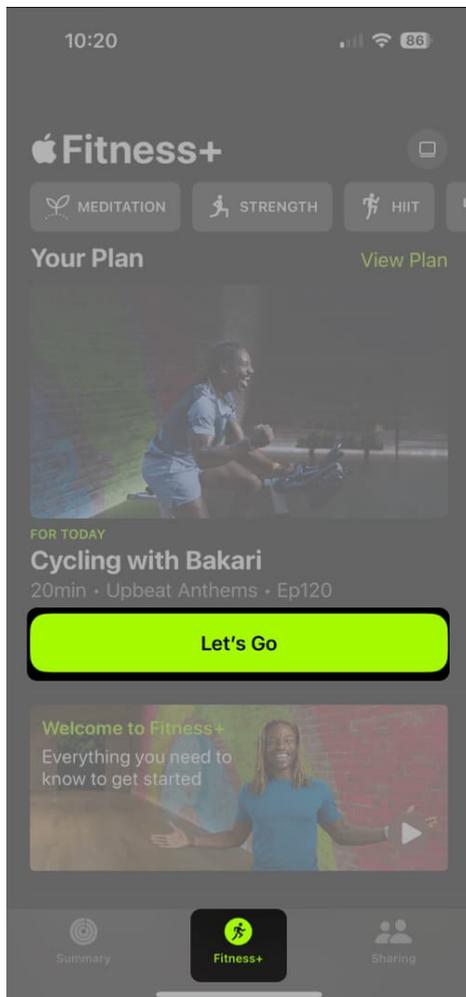


You'll then see your custom plan at the top of the Fitness+ tab on iPhone as well as in the Fitness app on iPad and Apple TV.

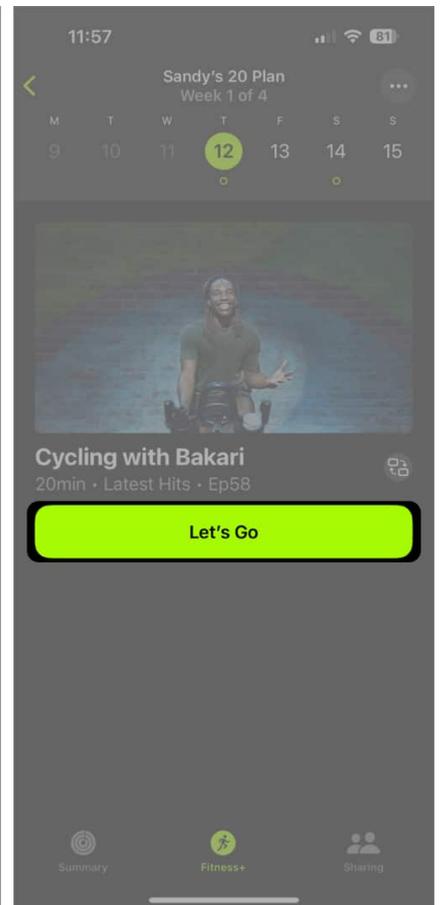
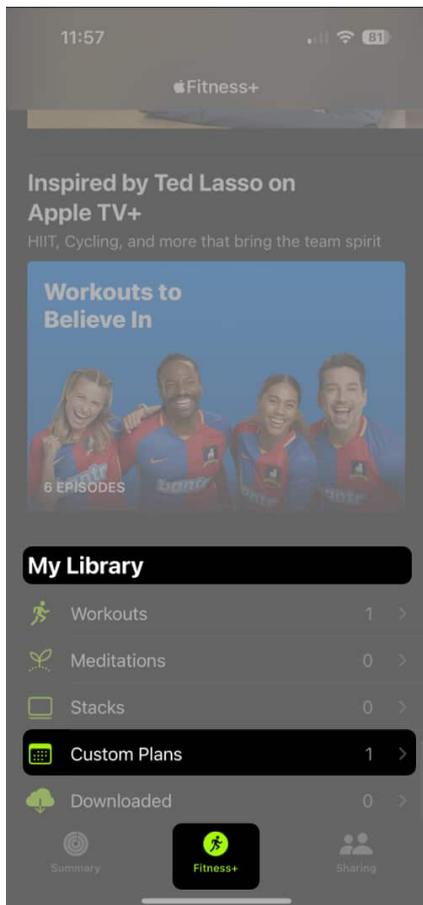
How to start your custom Fitness+ plan

When you're ready to start an activity in your custom plan, you can do so on your iPhone, iPad, or Apple TV.

1. Do one of the following to begin a workout:
 - **On iPhone:** Open the **Fitness** app → Go to the **Fitness+** tab → Tap **Let's Go** below the plan activity at the top.



- **On iPad:** Open the **Fitness** app → Tap **Let's Go** below the plan workout at the top.
 - **On Apple TV:** Open the **Fitness** app → Choose **Let's Go** below the plan activity.
2. On all three devices, you can also scroll down to **My Library** → **Custom Plans**, choose the **plan**, and pick **Let's Go**.



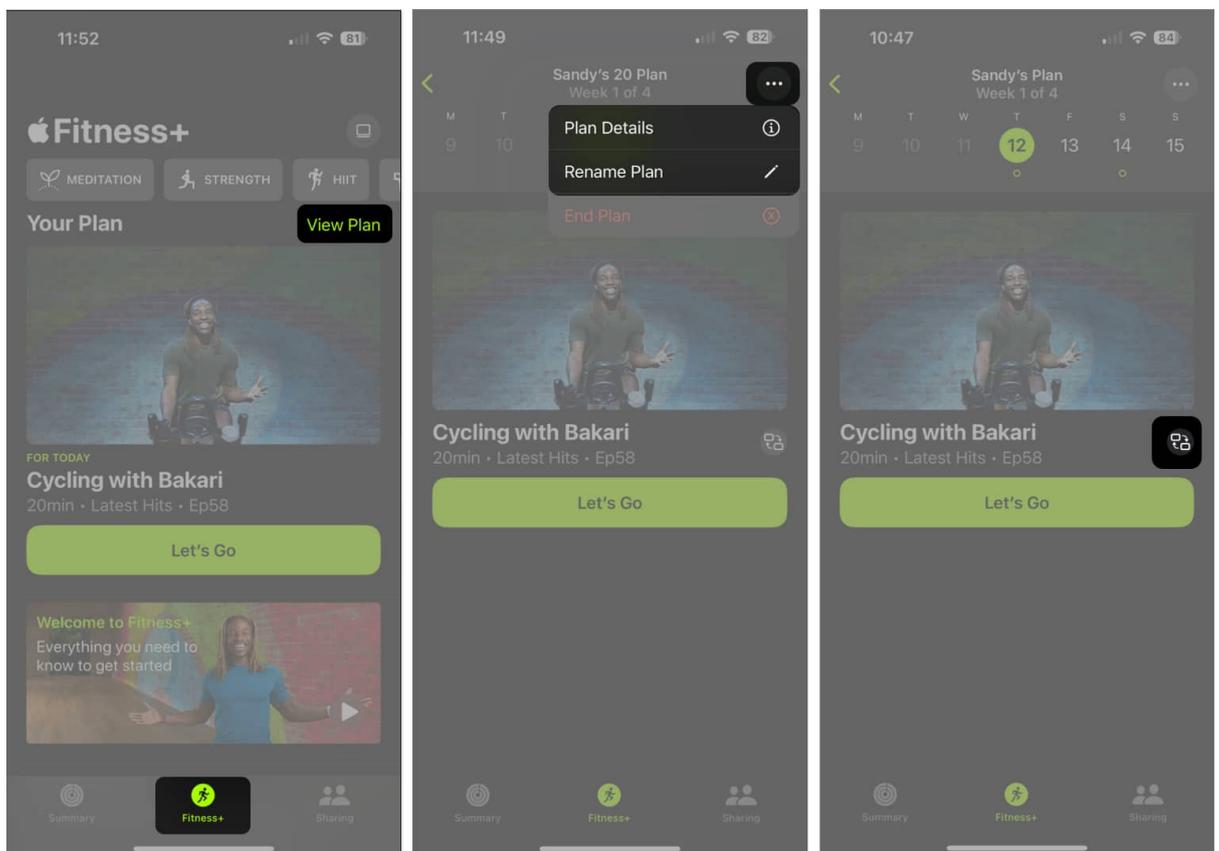
- On Apple Watch, start the plan from your iPhone as described above and then tap the **Play** button.



How to modify custom plan on iPhone

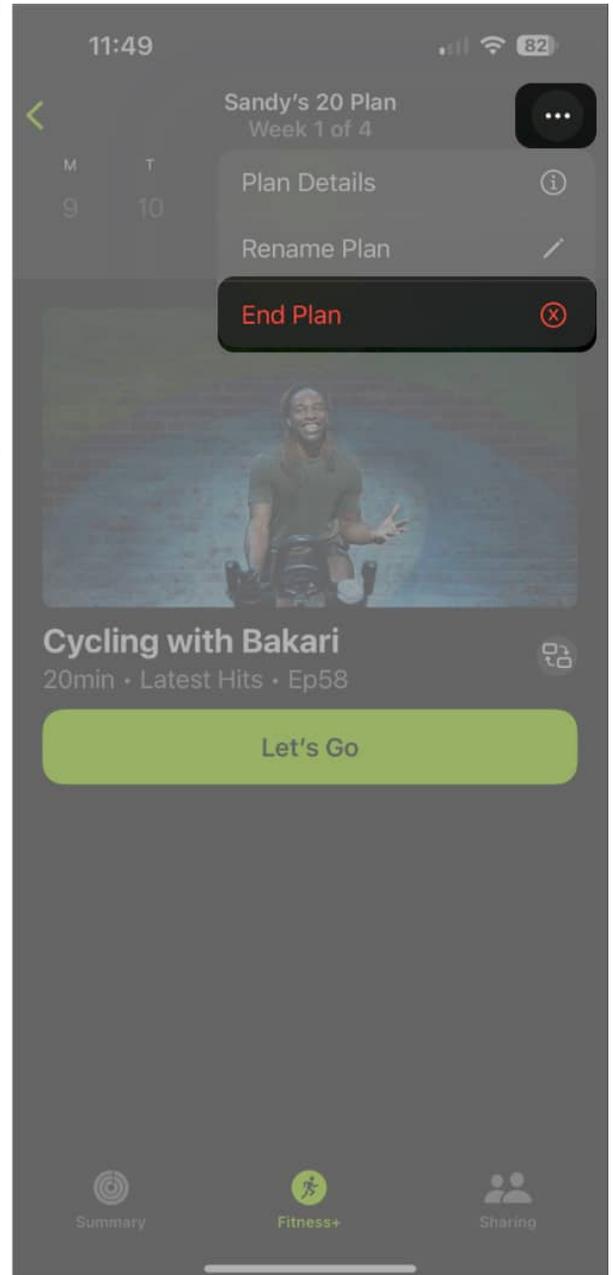
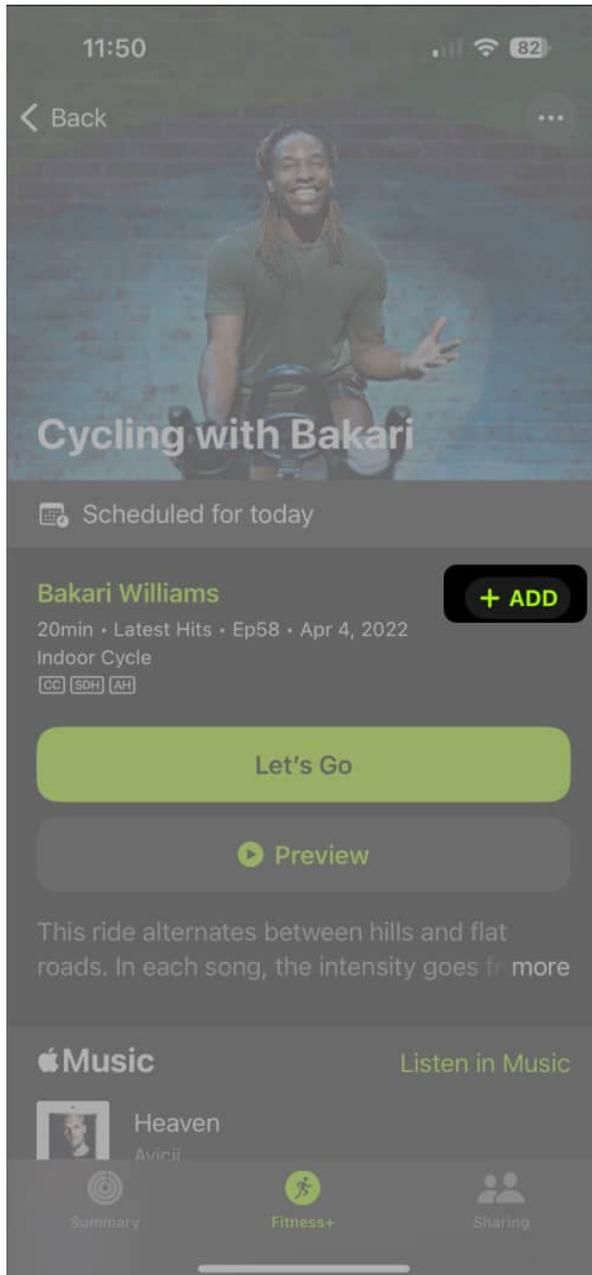
If you'd like to review and make simple changes or remove the plan, you can do this easily.

1. On iPhone, open the **Fitness** app → Select the **Fitness+** tab.
 - On iPad, open the **Fitness** app.
2. Select **View Plan** for your custom plan near the top of the screen.
3. Then, do one of the following:
 - **Rename your plan:** Tap the **three dots** on the top right and pick **Rename Plan**.
 - **Review the plan:** Swipe to see each day with the activity, timing, trainer, and music. You can also tap the **three dots** and pick **Plan Details** for a summary.
 - **Switch a workout:** Tap the **Swap** icon next to an activity. Pick a new timing to see the options and then choose the activity you want to replace it. Note that you'll only see this option on the day of a scheduled activity.



- **Download a plan workout:** Tap the **Add** button on the main custom plan activity screen.

- **To delete a plan:** Tap the **three dots** and pick **End Plan**. Confirm by tapping **End Plan**.



4. If you'd like to restart a deleted plan or repeat a plan, open **Custom Plans** in the Fitness+ My Library section.
 - Pick the plan in the Previous Plans area and choose either **Restart Plan** or **Repeat Plan**.

FAQ

What is the difference between Apple Fitness and Apple Fitness+?

The basic Apple Fitness feature tracks your physical activities by helping you close your stand, exercise, and move rings. Apple Fitness+ is different in that it's a paid program and provides guided workouts (videos) from expert trainers in a variety of activities.

Can two people do an Apple Fitness+ workout together?

Yes, using SharePlay with Apple Fitness+, you and your workout buddy can exercise together. As long as you both have the supported OS versions and Fitness+ subscriptions, you can work out with each other [using SharePlay on a FaceTime call](#). Check out the [Apple Support page](#) on this topic for additional details.

Your time, your workout!

Instead of relying on when a class begins at your local yoga studio or when your preferred cycling trainer is holding a session, you can build a plan that works around your schedule using Apple's Fitness+ custom plans. Will you give it a try? Let us know how well the custom plan feature works for you!

Read more:

- [Unable to access Apple Fitness+ content? How to fix it](#)
- [Fix Apple Fitness+ not showing up on iPhone](#)
- [How to use Stacks in Fitness+ in iOS 17](#)