







CREATE

MOVE

1.

First, list activities you enjoy or want to try in each of the four facets of your Healthy Habits System™ Optimal Fitness Strategy.

 Strength	Sweat 
 Flex	Rest 

2.

Next, consider your List of Dreams and Goals. What are the big, scary some-day things that you've always wanted to experience, but have never felt like you were fit enough for? Do you want to hike in and out of the Grand Canyon? Run the Boston Marathon? Enter an amateur physique competition?

You hold within you the power to accomplish anything you passionately desire. Barring any physical limitation, the frameworks provided in this workbook can help you achieve any goal you set for yourself.

So now's the time to start making plans; some-day is finally within reach! List below any Dream List items you're ready to start checking off. Compare them to the activities you listed to the left.

Can any of those activities prepare you to achieve them?



3.

Now, craft these aspects into a weekly plan that is fun, fits your life, and takes you toward your big, scary Dream List experience by putting them together into a daily and weekly schedule. Remember that specificity is imperative when it comes to creating frameworks for success.

Schedule your training when nothing else will interfere. Adjust your schedule to accommodate your workouts by eliminating activities that can be, and by shifting things that can't. Obviously some things are non-negotiable. Likely your work schedule is one of those. If you are a student, your class schedule is definitely pre-

Four vital facets of
The Healthy Habits System™
Optimal Fitness Strategy:

Strength

Sweat

Flex

Rest

defined for you. Family obligations may be beyond your control. And you must carve out and protect 7–9 hours each 24-hour cycle for sleep.

So look to things you can negotiate: television time, for instance. Cut corners in certain routines to shave off time. Share responsibilities with team members and family members.

The point is, as we discussed in DO, the things that are important to you have a way of making room for themselves. Facilitate prioritizing your workouts by making them a permanent part of your week.

Day	Time	Fitness facet	Activity
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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