

Start Smart for Strength Worksheet

Day 1: Strength for your core Why and Real Life Results

Personalize it: After reading about the what and whys for strength exercises, how will strength training connect to your core Why for exercise? Brainstorm your answers.

How does having more strength connect to my Real Life Results activities?

Day 4: Link Strength Training

How does strength training link to my core Why? Jot down any thoughts.

What time in my day would work best for strength training?

Keep in mind, strength training can be done:

- Every day, alternating upper body and lower body
- Every other day, doing both upper and lower body
- As a movement break doing one set at a time in 2-3 small breaks during the day.

What places in my environment would strength training work best?

Day 5: Learning for strength

What learning tool would work best for strength training?

I am confident my learning tool

- Keeps me present
- Reminds me of my core Why
- Reminds me of my plan for strength training
- Is convenient to use
- Works with my learning style

Day 6: Your WELL Habit for Strength Training

Go through the four steps for adding strength training into your week?

What: What strength exercises are most important right now? You can do one for each of the six categories of strength moves or you might start with just one or two that are most important to you right now. Trust your Inner Trainer here to know what is most important and you are confident you will do regularly.

Enough: How often is enough for these strength exercises to lead to connect to my core Why and lead to my Real Life Results? Keep in mind, a muscle memory set is enough to build a strong foundation of strength. When you are starting smart, one muscle memory set of 8-12 repetitions, twice a week is enough. Then trust your body to know when and if you are ready to progress.

Link: How can I link strength training time to my time, place, and Why?

- What time will I do strength training?

- How will I remember how it connects to my core Why?)

Learn: What way will I let that information sink in to complete the habit loop as I learn from each time I do strength training?

How confident am I in this WELL Habit plan? 0= not at all, 10= completely

If your confidence is below a 7, go back and adjust so your confidence feels stronger.