

# Building Sustainable Exercise Habits: Consistency & Motivation

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## Section 1: Your Why

1. Why is consistent movement important to you right now?

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2. How do you want to feel physically in 3 months?

- Stronger
- More energized
- Less stiff
- More confident
- Less stressed
- Other: \_\_\_\_\_

3. How do you want to feel emotionally/mentally?

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## Section 2: Shift the Perspective

When I miss a workout, my usual thought is:

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A healthier reframe I can practice:

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Reminder to self:

- Missing a day is a pause, not a failure.
- Getting back to it is continuing, not starting over.

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## Section 3: Start Small Plan

What is the smallest version of consistency I can commit to?

- 5–10 minute walk
- Stretching daily (5 minutes)
- 1 workout per week

- 2 workouts per week
- Other: \_\_\_\_\_

My realistic weekly movement goal (Build from there):

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#### **Section 4: Choose Enjoyable Movement**

Circle or write activities you actually enjoy:

- Dance
- Water aerobics
- Cycling
- Hiking
- Kickboxing
- Yoga
- Pilates
- Strength training
- Walking
- Group classes
- Home workouts
- Other: \_\_\_\_\_

Which 2 will you focus on this month?

1. \_\_\_\_\_
2. \_\_\_\_\_

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#### **Section 5: Schedule It**

The time that works best for my life:

- Early morning
- Lunch break
- After work
- Evening
- Weekends

Specific days & times:

- Mon: \_\_\_\_\_
- Tue: \_\_\_\_\_
- Wed: \_\_\_\_\_
- Thu: \_\_\_\_\_
- Fri: \_\_\_\_\_
- Sat: \_\_\_\_\_
- Sun: \_\_\_\_\_

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### Section 6: Accountability Plan

How will you stay accountable?

- Workout partner
- Trainer
- Fitness app
- Habit tracker
- Calendar reminders
- Weekly self check-in
- Posting progress
- Other: \_\_\_\_\_

My accountability system:

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### Section 7: Track What Matters

Track more than appearance.

This week I will track:

- Days completed
- Minutes exercised
- Mood
- Energy level
- Sleep quality
- Stress level

Weekly reflection:

How did movement affect my mood?

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What worked well?

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What needs adjusting?

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### Section 8: Flexibility Plan

If I miss a workout, I will:

- Move it to another day
- Do 10 minutes instead
- Stretch only
- Walk instead
- Continue as planned

No punishment. No guilt. Just return.

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### **Section 9: Reset Ritual (When Motivation Drops)**

When I feel unmotivated, I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Small action I can take immediately:

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### **Section 10: Affirmations**

Choose or write one:

- I return, even when I pause.
- Small steps still count.
- My body deserves care.
- I don't need to be extreme to be effective.
- I am building sustainable discipline.
- My consistency is growing each week.