YOUR FIRST THREE SESSIONS / RESOURCE 01

Make room for movement.

A simple plan you can actually use. Choose a time for each session, keep space for rest and adjust the plan when life happens.

Week beginning _____ My reason to start _____

Your week, at your pace

Day	Movement, rest or another plan	Time / notes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Keep it flexible. Joe's First Steps to Fitness series suggests leaving rest days between workouts. There is no rush to finish: repeat a session or leave more time between sessions if that works better for you.

One thing I can prepare before my next session

If my planned time does not work, I will...