YOUR PERSONAL ACTION BOOK

Back in Shape — For Good

Get fit in a way that finally sticks.

Generated Jul 21, 2026 · 90-day horizon

THE BIG PICTURE

Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30

Health. Trained 3x a week for three straight weeks

Mind. Kept a daily 10-minute decompress ritual for two weeks

DAY 60

Health. Hit a concrete strength or distance baseline

Mind. Said no to or removed at least one commitment

DAY 90

Health. Beat my week-1 baseline by a clear margin

Mind. Noticeably calmer on most days

> MID-POINT CHECK-IN · AROUND DAY 45
>
> Halfway through, take five minutes and answer these honestly:
>
> 1. **What's actually working?** Do more of it.
> 2. **What's not?** Shrink it until it's easy, or drop it.
> 3. **What's the one thing** you'll fix for the second half?

HEALTH

Get visibly fitter in one season

Build a training habit that survives bad weeks and shows real progress.

THE CHALLENGE

Out of shape — want to get fit

WHY IT MATTERS

A body you trust changes how you show up everywhere else.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Trained 3x a week for three straight weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: Beat my week-1 baseline by a clear margin.

MILESTONES

- DAY 30 — Trained 3x a week for three straight weeks
- DAY 60 — Hit a concrete strength or distance baseline
- DAY 90 — Beat my week-1 baseline by a clear margin

KEYSTONE HABITS

Three training slots

When my calendar reminder fires, I will do my scheduled training session.

Protein with every meal

When I sit down to eat, I will include a protein source.

YOUR FIRST ACTIONS

- [ ] **Block 3 workout slots**
  Put three 30-minute sessions on the calendar as real appointments.
- [ ] **Pick one simple program**
  Choose a beginner full-body routine so you never decide on the day.

- [ ] **Lay out gear the night before**
  Remove every morning excuse by prepping clothes and shoes.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Three training slots

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Protein with every meal

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IF-THEN PLAN

When a session won't fit**, then** I do a 15-minute version rather than zero.

When I don't know what to do**, then** I run the same fixed beginner routine, no deciding.

When I don't feel like it**, then** I commit to just showing up for 5 minutes.

MIND

Lower the daily stress load

Build small recovery rituals so stress stops running the day.

THE CHALLENGE

Constantly stressed and overwhelmed

WHY IT MATTERS

A calmer baseline makes every decision and relationship easier.

HOW THE PLAN UNFOLDS

Week 1	Do your first actions and start your keystone habits. The only goal this week is to begin.
Weeks 2–4	Make the routine automatic and repeatable, working toward: Kept a daily 10-minute decompress ritual for two weeks.
Month 2–3	Turn the routine into a result you can point to, working toward: Noticeably calmer on most days.

MILESTONES

- DAY 30 — Kept a daily 10-minute decompress ritual for two weeks
- DAY 60 — Said no to or removed at least one commitment
- DAY 90 — Noticeably calmer on most days

KEYSTONE HABITS

Daily decompress

When I close my laptop for the day, I will take 10 minutes to decompress.

Breathing reset

When I feel my chest tighten, I will take five slow breaths.

YOUR FIRST ACTIONS

- [ ] **Pick a shutdown ritual**
  Choose a short fixed sequence that signals the workday is over.
- [ ] **Audit your commitments**
  List everything you've said yes to and pick one to drop.

- [ ] **Schedule real downtime**
  Block a recurring window that is purely for rest, not errands.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Daily decompress

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Breathing reset

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IF-THEN PLAN

When I keep checking messages**, then** I put my phone in another room during downtime.

When I'm tempted to say yes**, then** I say 'let me check and get back to you' instead of yes.

When stress builds with nowhere to go**, then** I take a 10-minute walk before reacting.