

YOUR PERSONAL ACTION BOOK

# Back in Shape — For Good

Get fit in a way that finally sticks.



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# 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**

**Protein with every meal**

**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.

# 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**

**Breathing reset**

**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.