

Consistency

KICKSTART CHECKLIST



MAKING STRYDZ

A simple strategy to help you build lasting momentum - one step at a time.

YOUR WEEKLY FOCUS

Set yourself up for success with these key habits each week:

- ☐ Set a realistic movement goal (example: 3 workouts/week)
- ☐ Pick your workout days and times - add them to your calendar
- ☐ Prep clothes, shoes, or equipment the night before
- ☐ Celebrate small wins, even if it's just showing up
- ☐ Reflect weekly: What worked? What needs adjusting?
- ☐ Stay accountable: Check in with a coach or an accountability buddy

MINDSET SHIFTS TO EMBRACE

Consistency starts in your mindset. Try adopting these truths.

- ☐ Progress over perfection
- ☐ You don't need motivation - you need momentum
- ☐ Fitness is a lifestyle, not a quick fix
- ☐ Consistency beats intensity every time
- ☐ You can always restart

PRO TIP

Print this checklist and keep it where you'll see it often - on your fridge, planner, or home gym space. Check off your wins weekly!

Making Strydz

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