

✓ Week 01 - Task Paralysis

Week 02 - The Boom-Bust Trap

Week 03 - Coming Soon

Week 04 - Coming Soon

WEEK 02 - EXERCISE SERIES

THE BOOM-BUST TRAP

Or: Why going all-out on Monday is the fastest way to guarantee you quit by Thursday.



BUILDING ON WEEK 01

Last week you learned to break paralysis with two ridiculous steps and your hands in the right place. That skill is the foundation of everything that follows. If you haven't done Week 01, start there - it matters.

You finally got moving last week. Maybe you did two reps.

Maybe you did two hundred. Either way, you crossed the starting line — and that is genuinely hard for an ADHD brain to do. Here's the next trap waiting for you: **the urge to make up for lost time all at once.**

The ADHD brain runs hot. When motivation finally shows up, it arrives at full volume — and says things like "I'll work out for two hours today and do it every day from now on." That plan has a 100% failure rate. Not because you're weak. Because **the nervous system doesn't work that way, and yours especially doesn't.** This week we build the antidote: the minimum effective dose.

THE "GOOD ENOUGH" RULE

Before you start any workout this week, you will set a **ceiling, not a floor.** Decide in advance: "I will do no more than X minutes today." Then honor that limit — even if you feel great and want to keep going. Stopping while you still have gas in the tank is how you show up again tomorrow. The goal this week is **three workouts, not one perfect one.**

THE EFFORT SPECTRUM — WHERE TO AIM

Too little
(nothing changes)



▲ Right here
"Pleasantly tired"

Too much
(you won't come back)

1

BEFORE YOU START

Use Week 01. Get your body in the room.

Don't reinvent the wheel. If you feel paralysis creeping in, run through the Week 01 steps: sit up, put one thing on, stand in the space, do two reps. You already know how to start. That knowledge doesn't expire.

👏 Both palms flat on thighs. Feel the floor. You've done this before.

 as needed

2

THE CEILING DECISION

Set a time limit before you begin. Say it out loud.

Before a single rep happens, decide how long you'll go. Ten minutes is a perfectly legitimate answer. Fifteen is ambitious. Twenty is plenty. Say the number out loud — *"I'm working out for twelve minutes"* — because your ADHD brain is more likely to honor a commitment it heard itself make. Set a timer on your phone right now.

👏 Pick up your phone with one hand. Open the timer app. Set your number. Put it face-up where you can see it.

 60 seconds

3

THE WORKOUT ITSELF

Work at a pace you could hold a short conversation.

This is called *Zone 2* in exercise science — and it's where most of the long-term benefit actually lives. If you're gasping, you're going too hard. If you could recite a paragraph without pausing, pick it up a little. Aim for the middle: you could talk in short sentences, but you'd rather not.

👉 Check in with your breathing every few minutes. One hand on your chest briefly if you need a reset. That's your biofeedback.

🕒 your chosen ceiling

4

WHEN THE TIMER GOES OFF

Stop. Even if you feel good. Especially if you feel good.

This is the hardest step for an ADHD brain running on momentum. The timer goes off and you think: *I've got more in me, I'll just keep going.* That's the boom talking. Honor the ceiling. Stopping on a high note is not weakness — it's how you wire your brain to look forward to the next one instead of dreading it.

👉 When the timer sounds: hands on knees, breathe out once, say "done" out loud. Then begin your cooldown.

🕒 immediate

5

THE LOG — TAKES 90 SECONDS

Write down one word that describes how you feel right now.

Not a journal entry. One word. "Good." "Meh." "Proud." "Surprised." "Tired." That word is data. After three workouts this week, you'll have three words — and that tiny record is the beginning of showing your brain that working out is something *you do*, not something you're trying to do.

👉 Phone in hand, open your notes app. Type the date and one word. Done.

 90 seconds



The ADHD brain doesn't build habits the way other brains do — it builds them through repetition with low enough stakes that the nervous system doesn't fight back. Three short workouts this week beats one heroic one. You are not building fitness right now. You are building the identity of someone who shows up. The fitness follows.

— Brian Jaeger, MA, CRC, LMHC



This week's reflection (bring it to session)

How many times did you want to keep going past the timer — and what did you do? Also: which of your three one-word logs surprised you most, and why?



The week's target, simply stated

Three workouts. Any length between 10 and 20 minutes. Stop when the timer says stop. One word in your notes afterward.

That's the whole assignment.



If you only got one workout in

That's still one more than zero. Note what got in the way of workouts two and three. Bring it in — those obstacles are the most useful information you have right now.

