

3 Actions to Put In My Calendar:

5-Minute Action Worksheet Set my Put water alarm 10 bottle + yoga minutes early Set a mat out to 6:50 calendar before bed reminder for every morning Tell my partner so they know I'll be busy Exercise Book a physio 10 minutes appointment every to check on weekday hips Choose videos in advance + open tabs to Ask remind me Sarah to meet for a walk Friday Book a Post my workout plan mornings pedicure for on IG to keep end of month me motivated as a reward!

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Weekdays: alarm at 6:50, workout at 7:00

Friday walk with Sarah at 6:45

Sunday: select workouts for the week