



<p>Step 1: Establish a goal and why. Exercise 3 days a week for at least 30 minutes because it will impact my short-term and long-term health for the better. Giving me more strength, endurance and independence.</p> <p>Where are you currently at? Reflect on the past 3 months.</p> <p>Example: 0 times a week doing 30 minutes of exercise (cardio, walking, weight training)</p>	<p>Step 2: Months 1-3. What can you reasonably do for the next 3 months?</p> <p>Example: Commit 1 day a week to 30 minutes of exercise.</p>	<p>Step 3: Can you double down on your commitment for the next 3 months?</p> <p>Example: Commit 2 days a week to 30 minutes of exercise.</p>	<p>Step 4: Final step. Can you commit to your established goal for the next 3 months?</p> <p>Can you sustain this change?</p> <p>If you can't, then back off to your step 3 commitment.</p> <p>Example: Commit 3 days a week to 30 minutes of exercise.</p>

