EARNED RUNS Example: RESOLUTION PLANNING

Last week of December 2017:

Buy or make a calendar, log, or diary for 2018 fitness/health tracking

DRAFT a list of resolutions that cover exercise, diet, and health goals on page 1:

*Exercise resolutions*

*1. Start doing HIIT*

*2. Do weight training*

*Diet resolutions:*

*1. eliminate artificial sweeteners*

*2. eat healthier meals*

*Health resolutions*

*1. sit less*

*2. sleep better*

First week of January 2018 (1/1-7)

Revise the list on page 2

*Exercise resolutions*

*1. Start doing HIIT several days a week rather than just doing aerobic sessions*

*2. Weight train a couple times per week*

*Diet resolutions:*

*1. Reduce number of drinks and foods consumed with artificial sweeteners*

*2. Eat healthier meals during the week at work*

*Health resolutions*

*1. Move more/ sit less for long stretches*

*2. Improve sleep quality and quantity during the week*

DRAFT a list of specific goals or activities that will help keep resolution on pages 3

*Exercise resolutions*

*1. Start doing HIIT several days a week rather than just doing aerobics exercise*

*Perform HIIT on Tuesday morning runs*

*Perform HIIT on stationary bike at gym, Thursdays*

*2. Weight train a couple times per week*

*Find a weight training workout*

*Buy barbells for home workouts (too scary to start this at gym)*

*Diet resolutions:*

*1. Reduce number of drinks and foods consumed with artificial sweeteners*

*Experiment/identify drinks I like without sweeteners*

*Check labels on ‘diet” foods I eat to see if contain sweeteners*

*2. Eat healthier meals during the week at work*

*Prepare list of foods I can buy that I can bring to keep work*

*Health resolutions*

*1. Move more/ sit less for long stretches*

*Find timer or app that will give me alerts*

*Check out private places to do quick “move” sessions at work*

*Find list of quick “office place’ exercises*

*2. Improve sleep quality and quantity during the week*

*Identify reasonable time I’ll be willing to go to sleep every night*

*Buy eye shades*

*Make list of pre-sleep protein snacks to eat before bed*

Organize and clean food storage and prep areas, build shopping list of needed items

Organize and clean closets, gym bags that hold workout clothes

Second week of January 2018 (1/8-14)

Finalize resolution list on page 4

*Exercise resolutions*

*1. Schedule HIIT sessions 2 days/week rather than just doing aerobics*

*2. Weight train 1 day/week:*

*Diet resolutions:*

*1. Limit drinks with artificial sweeteners to 1 per day; eliminate ‘diet’ foods*

*2. Eat breakfast at home; bring lunch and a high protein snack to work*

*Health resolutions*

*1. Move at regular interval at work (10 am and 11 am, 2pm and 4pm)*

*2. Sleep 7 hours in dark room each week night 10:30pm to 5:30am*

Finalize goal list on pages 5

*Exercise resolutions*

*1. Schedule HIIT sessions 2 days/week rather than just doing aerobics*

*-Perform HIIT on Tuesday morning runs (3min/3 min at 4/7 level)*

*-Perform HIIT on Thurs or Friday on stationary bike at gym:*

*3 sets of 5x (30:20:10 sec) + 2 minutes recovery*

*2. Weight train 1 day/week:*

*9 total exercises: 3 each for upper body, lower body, core/back/abs*

*Diet resolutions:*

*1. Limit drinks with artificial sweeteners to 1 per day; eliminate ‘diet’ foods*

*Buy soda drinks (La Croix) and bring to works*

*Check labels on ‘diet” foods I eat to see if contain sweeteners*

*2. Eat breakfast at home; bring lunch and a high protein snack to work*

*Make 5 serving oatmeal Sunday night, refrigerate for mornings*

*Buy cheese sticks, yogurt cups, meat for sandwiches, fruit , and veggie*

*sticks; make lunches at home for work*

*Health resolutions*

*1. Move at regular interval at work (10 am and 11 am, 2pm and 4pm)*

*Go to stairwell and do 2 one-minute exercises each break*

*(calf lifts, reverse lunges, jumping jacks, wall sits, etc)*

*Wear clothes, shoes that allow flexible movement*

*2. Sleep 7 hours in dark room each week night 10:30pm to 5:30am*

*Stop viewing computer screen/TV shows at 10pm;*

*No phone screen viewing 10 min before bed, none after*

*Wear eye shades for darkness; decrease room temperature*

Construct a calendar or log book for January 15-March 31, even if rough dates must be used, that incorporate goals/activities lists; revise at that date, fill out next quarter after that

Fill in all activities, even if it seems unnecessary. Use symbols, colored markers as needed

Continue to organize and clean food storage and prep areas, by needed items

Continue to organize and clean closets, gym bags that hold workout clothes, buy new items

January 15: start on new resolutions!