

## **Example: EARNED RUNS RESOLUTION PLANNING 2018-2019**

Last week of December 2018:

Buy or make a calendar, log, or diary for 2019 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 2019 (1/1-5)

Revise the list on page 2

### *Exercise resolutions*

- 1. Start performing HIIT several days a week rather than aerobic sessions only*
- 2. Weight train a couple times per week that help with balance*

### *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 that include single leg exercises*  
*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 2019 (1/6-12)

Revise resolution list on page 4

*Exercise resolutions*

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

*2. Cross train on bike 1 day/week*

*3. Weight train 1 day/week at home*

*4. Balance train at noon break on weekdays 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*

Revise 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 Wednesdays after work at home:*

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

*3. Balance train:*

*Single leg stand, 1-2 minutes each leg, 3 sets at noon break on Mondays*

*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 intervals at work (10 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 to work 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*

### **Third week of January 2019 (1/13-19):**

- Map out a year-long plan using the calendar or log book for January 21-November 30, even if rough dates must be used (December can be kept a free month if you like)
- Construct a program for Jan 21-March 31, including specific training schedules; fill in all activities, even if it seems unnecessary\*.
- Finalize resolution and specific goal lists
- Same as above but add to "Exercise resolutions:"
  - o *NEW Resolution #4: Improve posture*
  - o *NEW Goal #4 Perform shoulder strengthening "Y-T-L-I" exercises while walking 5-minute cool-down after HIIT session Tuesday am.*
- *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/equipment, buy new items*
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### **January 21, 2018:**

Start activities for new resolutions!

\*[Earned Runs likes to plan events generally over an entire year, but setting down the specific details of one season in advance.

- Roughly constructing each season's program just before it starts:
  - o Jan 21- March 31 winter season,
  - o April 1 – May 31 spring season
  - o June 1 - September 2 summer season
  - o September 9 – November 30 fall season
  - o December is a 'free' month]