



4 Easy Steps to Slay Your 90-Day Fitness Goal

Wellness Wednesday Workshop
with Vicki Wiepking



Be. Here. Now.

~~Phones~~
~~Email~~
~~Distractions~~



Why do you want to make changes to your lifestyle?

- ☐ More energy
- ☐ More focus
- ☐ More productivity
- ☐ Better mood
- ☐ Better health
- ☐ Better relationships



What will happen if you don't make some positive changes?

- ☐ To your physical health?
- ☐ To your mental health?
- ☐ To your family?
- ☐ To your friendships?
- ☐ To your finances?
- ☐ To your dreams?



4 Easy Steps to Slay Your 90-Day Fitness Goal

1. Define your goals

- **90, 60, 30 days** – work backwards from your end goal and figure out a logical, attainable plan
- **Weekly** – evaluate your progress, set new daily goals
- **Daily** - what do you need to do each day



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2. Develop strategies

- **Update your schedule** – put your workouts and meal plan into your planner, just like any other commitment
- **Run routines** - it's easier when you don't have to think or make decisions every second of the day; keep it simple and consistent
- **Say no to distractions** – focus your energy on productive activities and prioritize your self care over other requests for your time
- **Unplug for blocks of time** - check email and social sites only at specific times during the day; use your energy for big ticket tasks, not repetitive time-sucks



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3. Remove obstacles

- **Know your weakness** – don't set yourself up for failure by forcing yourself to do things that are a real struggle for you
- **Optimize your pantry** - put healthy foods up front; get rid of less nutritious foods and make treats hard to reach
- **Be ready to workout** - keep your clothes accessible and update your music playlist



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4. Create Motivation

- **Get up one hour early**- listen to podcasts or audio books; drink tea; journal; set your intention for the day
- **Be accountable** - tell a trusted friend about your goal so you have to follow through
- **Put yourself first** – remind yourself of your purpose and commit to making your next decision a good one

Build Your Ideal Schedule

- Do harder things earlier in the week or day
- Prioritize your self care in the morning
- Take breaks throughout the day
- Mix up your afternoons
- Plan something fun in the evening
- Do not try to squish it all in on the weekend
- Learn to say “NO” to things that distract or overwhelm you

MORNING

- sensible
- consistent
- nourishing

AFTERNOON

- convenient
- diverse
- small

EVENING

- tantalizing
- rare
- satisfying

WORK

- appointments
- creative projects
- routine tasks

PLAY

- socializing
- recreating
- hobbies

REST

- sleep
- self-care
- tech-free



Thank You!

Module 4: Effortless Motivation