



THE 12-WEEK EXERCISE HABIT JOURNAL

What if you could just wake up in the morning and...

DO YOUR DAILY EXERCISE

without having to drag yourself to do it but actually

seeing exercise as your daily ritual?

Guess what: you can!

You can get healthy. You can get in shape without feeling like you have to drag yourself off the couch, or “whip yourself.”

No matter how many times you’ve started and stopped exercise in the past.

No matter how busy you are.

No matter your motivation level.

And if you’ve been having trouble staying on the exercise wagon...

**Making exercise a habit will
change your life forever.**



Hi, I'm Maria Brilaki, creator of Exercise Bliss. This Journal will be your companion in this journey. Feel free to use it for all 12 weeks, then use a new copy for the next 12 weeks, etc.

Journaling will help you FOCUS. It'll help you identify what works for you individually, for your schedule, and your needs.

It'll help you plan for good and bad weeks. It'll help you take control of your exercise habit, so that your new habit won't depend on the coming being a "good week." You'll be able to exercise regardless.

Now let's set the foundation for what is to come.



GETTING CLEAR ABOUT YOUR VISION

WHY DO YOU WANT TO EXERCISE?

Get toned? Lose 10 pounds? Keep up with your kids? List everything below.

CREATE YOUR VISION

From the above list pick the one-two reasons that are both inspiring and non-threatening. What speaks to your heart?

WHAT DO YOU GET IF YOU REMAIN AS YOU ARE?

If you decide to keep not exercising, what will you gain? List all possible advantages below.

WHAT'S MORE IMPORTANT TO YOU?

Compare your vision with all the advantages you listed above. What's more important to you? Why?

CREATE YOUR MINIMUM EXERCISE HABIT RECIPE

STEP 1: PICK YOUR ANCHOR

What habits do you do every day, without fail, around the same time? List them here.

STEP 2: PICK YOUR VICTORY DANCE

What's your natural reaction when you WIN, or when you instantly feel proud of yourself?

STEP 3: PICK YOUR RIDICULOUSLY SMALL STEP

This is the minimum exercise you'll be doing, esp. handy when life gets in the way and you're about to skip a workout! Example: 2 push-ups

STEP 4: PICK YOUR PREPARATORY STEP

This is a connecting step between your anchor and your exercise. E.g., After I eat breakfast, I'll put on my training shoes, and [exercise]. Other prep steps: log into Exercise Bliss, get dressed, switch off my smartphone.

STEP 5: CREATE YOUR MINIMUM EXERCISE HABIT RECIPE

"After I [anchor] , I'll [prep step], and do [rid small step]. Then I'll [victory dance]"



NOW LET

A woman with short blonde hair, smiling broadly, stands in a dance studio. She is wearing a vibrant purple tank top and black leggings. Her hands are placed on her hips, and she is looking directly at the camera. The background features large windows with light-colored curtains and a wooden floor.

IT'S DO IT!



SAMPLE EXAMPLE

INTENTION FOR THE WEEK

What do you plan to do?
When? Use the Habit Recipe
to be SPECIFIC.

I plan to work out twice this week, doing one 10-min workout each time. After I eat breakfast on Monday morning, I'll put the dishes in the sink, and then do the first bliss workout. I'll then hold my "power stance."

I'll do the second one on Wednesday. After I come home from dinner with Josh's parents, I'll get into my workout clothes, log in to ExerciseBliss from my mobile, and "just do it." I'll fold the "power stance" again to give myself those thumbs up!

WHAT OBSTACLES MAY COME UP?

How will you overcome them? Is there a plan B?

On Monday I may wake up late. If that should happen, I'll do my workout on Monday evening after work. I'll get home, hang my coat, wash my hands, then do the workout in my work clothes, then put everything in the laundry basket and go shower.

About the second workout - we may run late, and there's a chance I might eat a lot (I love that restaurant!). If this happens, I'll do the workout on Thursday morning, after breakfast.

END OF THE WEEK REVIEW

How did you actually do? What went wrong? What went well?

Great! I planned to work out 2 times, and I didn't just get 2 workouts in, I also did a 30-min walk with Sally. What went well:

Monday's workout went as planned. Yay!

Also, I did go for a walk with Sally on Sun. I really enjoyed it. Weather-permitting I could do more of those.

What went wrong:

Wednesday's workout did not happen (I ate waaaaay too much to even think about exercise!).

The problem was that I didn't sleep well on Wednesday night, and woke up on Thursday feeling like cr*p. Even though doing a 10-min workout is not a big deal, I really didn't feel like doing it. So I postponed it.

I did do the workout on Saturday though. I thought I'd not do it at all, but on Sat evening I just thought I clearly had no good reason not to do 10 minutes of exercise, plus I KNEW I'd just feel so much better if I actually did it. So after I came home from a friend's party, I put in my workout clothes and...done!

END OF THE WEEK WISDOM NUGGET

What did you learn this week?

It's really not a big deal. I do enjoy exercise. It's a hassle having to plan it, but I know I'll only have to do that for a little while until it becomes a habit.

Also - I have no excuse for not doing it. It's not about time. It's about organization. And I feel GREAT when I do it!

WEEK BEGINNING 8 / 31 / 15

MONDAY



Did it as planned!

TUESDAY

I hadn't planned any workout for today, but I could have definitely done one in the evening after I put the kids to bed. Note to self: after kids' bedtime could be a good time to work out.

WEDNESDAY

Was supposed to do it after dinner with Josh's parents. Bonus points to myself for predicting this and having a back-up plan to do it on Thursday.

THURSDAY

Postponed to today, alas I didn't do it. I do feel kind of disappointed :(

FRIDAY

SATURDAY



Did my second workout today! Whee!

SUNDAY



Went for a 30-min walk with Sally. Had a great time. Does this count? I'll have to put a check on it!

WORKOUTS COMPLETED THIS WEEK

2 out of 3? 4 out of 3? 0 out of 2?

3

OUT OF

2



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What's the hypothesis?
When? Use the Habit Recipe
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WHAT OBSTACLES MAY COME UP?

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RESULTS REVIEW

To complete at the end of the week: How did you actually do? What went wrong? What went well?

WISDOM NUGGET

To complete at the end of the week: What did you learn this week?

PUT A CHECK ON IT

Did you exercise today? If yes, check the left box. Write your notes on the box on the right.

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REMEMBER: NOT EVERYON



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E IS DOING IT, BUT YOU ARE!





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GRATS!
DY 8 WEEKS IN!
FEEL STRONGER + FITTER.
SAYIN'.





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YOU ARE AMAZING

Taking care of your body is one of the best things you can do for yourself.

