



## **The 21 Day Reset & Restart Tracker**

The purpose of this list is to help you get started again when you feel you have 'gone off track'. Most of the time the simple habits have stopped and we need to get them started again and the best way to make sure you do this is by simply ticking it off the list once it has been done.

You will have a mindset and a physical task to do everyday.

The percentage in the box is about the intensity that you should be working out at.

So if you imagine if you hardly moved the entire time of training, then that would be a low percentage like 5 - 8% BUT if you did everything as hard as you could and to the absolute best of your ability then it would be 90 - 100%.

The percentages in between give you an idea of where you should be at YOUR effort level and work rate.

If you don't feel like doing it then this is why we have the mindset task so make that they bare minimum to turn up and at least answer the question or perform the task and if you are really finding it difficult then go back to earlier questions and re-read your answers as that may well help you.

Once you have performed the task quite simply tick the box either physically or with a smile on your face.

At the end of the day for any reason you haven't done one or both of the tasks then is NOT a problem BUT don't move onto the next day until you have completed the current day.

This way you won't miss important steps and if you miss a week then you are best to start from the beginning again.

Once you have completed 21 days - you will be back on track and not feeling like you are stuck any more!

Day	<b>Two Tasks To-Do Today</b> <b>1 - Mindset</b> <b>2 - Movement</b>	✓	<b>Drink 2 litres of water.</b>	✓	<b>8,000 steps or record of daily total</b>	✓
1	1) Write down WHY you should get fit/lose weight... think about what made you take the 1st step.  2) Go for a 10-minute walk - 40%					
2	1) Write down when you reach your goal - how will you look?  2) 5 press-ups & 10 sit-ups as many times as you feel like/can - 60%					
3	1) What is the one habit you would like to change in the next two weeks?  2) Complete a 10 - 15 stretch routine in the morning and evening - 30%					
4	1) Create a timeline from today to your ultimate goal, covering key milestones.  2) Complete a on demand Boot Camp or find one on YouTube - 80%					
5	1) Look at the portions of your meals - are you happy or would you make a change?  2) Complete a 10 - 15 stretch routine in the morning and evening - 30%					
6	1) Do 10-15 deep stomach breaths upon waking and before going to sleep.  2) Go for a 30-minute walk or two 20 minute walks - 50%					
7	1) Create a music playlist that will get you up and moving!  2) Do a virtual Yoga (use youtube if the fitMK timetable doesn't work) - 60%					
8	1) Identify the first thing that stops you					

	<p>from exercising and come up with some ways to overcome that.</p> <p>2) Go outside and do a walk - jog - run as you feel you can 75%</p>				
<b>9</b>	<p>1) Have a complete 'social media free' day! Spend time reading or learn something new.</p> <p>2) Go for a 45-minute walk - 45%</p>				
<b>10</b>	<p>1) Write down 10 things that you are grateful for.</p> <p>2) Complete a 15 - 20 stretch routine in the morning and evening - 30%</p>				
<b>11</b>	<p>1) With every meal today make sure you have vegetables. Yes, that does include breakfast!</p> <p>2) Do a virtual lunchtime class on fitMK or find a HIIT 30 min class on YouTube - 90%</p>				
<b>12</b>	<p>1) On a scale of 1-10 where is your energy right now? What one thing could you do to push up another number?</p> <p>2) Complete a 15 - 20 minute stretch routine in the morning and evening with a 10-minute walk after - 30%</p>				
<b>13</b>	<p>1) What foods do you eat when you are not really hungry? What could you change them to OR could you stop?</p> <p>2) Do a virtual Yoga (use youtube if the timetable doesn't work) - 60%</p>				
<b>14</b>	<p>1) What is an 'obstacle' that you have right now that is stopping you from getting to the next goal? What would one step be that you could take that would start to conquer it?</p> <p>2) Do a fitMK DBX class or find a</p>				

	virtual dumbbell or kettlebell class - 75%				
<b>15</b>	<p>1) What or who makes you laugh out loud? Can you watch or connect with them today?</p> <p>2) Go for a 30-minute walk or two 20 minute walks - 50%</p>				
<b>16</b>	<p>1) If you could set any goal and you would not fail - what would you set to achieve?</p> <p>2) Complete a fitMK On Demand or Outdoor Boot Camp or go to your local park and do 10 press ups and 10 sit-ups and then run 2 mins repeat till you have done 8 rounds - 80%</p>				
<b>17</b>	<p>1) Today; only eat 30 grams or less of sugar.</p> <p>2) Do a virtual Yoga (use youtube if the timetable doesn't work) - 60%</p>				
<b>18</b>	<p>1) List all the people that would do exercise with you.</p> <p>2) Complete a 25 min stretch routine in the morning and evening - 30%</p>				
<b>19</b>	<p>1) Identify a "destructive trigger" something that stops you and come up with some solutions when you next encounter it.</p> <p>2) Do 20 press ups and 20 sit ups and keep going until you have done either 5 or 10 rounds! - 65%</p>				
<b>20</b>	<p>1) This morning while in the shower spend the last 20-30 secs of it being as cold as you can take.</p> <p>2) Complete a fitMK On Demand or Outdoor Boot Camp or go to your local park and do 10 press ups and 10 sit-ups and then run 2 mins</p>				

	repeat till you have done 8 rounds - 80%				
<b>21</b>	<ol style="list-style-type: none"><li>1) What have you learnt about yourself over the last 21 days?</li><li>2) Go for a lunchtime or evening walk and end up at a pub where you can have a nice meal or a celebratory drink for completing this! - Whatever % you like!!</li></ol>				