

5 POINT WORKOUT PLANNING CHECKLIST

WHO

- Who else is a part of the workout picture?
- Will the kids need childcare or be incorporated into my workouts?
- Is my spouse on board?
- Do I need to hire a trainer to teach me the basics or keep me accountable?
- Will I be disciplined with [workout dvds](#)?
- Do I need a buddy to stay motivated?
- Who will keep me accountable?

WHAT

- What do I enjoy doing?
- Is there a sport I enjoyed playing as a kid?
- Can I try a new exercise video?
- Can I try a new exercise class or join a gym?
- What are my top 3 choices for cardio?
- What are my top 3 choices for strength training (Body weight exercise? Kettlebells? Gym equipment?)

WHEN

- When will I fit a workout into my already busy life?
- How much time do I need to workout? Including prep and shower?
- Am I willing to wake up early?

- If I miss my workout, when can I make it up?
- If I have small kids, can I work out...
 - before they wake up?
 - during naps?
 - after my husband gets home from work?
 - [with the kids](#) (in the stroller, playing beside me)?

WHERE

- Can I work out at home?
- Where is my designated work out space?
- Do I need to join a gym or class?
- Is it better to be close to home or work?
- Would I rather exercise outside?
- What's my rain plan?

WHY

- What is my goal - what do I want to improve or achieve?
- What is my purpose behind working out - my true motivation for the tough days?
- What aspects of my health (blood pressure, cholesterol, weight) would improve with exercise?
- What aspects of my fitness (strength, stamina, running time) would improve with exercise?
- What aspects of my personal wellness ([stress management](#), sleeping, immune system) would improve with exercise?