

# Exercise Plan Checklist

- ☐ Start Slow and Take Baby Steps
- ☐ Make a Routine
- ☐ Increase your Workouts
- ☐ Learn to Lift
- ☐ Combine for Strength and Endurance
- ☐ Switch it up
- ☐ Write it down.
- ☐ Nourish
- ☐ Rest
- ☐ Stay Motivated