



FIT4Life Program

Strength and Stamina

10-Week Program

Building from Your Foundation



**STRONGER
STEADIER
MORE
CONFIDENT**



Better You
BYL
Lifestyle

STRONG MIND. ● STRONG BODY. ● STRONG SPIRIT.

This workbook belongs to: _____

INTRODUCTION

Welcome To Your 10-Week Journey

You're taking an important step toward a stronger body, more energy, and greater confidence. This program is here to support you—one week at a time. You've got this, and we're in this together!

10 WEEKS ● ONE WEEK AT A TIME ● BUILD FROM TODAY



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Welcome

Welcome to FIT4Life Strength & Stamina.

I'm so glad you're here.

Whether you have participated in FIT4Life before or this is your first program, you already have a starting point.

Over the next 10 weeks, we will build strength, stamina, balance, confidence, and the physical abilities that support everyday life. You do not need to begin at a particular fitness level. Some participants may be ready to increase their weight, repetitions, or challenge. Others may be building the confidence to try a movement or participate more fully.

Both are meaningful progress.

Throughout the program, you will choose the options that fit you, connect your training to one everyday activity that matters, and create a written record of what you notice along the way.

You do not need to prove what you can do.

You only need to begin with what is true for you today.

Let's build from there together.

Kelly Sipe

Founder, Beyond Your Limits Inclusive Fitness & Recreation

Welcome to Your Workbook.

This workbook is your personal record of the next 10 weeks. There are no perfect answers—only honest observations about what is true for you today.

Some pages will help you understand a new idea. Others will invite you to reflect, make a choice, record an experience, or notice what may be changing.

Your ability may feel different from one day to another. That is normal. Record what happened, what supported you, how it felt, and anything that may have influenced your experience.

Write in the margins. Add your own notes. Return to earlier pages whenever you want to take another look.

Most of all, be curious and kind to yourself.

We write things down so we can understand the journey—not judge the person taking it.

Using Your Workbook

You may type directly into the full-color interactive workbook and save your work digitally, or print the workbook and complete it by hand.

Whichever format you choose, keep your workbook available throughout the program so your reflections, records, and progress remain together.

A Quick Printing Tip

Prefer paper? Print the full-color workbook in color or grayscale, or use the printer-friendly version to reduce ink.

We recommend printing the complete workbook so your reflections, records, and progress remain together.

How Strength & Stamina Works

Building Ability in Class and in Life

Each week combines fitness, wellness, reflection, and real-life application.

The parts of the program work together to help you understand what you are building, why it matters, and how it connects to your everyday life.

Four Fitness Classes

Train strength, stamina, balance, and other physical abilities through different class formats and movement options.

One Wellness Connection

Explore an idea that can help you better understand your body, your experience, or your wellness journey.

One Lifestyle Connection

Connect what you are learning and practicing to an activity or experience in your everyday life.

One Weekly Reflection

Pause to notice what you experienced, learned, attempted, or discovered.

One Weekly Practice Focus

Choose one clear area to practice, apply, or observe throughout the week. The focus may be repeated as often as it is safe and appropriate for you.

Nothing works in isolation. Each part of the program supports the others.

Your Written Journey

Information Without Judgment

Throughout the program, you will record parts of your fitness and real-life experience.

The purpose is not to prove that you succeeded, expose what you could not do, or compare yourself with someone else. Your written record helps you understand what happened, recognize patterns, and notice changes that may otherwise be missed.

You may record:

- What you did
- What option or support you used
- What may have influenced you
- What you noticed
- What you might try next

The numbers are not proof of success or failure. They are information.

Complete the sentence...

As I begin recording my journey, I want to remember...

Count and Describe

Count What Can Be Counted Describe What Must Be Felt

Some parts of your experience can be counted:

- Time
- Distance
- Steps or repetitions
- Resistance
- Pauses
- Recovery time

Other parts of your experience are better described in words:

- Confidence
- Effort
- Steadiness
- Security
- Hesitation
- Readiness

Both kinds of information help you understand your journey.

One thing I may count is...

One thing I may describe is...

Working Safely

Choose the Option That Fits You Today

Your ability may feel different from one day to another. Begin with what is true for you today and choose the movement option, support, and level of challenge that feel appropriate.

During Class

- Use your usual support or adaptive equipment.
- Choose seated, standing, or supported options as needed.
- Allow your range of motion, resistance, and pace to change.
- Rest when you need to.
- Skip any movement that does not feel right.
- Follow guidance from your healthcare or rehabilitation professionals.

Each FIT4Life class format includes safety guidance and movement options specific to that type of class. Review the guidance provided during the recording and choose the options that are appropriate for you.

We Do Not Believe in “No Pain, No Gain”

Exercise may require effort and feel appropriately challenging, but it should not cause pain.

If you experience pain, stop immediately.

You may rest, change the movement, remove resistance, reduce your range of motion, or skip the exercise.

Choosing to stop or modify is not giving up. It is responding to what your body is telling you today.

I want to remember...

Your 10-Week Journey

Weeks 1-5: Building from Where You Are

Each week has a different focus, but every part of the program connects to the same journey: building from what you can do today toward what you want and need to do in everyday life.

Week 1 — Building from Your Foundation

Recognize what is true today and identify what you want to build toward.

Week 2 — Finding My Right Challenge

Discover the movement options, resistance, effort, and pace that help you grow safely.

Week 3 — Building Strength for Life

Understand how strength supports everyday movement and independence.

Week 4 — Building Stamina for Life

Notice how stamina, pacing, pauses, and recovery affect daily activity.

Week 5 — Pause, Notice, and Adjust

Look back at your written journey and recognize what may be changing.

Your 10-Week Journey

Weeks 6-10: Building from Where You Are

During the second half of the program, you will build on what you have noticed, practiced, and learned. You will continue expanding your capacity, recognizing progress, and discovering what you want to carry forward.

Week 6 — Expanding My Capacity

Explore where you may be ready to increase your participation or challenge.

Week 7 — Nothing Works in Isolation

Notice how health, sleep, nourishment, stress, recovery, and daily life affect your experience.

Week 8 — Building Confidence Through Practice

Allow confidence to grow through safe practice and successful experiences.

Week 9 — Recognizing What I Can Do

Take another look at physical, functional, personal, and Hidden Progress.

Week 10 — Continuing My FIT4Life Journey

Recognize what you built and decide what you want to carry forward.

FIT 4 LIFE

— STRENGTH & STAMINA —

START HERE

You're in the right place.

This is your starting point for the Fit4Life
Strength & Stamina program.

Explore the resources, download what you
need, and take the first step toward a
stronger, healthier, more confident you.

10 WEEKS ● ONE WEEK AT A TIME ● BUILD FROM TODAY



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Building from Your Foundation

You Already Have a Starting Point

Before deciding what you want to build, begin by noticing where you are today.

Your starting point includes more than your physical abilities. It includes your experiences, confidence, health, support, and what your life is asking of you right now.

You are not starting from nothing. You are building from everything you already know, use, understand, and bring with you.

Thinking Cue

Notice what feels most important about where you are today.

Reflection

As I begin this program, what feels most important for me to recognize about where I am today?

Complete the sentence...

One strength, experience, or support I am bringing with me is...

What May Be Influencing You Today?

Nothing Works in Isolation

How you feel and what you can do may change from one day to another.

Before judging a class, activity, or difficult day, pause and consider what else may be influencing your experience.

Thinking Cue

Check anything that feels relevant today.

Today, I Notice...

- ☐ My sleep
- ☐ Hydration
- ☐ Food or nourishment
- ☐ Stress or emotional strain
- ☐ Pain or discomfort
- ☐ Illness or changes in my health
- ☐ Fatigue or energy
- ☐ Recent activity or recovery
- ☐ Daily responsibilities or overwhelm
- ☐ Medication changes
- ☐ Something else: _____

What stands out most to me today?

A difficult day is not automatically regression. It may be information about what my body and life are asking for today.

What You Notice About Your Starting Point

Bringing the Information Together

Your Exercise Pages contain many individual observations. Pause and consider what the information, taken together, may be showing you.

Something That Felt Comfortable or Familiar

One exercise or movement that felt comfortable was...

An Option or Support That Helped Me

- | | |
|--|--|
| ☐ Seated option | ☐ Smaller range of motion |
| ☐ Chair or stable support | ☐ Slower pace |
| ☐ Using my hands | ☐ Additional recovery |
| ☐ Lighter resistance | ☐ Something else: _____ |

Something That Surprised Me

Something That May Have Influenced Me

- | | |
|---|--|
| ☐ Sleep or energy | ☐ Pain, discomfort, or health changes |
| ☐ Hydration or nourishment | ☐ Recent activity or recovery |
| ☐ Stress or daily responsibilities | ☐ Something else: _____ |

What I Want to Remember

As I continue, I want to remember...

This information does not define my ability. It helps me understand where I am today and choose where to begin.

Your Real-Life Focus

What You Want to Make Easier, Stronger, or More Comfortable

Think about an activity, responsibility, or experience from your everyday life that matters to you. Your Real-Life Focus will connect what you do in class with something you want to make easier, stronger, or more comfortable.

Thinking Cue

Consider something you want to do with greater ease, comfort, confidence, steadiness, or independence.

Examples might include using stairs, shopping, carrying groceries, getting out of a chair, walking farther, standing longer, or participating in an activity you enjoy.

One Part of Everyday Life I Want to Focus On

Why This Matters to Me

What I Would Like to Feel or Notice

- | | |
|--|--|
| ☐ Greater ease | ☐ Less discomfort |
| ☐ More confidence | ☐ Less support needed |
| ☐ More steadiness | ☐ More independence |
| ☐ Less fatigue | ☐ Something else: _____ |

My Real-Life Focus

Complete the sentence:

During this program, I want to explore how I can...

This focus can change as I learn more about what I need and what matters to me.

How You Will Notice Change

Count What Can Be Counted

Change may appear in more than one way. Some information can be counted. Other changes are better understood through words, feelings, and everyday experiences.

Choose the kinds of information that will help you notice your own journey.

My Real-Life Focus:

Write the focus you chose on the previous page.

What Information I May Count

- ☐ Time
- ☐ Distance
- ☐ Steps or repetitions
- ☐ Number of pauses
- ☐ Amount of support
- ☐ How often I do the activity
- ☐ Recovery time
- ☐ Something else:

What I Will Count

Choose the information from the list above that will be most useful to you.

I will keep track of:

How You Will Notice Change

Describe What Must Be Felt

What I May Describe

- ☐ Ease
 - ☐ Confidence
 - ☐ Steadiness
 - ☐ Security
 - ☐ Effort
 - ☐ Fatigue
 - ☐ Comfort or discomfort
 - ☐ Independence
 - ☐ Something else:
-
-

What I Will Describe

Choose one or two experiences from the list above that matter most to you.

I will pay attention to:

How I Will Recognize Change

Complete the sentence:

I may notice that something is changing when...

The information I choose should be meaningful to me. I do not have to measure my experience the same way someone else does.

Where You Are Beginning

How Your Real-Life Focus Feels Before You Begin Building

Return to the Real-Life Focus you chose. Think about what it is like when you do—or consider doing—that activity.

Choose the description that comes closest to what is true for you now. There is no perfect answer.

My Experience with My Real-Life Focus

At the beginning of this program, my experience feels closest to...

- ☐ I am not ready to try this right now.
- ☐ I can try part of it with considerable support.
- ☐ I can do it, but it feels difficult or uncertain.
- ☐ I can do it with some comfort and confidence.
- ☐ It feels comfortable, steady, and secure.
- ☐ My experience is different: _____

What Makes It Feel This Way

A Meaningful Change Might Feel Like...

This description is a place to begin. It is not a judgment about what I should be able to do.

Using Your Weekly Class Record

What You Did and What You Noticed

Record four class experiences as Day 01 through Day 04, in the order you complete them. The Day number is not connected to a particular weekday or class format.

For each class:

- Write the class name
- Mark Live Zoom or Recorded Class
- Record the option, resistance, pace, or support you used
- Notice how the class felt
- Record what may have influenced you
- Write what you noticed or might try next

Understanding How a Class Felt

Too much for me today

I needed to stop, change, or significantly reduce what I was doing.

Very challenging

I could participate, but it was difficult to maintain my comfort, form, pace, or control.

Challenging but manageable

I was working, but the class felt appropriate for me.

I may be ready for more

I felt comfortable enough to consider a small increase or different option.

Every class experience adds information to your journey.

Your FIT4Life Class Options

Live and Recorded Ways to Participate

Reach week includes four live Zoom classes and access to the complete recorded-class collection. Live and recorded classes both count as FIT4Life class experiences.

Live Zoom Classes Each Week

- One strength-focused class
- One balance-focused class
- One mobility-focused class
- One rotating class format

Recorded Class Collection

- Strength & Cardio
- Cardio Dance
- Stability and Balance
- Strength for Bones
- Restorative Stretch
- Core Conditioning
- Drums Alive

Choosing My Class Options

Live and recorded classes can be combined in the way that fits you. You may attend a live class, use a recording, or use both. Record the four class experiences you choose on your Weekly Fitness Class Record.

Choose the class options that fit your schedule, energy, interests, and needs.

FIT4LIFE

STRENGTH & STAMINA

WEEK | 01

BUILD FROM YOUR FOUNDATION



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

Build from today.

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 1 — Building from Your Foundation

Recognizing What Is True Today

You already have a starting point. This week, notice what you can do, choose the options and support that fit you, and build from what is true today.

This Week's Wellness Connection

Your ability may feel different from one day to another. Sleep, nourishment, hydration, stress, recovery, health, and daily responsibilities may influence your experience. A different day does not automatically mean regression.

Creating My Exercise Starting Points

During guided classes, use familiar exercises to notice:

- The movement option or support you used
- Repetitions, time, or another countable detail
- How the exercise felt and what may have influenced you
- Where you will begin building

This record helps you understand your experience and choose where to begin.

This Week's Practice Focus

Notice which options and supports help you participate—in class and everyday life.

Begin with what is true today. That is where building starts.

My Week 1 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 1 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose in your Start Here pages.

Record it in Section 1



2 — Notice Across My Classes

Return to this week's Practice Focus:

Notice which options and supports help you participate.

Use your class cards, then record what stands out in Section 2



3 — Consider My Wellness Connection

Think about what may have influenced your experience this week.

Record what stands out in Section 3



4 — Connect It to Everyday Life

Notice where this week's focus appeared outside class and what helped you.

Record the connection in Section 4



5 — Pause and Reflect

Consider something you might otherwise have overlooked and what you want to carry forward.

Complete Section 5



My Week 1 Journey

Notice, Connect, and Carry Forward

1 — Return to My Real-Life Focus

From my Start Here pages, I am focusing on...

2 — Across My Classes, I Noticed

- ☐ Strength
- ☐ Stamina
- ☐ Balance or steadiness
- ☐ Mobility or comfort
- ☐ Recovery
- ☐ Confidence

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What stands out most?

4 — Connect It to Everyday Life

Where did this week's focus appear in my everyday life?

An option, support, or practice that helped was...

5 — Pause and Reflect

Something I might otherwise have overlooked...

What I want to carry forward...

Your Week 1 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Your Week 1 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK | 02

FIND THE RIGHT CHALLENGE



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

*Choose the right
option that fits.*

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 2 — Finding Your Right Challenge

Choosing Effort, Pace, and Options That Fit

Challenge can feel different from one day to another. This week, notice the movement options, resistance, pace, and support that allow you to work while maintaining comfort and control.

This Week's Wellness Connection

An appropriate challenge requires effort, but it should still allow you to respond to your body. Sleep, nourishment, hydration, stress, recovery, and health changes may affect which level of challenge fits you today.

Building from My Exercise Starting Points

Use the information recorded on your Exercise Pages to explore:

- A movement option that fits
- An appropriate resistance
- A pace you can control
- The support you need
- When to pause or recover
- Whether you may be ready for a small increase

You do not have to change everything at once. One small adjustment may be enough.

This Week's Practice Focus

Notice what helps a movement or everyday activity feel challenging but manageable.

The right challenge meets me where I am and gives me room to build.

Your Week 2 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



Your Week 2 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 2 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

My Week 2 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK | 03

BUILD STRENGTH FOR LIFE



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

*Connect strength to
everyday movement.*

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 3 — Building Strength for Life

Connecting Strength to Everyday Movement

Strength supports more than what you can lift during class. It contributes to standing from a chair, carrying groceries, climbing stairs, reaching, maintaining posture, and participating in activities that matter to you. This week, explore how the movements you practice in class connect with everyday life.

Wellness Practice: Hydration & Energy

Notice whether hydration may be influencing your energy, concentration, comfort, effort, or recovery. Hydration is one part of the story. Sleep, nourishment, stress, activity, and other health changes may also affect your experience.

Building from My Exercise Starting Points

Use the information recorded on your Exercise Pages to explore:

- The movement option that fits you
- The resistance you can control
- How your form changes as you continue
- When you need to pause or recover
- Which muscles you feel working
- How the exercise connects with everyday movement

You do not have to change everything at once. One small adjustment may be enough. You do not need to increase resistance for strength training to be useful. Controlled movement, an appropriate challenge, and consistent practice all help you build. You can be enough.

This Week's Practice Focus

Choose one strength exercise from class and notice where you use a similar movement in everyday life.

The strength I build in class supports what I want and need to do in life.

My Week 3 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



My Week 3 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 3 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

My Week 3 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK | 04

BUILD STAMINA FOR LIFE



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

Find a sustainable pace.

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 4 — Building Stamina for Life

Find a Sustainable Pace

Stamina helps you continue an activity for longer or complete it with less fatigue. It supports walking, shopping, household activities, social events, travel, and other experiences that require sustained energy.

Wellness Practice: Notice

Notice how stamina, pacing, pauses, and recovery affect your daily activity.

Building from My Exercise Starting Points

Use the information recorded on your Exercise Pages to explore:

- How long you can continue comfortably
- The pace that fits you
- When a pause helps
- How quickly you recover
- Whether your energy changes during the activity
- What helps you continue with control

Stamina can grow through time, pace, repetition, and consistent participation.

This Week's Practice Focus

Choose one activity and notice what helps you continue at a manageable pace.

Building stamina helps me continue doing what matters to me.

My Week 4 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



My Week 4 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 4 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

My Week 4 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK | 05

PAUSE, NOTICE, AND ADJUST



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

Look back at your progress.

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 5 — Pause, Notice, and Adjust

Looking Back at Your First Five Weeks

Pausing gives you an opportunity to recognize what you have learned. You may notice changes in strength, stamina, balance, mobility, confidence, recovery, or how you respond when something does not go as planned.

Wellness Practice: Hydration & Energy

As you begin the final week of your Hydration & Energy Wellness Practice, consider what is becoming easier, what still needs support, and what you may want to continue. Bring your observations and questions to the Zoom gathering.

Bringing Your Information Together

Look across your Weekly Journeys, Class Records, and Exercise Pages. Consider:

- What stands out
- What feels different
- What remains challenging
- What has helped
- What you may want to adjust
- What you want to continue

This Week's Practice Focus

Pause after one class or everyday activity and identify one thing you noticed and one adjustment that may help.

Pausing helps me recognize what I have learned and choose what comes next.

My Week 5 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



My Week 5 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 5 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

My Week 5 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more What i Noticed	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more What i Noticed	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK | 06

EXPAND YOUR CAPACITY



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

Expand what you can do.

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 6 — Expanding My Capacity

Exploring Where You May Be Ready to Build

Expanding your capacity does not always mean doing more. It may mean using greater control, participating more consistently, recovering more comfortably, trying a different option, or continuing an activity for a little longer.

This Week's Wellness Connection

Your readiness to increase may be influenced by sleep, nourishment, hydration, stress, health, recent activity, and recovery. Consider the whole story before deciding what fits you today.

Choosing a Small Next Step

You might explore:

- A small resistance change
- A slightly longer movement interval
- A different range of motion
- Less support when appropriate
- Greater control or steadiness
- Another class or everyday practice opportunity

One thoughtful change gives you clearer information than changing several things at once.

This Week's Practice Focus

Choose one place where you may be ready to explore a small increase or a different option.

I can expand my capacity one thoughtful step at a time.

My Week 6 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



My Week 6 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 6 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

My Week 6 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK 07

NOTHING WORKS IN ISOLATION



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

*Understand what
influences you.*

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 7 — Nothing Wrokd in Isolation

Connecting Fitness, Wellness, and Everyday Life

Your class experience is connected to more than the exercise itself. Sleep, nourishment, hydration, stress, recovery, health, responsibilities, and everyday activity may all affect how movement feels.

This Week's Wellness Connection

Instead of searching for one explanation, notice the combination of influences surrounding your experience. Information about a difficult day can help you respond and adjust; it does not erase what you have built

Looking at the Whole Story

Consider:

- What happened during class
- What was happening before class
- How you slept or recovered
- Your energy and nourishment
- Stress or daily responsibilities
- Recent activity or health changes
- What helped you participate

This Week's Practice Focus

After one class, identify two or more influences that may have contributed to your experience.

Understanding the whole story helps me respond without judging myself.

My Week 7 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



My Week 7 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 7 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

My Week 7 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more What i Noticed	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more What i Noticed	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK | 08

BUILD CONFIDENCE THROUGH PRACTICE



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

Allow confidence to grow.

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 8 — Building Confidence Through Practice

Allowing Confidence to Grow Through Experience

Confidence does not require you to feel certain before you begin. It can grow through safe practice, useful adjustments, repeated experiences, and recognizing what you can do.

This Week's Wellness Connection

Wellness Practice: Sleep, Rest & Recovery

Zoom Workshop: Saturday, September 12

Join the workshop, then use the daily prompts to notice how sleep, rest, and recovery may influence your energy, movement, concentration, mood, and everyday experiences.

Building Confidence through Practice

Notice when you:

- Begin even when you feel uncertain
- Choose an option that fits
- Use support appropriately
- Adjust without giving up
- Repeat something that once felt unfamiliar
- Recognize a successful experience

This Week's Practice Focus

Choose one movement or everyday activity to practice with an option and support that help you feel successful.

Confidence grows when I recognize and build from successful experiences.

My Week 8 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



My Week 8 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 8 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
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What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

My Week 8 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK | 09

RECOGNIZE WHAT YOU CAN DO



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

Take another look.

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 9 — Recognizing What I Can Do

Looking Beyond Numbers and Comparisons

Progress may appear in what you count, but it may also appear in comfort, control, recovery, confidence, participation, or something becoming easier in everyday life.

This Week's Wellness Connection

Your progress includes the ways you have learned to respond to changing energy, wellness influences, and daily circumstances. Choosing an appropriate option, resting when needed, or returning after an interruption may also represent progress.

Recognizing Different Forms of Progress

Look for:

- Physical changes
- Functional or everyday changes
- Increased confidence
- Greater awareness
- More useful adjustments
- Increased participation
- Hidden Progress that may have been overlooked

This Week's Practice Focus

Notice one thing you can do, understand, or respond to differently than you did at the beginning.

When I look carefully, I can recognize more of what I have built.

My Week 9 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



My Week 9 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 9 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more What i Noticed	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more What i Noticed	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery What I Might Try Next	

My Week 9 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

WEEK | 10

CONTINUE YOUR FITNESS JOURNEY



STRENGTH
Build a
Solid Foundation



STAMINA
Increase Your
Endurance



BALANCE
Improve Stability
& Confidence



MOBILITY
Move Better
Every Day



Better You
BYL
Lifestyle

ONE WEEK AT A TIME.

Continue your journey.

STRONG MIND.

STRONG BODY.

STRONG SPIRIT.

Week 10 — Continuing My Fit4Life Journey

Choosing What You Want to Carry Forward

The end of the 10-week program is an opportunity to recognize what you built and decide what you want to continue. You do not need to carry forward every exercise, practice, or plan.

This Week's Wellness Connection

Consider which wellness influences you want to continue noticing. Hydration, sleep, nourishment, stress, recovery, health, movement, and daily responsibilities will continue to interact as your journey moves forward.

Looking Ahead

Review your Weekly Journeys, Class Records, Exercise Pages, and Real-Life Focus. Consider:

- What you learned about yourself
- What progress you recognize
- What supports you
- What you want to continue
- What you may adjust
- What direction feels right now

This Week's Practice Focus

Choose one fitness practice, one wellness practice, or one everyday-life connection you want to carry forward.

What I have learned gives me direction for what comes next.

My Week 10 Guide

What to Notice and Where to Record It

Use this guide with the facing My Week 2 Journey page. Each number points to the place where you will record what stands out.

1 — Return to My Real-Life Focus

Think about the everyday activity or experience you chose. Consider what a manageable challenge might feel like within that activity.

Record it in Section 1.



2 — Notice Across My Classes

Notice how movement options, resistance, pace, support, and recovery affect your experience.

Use your class cards, then record what stands out in Section 2.



3 — Consider My Wellness Connection

Think about what may have influenced how challenging an activity felt this week.

Record what stands out in Section 3.



4 — Connect It to Everyday Life

Notice where changing your pace, effort, option, or support helped you participate in everyday life.

Record the connection in Section 4.



5 — Pause and Reflect

Consider what you discovered about choosing a challenge that fits you.

Complete Section 5.



My Week 10 Journey

Notice, Connect, and Carry Forward

1 — My Real-Life Focus

This week, I am noticing what helps me choose a challenge that fits within my Real-Life Focus...

2 — Across My Classes, I Noticed

- ☐ I found a movement option that fit
- ☐ I adjusted my resistance
- ☐ I changed my pace
- ☐ I used support
- ☐ I paused or allowed more recovery
- ☐ I may be ready for a small increase

What stands out most from my class cards?

3 — My Wellness Connection

What May Have Influenced Me?

- ☐ Sleep or energy
- ☐ Hydration or nourishment
- ☐ Stress or responsibilities
- ☐ Pain, discomfort, or health
- ☐ Recent activity or recovery

What affected how challenging something felt?

4 — Connect It to Everyday Life

Where did choosing a challenge that fit me appear in my everyday life?

An adjustment that helped me was...

5 — Pause and Reflect

Something I discovered about my right challenge was...

What I want to carry forward...

My Week 10 Fitness Class Record

Classes 1 and 2: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 01 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
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What i Noticed	What I Might Try Next	

Day 02 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

My Week 10 Fitness Class Record

Classes 3 and 4: What I Did and What I Noticed

Use this page to record the choices, experiences, and observations that feel meaningful to you.

Day 03 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

Day 04 ☐ Live Zoom ☐ Recorded	Date:	Class Format:
What I Did Today (Movement option, resistance, pace, or support I used)		
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more _____	What May Have Influenced Me ☐ Sleep or energy ☐ Hydration or nourishment ☐ Stress or responsibilities ☐ Pain, discomfort, or health ☐ Recent activity or recovery _____	
What i Noticed	What I Might Try Next	

FIT4LIFE

STRENGTH & STAMINA

EXERCISE PAGES

YOUR MOVEMENT RESOURCE LIBRARY

Use these exercise pages to support your workouts, build confidence, and track your progress throughout the 10-week program.



STRENGTH
Build a
Solid Foundation



STAMINA
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Improve Stability
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Lifestyle

One week at a time. Build from today.

STRONG MIND.



STRONG BODY.



STRONG SPIRIT.

Your FIT4Life Starting Point

What Can You Do Today and Where Will You Begin

During Week 1, you will use selected class movements to notice your current abilities and choose an appropriate place to begin. These are not separate fitness tests. They are movements you will practice and build upon during the program.

What I Can Do Today

Your record may include:

- The movement option you used
- Support or equipment
- Resistance
- Repetitions or time
- Comfortable range of motion
- Recovery
- How the movement felt

Where I Will Begin

The information you record will help you choose:

- Your starting movement option
- Your initial resistance
- Your working time or repetitions
- Your pace
- Your support
- Your rest and recovery needs

Your starting option may change from one day to another. It is a place to begin—not a level you must use every time.

The movements help you notice where you are. The information helps you decide where to begin.

Using Your Exercise Pages

Notice Where You Are. Choose Where to Begin.

The exercises on these pages are part of our regular fitness classes. Today, we will use them to help you notice what you can do—not to compare your ability with anyone else's, but to help you choose where to begin.

Follow the movement options and safety cues provided, and choose the option that best fits you today

For Each Exercise

- Choose the option and support that fit you today
- Complete the first round
- Count what can be counted
- Describe how the movement felt
- Take the guided recovery time
- Complete a second round when appropriate
- Decide where you will begin

Your starting point may include your movement option, support, repetitions, pace, range of motion, or recovery needs.

Remember

Your starting point may change from one day to another. Record what is true today without comparing it to what you think you should be able to do.

**Use each Exercise Page during guided class.
Record what feels meaningful,
then return to it to notice what may be changing.**

Your Balance Exercise Record

Bringing Your Balance Information Together

Use this page to record your first and second rounds for each of the four balance exercises. Complete each exercise during a guided FIT4Life class and choose the movement option and support that fit you today.

1 st Round	Support Used or Changed	2 nd Round	What I Noticed Compared to 1 st Round
Left Single Leg Stand _____ out of 30 sec		Left Single Leg Stand _____ out of 30 sec	
Right Single Leg Stand _____ out of 30 sec		Right Single Leg Stand _____ out of 30 sec	
Tandem Stance — Left Foot Forward _____ out of 30 sec		Tandem Stance — Left Foot Forward _____ out of 30 sec	
Tandem Stance — Right Foot Forward _____ out of 30 sec		Tandem Stance — Right Foot Forward _____ out of 30 sec	
Left Lateral Hold _____ out of 30 sec		Left Lateral Hold _____ out of 30 sec	
Right Lateral Hold _____ out of 30 sec		Right Lateral Hold _____ out of 30 sec	
360-Degree Turn - Left _____ number of steps around		360-Degree Turn - Left _____ number of steps around	
360-Degree Turn-Right _____ number of steps around		360-Degree Turn-Right _____ number of steps around	

After recording and comparing both rounds, return to each Balance Exercise Page and complete Where I Will Begin. Choose a starting time, number of steps, and support that feel appropriate for you.

Single-Leg Stand

Two Rounds and Where I Will Begin

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

Record both rounds on My Balance Exercise Record. After the second round, return to this page and complete Where I Will Begin.

1 st Round	2 nd Round
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more	Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more

Pause and Reset (After 1st Round)

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

What I Noticed

Compared with my first round, this round felt:

- ☐ Felt steadier
- ☐ Felt about the same
- ☐ Felt more challenging
- ☐ Needed more support
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right ____ sec. Left: ____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Tandem Stance

Two Rounds and Where I Will Begin

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

Record both rounds on My Balance Exercise Record. After the second round, return to this page and complete Where I Will Begin.

1 st Round	2 nd Round
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more	Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more

Pause and Reset (After 1st Round)

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

What I Noticed

Compared with my first round, this round felt:

- ☐ Felt steadier
- ☐ Felt about the same
- ☐ Felt more challenging
- ☐ Needed more support
- ☐ I stopped or changed the exercise

My start time:

Right foot forward: ____ sec. Left foot forward: ____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Right and Left Lateral Hold

Two Rounds and Where I Will Begin

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

Record both rounds on My Balance Exercise Record. After the second round, return to this page and complete Where I Will Begin.

1 st Round	2 nd Round
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more	Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more

Pause and Reset (After 1st Round)

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

What I Noticed

Compared with my first round, this round felt:

- ☐ Felt steadier
- ☐ Felt about the same
- ☐ Felt more challenging
- ☐ Needed more support
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

360-Degree Turn

Two Rounds and Where I Will Begin

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Make sure the area around you is clear and turn at a controlled pace. Stop if you feel pain, dizziness, or unsafe.

Record both rounds on My Balance Exercise Record. After the second round, return to this page and complete Where I Will Begin.

1 st Round	2 nd Round
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:
Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more	Overall, Today's Class Felt ☐ Too much today ☐ Very challenging ☐ Challenging but manageable ☐ I may be ready for more

Pause and Reset (After 1st Round)

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

What I Noticed

Compared with my first round, this round felt:

- ☐ Felt steadier
- ☐ Felt about the same
- ☐ Felt more challenging
- ☐ Needed more support
- ☐ I stopped or changed the exercise

Where I Will Begin

My starting number of steps: Turning right: _____ Turning left: _____

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Sit-to-Stand

First Round and Recovery

Complete this exercise during the guided FIT4Life class. Choose the movement option and support that fit you today.

Safety Reminder

Make sure your chair is secure and cannot move. Use your hands and keep the backs of your legs in contact with the chair if you need additional support.

First Round

Complete up to 10 Sit-to-Stands.

I completed: _____ out of 10

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ One hand ☐ Both hands ☐ Legs against the chair Another support:	☐ Too much for me today ☐ Very challenging ☐ Appropriately challenging ☐ Manageable ☐ I may be ready for more

One-Minute Recovery

After one minute, I felt:

- ☐ Ready to continue
- ☐ I needed more recovery
- ☐ Continuing did not feel appropriate today

Sit-to-Stand

Second Round and Where I Will Begin

Complete a second round when it feels safe and appropriate for you today.

Second Round

Complete up to 10 Sit-to-Stands.

I completed: _____ out of 10

Support I used:	After this round, the exercise felt:
☐ The same support	☐ Too much for me today
☐ Less support	☐ Very challenging
☐ More support	☐ Appropriately challenging
☐ A different option: _____	☐ Manageable
_____	☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ Easier
- ☐ About the same
- ☐ More challenging
- ☐ I stopped or changed the exercise

Where I Will Begin

Number of repetitions: _____

Support I will use: _____

Recovery or rest I may need: _____

This is where I will begin—not a level I must stay at or repeat every time.

Row and Kickback

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Row and Kickback

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Upper-Body Push and Pull

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Upper-Body Push and Pull

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Overhead Press

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Overhead Press

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Bicep Curl and Hammer Curl

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Bicep Curl and Hammer Curl

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Shoulder Rotation

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Shoulder Rotation

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

What I Noticed

Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Hip Rotation

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Hip Rotation

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Core Rotation

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Core Rotation

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Hip Hinge–Lunge–Reach

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

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My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Hip Hinge–Lunge–Reach

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Half Jacks

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Half Jacks

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Alternating High Knees with Weight

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Alternating High Knees with Weight

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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Compared with my first round, this round felt:

- ☐ I felt steadier
- ☐ It felt about the same
- ☐ I needed more support
- ☐ My right and left sides felt different
- ☐ I stopped or changed the exercise

Where I Will Begin

My start time: Right _____ sec. Left: _____ sec.

Support I will use: _____

This is where I will begin—not a level I must stay at or repeat every time.

Skier

First Round and Pause

Complete this exercise during the guided FIT4Life class. Choose the standing option and support that fit you today

Safety Reminder

Keep a sturdy chair or other secure support within reach. Use support whenever you need it. Stop if the exercise causes pain or does not feel safe.

First Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds

Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ No hand support ☐ Light touch ☐ One hand ☐ Both hands ☐ Another support:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for mor

Pause and Reset

Before continuing:

- ☐ I felt ready to continue
- ☐ I needed more time
- ☐ Another round did not feel appropriate today

Skier

Second Round and Where I Will Begin

Complete another round when it feels safe and appropriate for you today.

Second Round

Stand on each leg for up to 30 seconds.

I recorded:

Right leg: _____ seconds Left leg: _____ seconds

Support I used:	After this round, the exercise felt:
☐ The same support ☐ Less support ☐ More support ☐ A different option:	☐ Too unsteady today ☐ Very challenging ☐ Appropriately challenging ☐ Steady with support ☐ I may be ready for more

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