

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 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	