

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 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	