

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 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	