

Your FIT4Life Starting Point

What Can You Do Today and Where Will Your 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.**