

Ryan Howard Coaching

Getting Started 101: Action Step Planner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weigh yourself Download Nutrition Tracking app of your choice	Track food Intake with no changes to establish a baseline everyday this week	Choose 3-4 days next week to exercise for a minimum of 20 minutes. Add this on your planner and any other calendar you keep.	If you haven't already decide what form of exercise you will do next week.	Create next weeks meal plan and a shopping list. Schedule time to shop and cook to prepare for next week. Make only one small change to your diet.		Pack your gym bag and set alarms for next weeks first day of exercise.
Weigh Yourself and record data. Adjust calories as necessary. Track food Intake and reach new calorie goal every day this week.	Eat according to your plan and show up on the days you scheduled to exercise. Be sure to prep gym bag and alarms the night before. KEEP THE PROMISE YOU MADE TO YOURSELF!	Begin monitoring your daily water Intake.		Create next weeks meal plan and a shopping list. Schedule time to shop and cook to prepare for next week. Make one more small change to your diet.	Take time to reflect on your week. What worked well and what did not? Make adjustments to your meal prep and exercise as needed.	Plan next weeks exercise days
Weigh Yourself and record data. Adjust calories as necessary. Track food Intake and reach calorie goal every day this week	Begin Increasing overall calorie burn by adding more activity. Park farther away. Take the steps. Get up and walk every few hours.	Begin increasing water Intake by 5-10 oz per week until you reach a minimum of 1 gallon per day.		Create next weeks meal plan and a shopping list. Schedule time to shop and cook to prepare for next week. Make one more small change to your diet.	Take time to reflect on your week. What worked well and what did not? Make adjustments to your meal prep and exercise as needed.	Plan next weeks exercise days
Weigh Yourself and record data. Adjust calories as necessary. Track food Intake and reach calorie goal every day this week	Add 5-10 minutes of exercise to each session or an additional. Whichever works for you.			Create next weeks meal plan and a shopping list. Schedule time to shop and cook to prepare for next week. Make one more small change to your diet.		Plan next weeks exercise days
Weigh Yourself and record data. Adjust calories as necessary. Track food Intake and reach calorie goal every day this week	Be Consitent			Create next weeks meal plan and a shopping list. Schedule time to shop and cook to prepare for next week. Make one more small change to your diet.		Be proud of how much you accomplished In the past 5 weeks! Continue to be consistent with your new behaviors and continue to slowly build on them. Be patient and keep your goals In sight.