

How to Build Your Routine

MONTHLY

- Write out what you **need** to do, **want** to do, and what you **don't want** to do.
- Ditch all the “**don't want to's**” that you can. Send your “Can't Attend” RSVPs (no explanation needed).
- Add your “**need to's**” to your **calendar** first.
- Then **schedule in your “want to's”** so they can be “will do's!”

WEEKLY

- **Schedule your workouts** for the week on Sunday nights so you don't miss them.
- Plan in ways to **make those “have to's” more fun!**
Be creative!

DAILY

- Start with your **morning routine.**
 - What do you want your morning to look like?
 - How can you create time for that?
- Build out the **rest of your day** in the same way.
- **Check-in** with your team!
Search #TeamLSF on IG!
 - Share your workouts, recipes, and all about your #LSF health journey so we can support you!
- Schedule at least **10 minutes** of time for something **just for you!**