YEAR-END STARTER GUIDE

Get Healthy Before 2027

TEDESCO BODYSHOP FITNESS

Pick two habits you can repeat over the next four weeks, even when your schedule gets busy.

☐ Move a little more

Take a 10-minute walk after lunch three days this week. If time is tight, take a lap around the block.

☐ Make time for strength

Put one beginner-friendly strength session on your calendar. Start with a TBS class or a short session at home.

☐ Build a balanced meal

Add a protein and a fruit or vegetable to one meal a day. Try eggs and berries at breakfast or beans and peppers at lunch.

☐ Keep water in reach

Fill a bottle before you leave home. Keep it where you work and have water with meals.

☐ Protect your bedtime

Set a reminder to start winding down. Pick a bedtime you can keep on most nights.

My four-week plan

Write down when you'll do each habit. At the end of each week, check the box for each habit you did as planned.

		WK 1	WK 2	WK 3	WK 4
Habit 1 + when	_____	☐	☐	☐	☐
Habit 2 + when	_____	☐	☐	☐	☐