WHAT WORKS AFTER 40

Minimum Viable Week Planner

Start with the week you actually have. Pick a routine small enough to fit when work runs late or plans change.

My busy-week plan

Strength session 1: When _____ Backup _____

Strength session 2: When _____ Backup _____

A walk or movement I enjoy: When _____ Backup _____

Tie each one to something you already do, like a short strength session after school drop-off or a walk after dinner.

If it's a really difficult week

One shorter strength session I can fit in: _____

One short walk or another way I can move: _____

At the end of the week

What was easy enough to repeat? _____

What can I make easier next week? _____