



Creating Routines & Chaining

Creating flexible routines will be a huge benefit in your journey as a fit mama. Allowing flexibility, but also predictability.

What do you need to do/have happen to get going into your workouts? What kind of behaviour patterns have you tried? What seems to be working right now?

What will you do if/when your workout is interrupted?

How will you incorporate cardio into your routine?

What will you do to make eating healthy in your home more easy?