

The SWEAT Structure

This is a flexible framework for building fitness that fits your life.
Use it to stay consistent, not perfect.

S

STRENGTH

HOW AM I BUILDING STRENGTH THIS WEEK?

- ☐ FULL BODY
- ☐ UPPER BODY
- ☐ LOWER BODY

- ☐ SELF LED
- ☐ GROUP / CLASS LED
- ☐ VIRTUAL / ONLINE

✓ **PRO TIP:** Work to find strength activities you enjoy enough to repeat, but still challenge you.

W

WEEKLY FOCUS

WHAT AM I PRIORITIZING THIS WEEK?

- ☐ __ WORKOUTS
- ☐ __ RECOVERY DAYS
- ☐ __ CUPS WATER / DAY

- ☐ __ NO ALCOHOL
- ☐ __ STEPS / DAY
- ☐ _____

✓ **PRO TIP:** Set 1–2 priorities that make the week successful, even if nothing else goes perfectly.

E

EATING WELL

WHAT WILL SUPPORT MY TRAINING THIS WEEK?

- ☐ PROTEIN EVERY MEAL
- ☐ DAILY HYDRATION
- ☐ CONSISTENT MEALS

- ☐ FUEL BEFORE WORKOUTS
- ☐ BALANCED PLATES
- ☐ _____

✓ **PRO TIP:** Choose one eating habit that directly supports your training and commit to it all week.

A

ACCOUNT FOR REAL LIFE

WHAT MIGHT GET IN THE WAY THIS WEEK?

- ☐ SOCIAL EVENTS
- ☐ WORK DEADLINES
- ☐ TRAVEL

- ☐ STRESS
- ☐ _____
- ☐ _____

✓ **PRO TIP:** Identify obstacles ahead of time and decide how you'll adjust before they happen.

T

TAKE CARE

HOW AM I CARING FOR MY BODY AND ENERGY?

- ☐ SAUNA / RED LIGHT
- ☐ MOBILITY / STRETCH
- ☐ CASUAL WALKS

- ☐ CREATIVE DOWNTIME
- ☐ READING / NO SCREENS
- ☐ _____

✓ **PRO TIP:** Schedule recovery the same way you schedule workouts so it actually happens.

END OF WEEK CHECK IN – WHAT WORKED, WHAT DIDN'T AND WHY?