

The SWEAT Structure

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

S

STRENGTH

- FULL BODY
- UPPER BODY
- LOWER BODY
- SELF LED
- GROUP / CLASS LED
- VIRTUAL / ONLINE

HOW AM I BUILDING STRENGTH THIS WEEK?

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

W

WEEKLY FOCUS

- ____ WORKOUTS
- ____ RECOVERY DAYS
- ____ CUPS WATER / DAY
- ____ NO ALCOHOL
- ____ STEPS / DAY
- _____

WHAT AM I PRIORITIZING THIS WEEK?

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

E

EATING WELL

- PROTEIN EVERY MEAL
- DAILY HYDRATION
- CONSISTENT MEALS

WHAT WILL SUPPORT MY TRAINING THIS WEEK?

- 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

- SOCIAL EVENTS
- WORK DEADLINES
- TRAVEL

WHAT MIGHT GET IN THE WAY THIS WEEK?

- STRESS
- _____
- _____

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

T

TAKE CARE

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

HOW AM I CARING FOR MY BODY AND ENERGY?

- 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?