



# HEALTH AND WELLBEING CHECKLIST

Date

6

## Building a Home Workout Routine

A home workout routine ensures flexibility and consistency in fitness. Use this checklist to build a plan tailored to your needs.

### Define Your Fitness Goals

- Clarify what you want to achieve: strength, endurance, flexibility, or weight loss.
- Tip: Break larger goals into smaller, measurable milestones, like “Do push-ups in a row.”



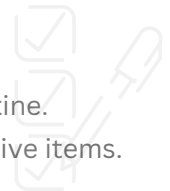
### Choose a Workout Space

- Designate a clutter-free area for exercising where you won't be disturbed.
- Tip: Use a yoga mat or rug for comfort and stability during your workouts.



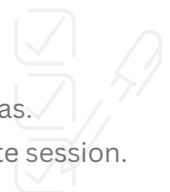
### Select Equipment (Optional)

- Decide if you'll include weights, resistance bands, or bodyweight exercises in your routine.
- Tip: Start with simple equipment like resistance bands before investing in more expensive items.



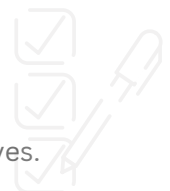
### Plan Balanced Workouts

- Include a mix of cardio, strength, and flexibility exercises to target different fitness areas.
- Example: Combine jumping jacks, bodyweight squats, and yoga stretches for a complete session.



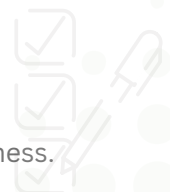
### Schedule Workouts

- Set a consistent time for daily or weekly workouts to establish a habit.
- Tip: Start with 20-30 minutes per session and gradually increase as your fitness improves.



### Warm Up and Cool Down

- Begin each session with light stretches to prepare your body for exercise.
- Tip: End with gentle cool-down exercises, like seated stretches, to reduce muscle soreness.





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### Follow a Structured Routine

- Use apps or videos to guide your workouts and provide a clear structure.
- Example: Follow a 30-day bodyweight program or use a fitness app like Nike Training Club.



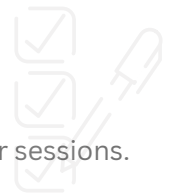
### Increase Intensity Gradually

- Add reps, sets, or weights as your fitness improves to challenge your body safely.
- Tip: Change one variable at a time, like adding 5 pounds to weights or increasing by one set.



### Track Your Progress

- Keep a log of workouts, reps, and improvements to monitor your growth.
- Tip: Use a fitness journal or app to track milestones like completing more reps or longer sessions.



### Stay Motivated with Variety

- Rotate exercises to prevent boredom and keep your workouts engaging.
- Example: Alternate between HIIT, yoga, and strength training sessions throughout the week.



### Listen to Your Body

- Rest when needed and avoid overtraining to prevent injury.
- Tip: Incorporate active recovery days with light stretching or walking.



### Celebrate Achievements

- Reward yourself for completing milestones, like a month of consistent workouts.
- Example: Treat yourself to new workout gear or a relaxing spa day.



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