

Checklist for a Successful Workout

☐ Water Bottle

- Make sure you stay hydrated during your workout by having a water bottle nearby. Try one where you can infuse real fruit in the center!

☐ Good Shoes

- Everyone has their own brand of shoe that they swear by but just make sure they fit well and don't hurt. I prefer Asics.

☐ Good Socks

- Buy socks that are thick for cushioning and also moisture-absorbent. Also have an extra pair on hand in case you need a dry pair.

☐ A Full-ish Belly

- Eat some carbs before a workout for energy: fruit, toast, oatmeal. Don't workout on an empty belly. Eat protein after a workout.

☐ A Self-Pep Talk

- You're never going to look forward to every single workout but remind yourself WHY you're doing this. Because you're worth it!

☐ A Distraction

- Fun music to listen to and/or moves to focus on are great for making the time pass quickly. If you're on your own, try a podcast.

☐ A Reward

- What will you look forward to after? Hot shower? TV time? Gold star on a sticker chart. Don't laugh - it really works!