

Strong Starts Small

A Midlife Fitness Reset Checklist



For the woman who wants to start again without fear, pressure, or punishment.

You do not have to overhaul your life to begin feeling stronger. You do not have to be perfect. You do not have to start where you used to be.

You simply have to start where you are, with small, steady steps that help you rebuild trust with your body.

Use this checklist as a gentle reset for the next 7 days.

Step 1: Reset Your Mindset

Check any that feel true for you this week:

- ☐ I am willing to stop judging my body for where it is right now.
- ☐ I am open to starting small instead of starting perfectly.
- ☐ I understand that consistency matters more than intensity.
- ☐ I can build strength at any age and stage.
- ☐ I am not behind. I am beginning again with more wisdom.

Patti Prompt:

What would change if I treated movement as support instead of punishment?

Write your answer here:

Step 2: Choose Your Starting Point

Pick one simple movement promise you can realistically keep this week.

- ☐ Take a 10-minute walk.
- ☐ Stretch for 5 minutes after waking up.
- ☐ Do 5 squats while holding onto a chair or counter.
- ☐ Practice standing up and sitting down from a chair 5–10 times.
- ☐ March in place during one commercial break or while coffee is brewing.
- ☐ Do one short beginner strength session.

- ☐ Put movement clothes or sneakers somewhere visible.
- ☐ Choose my own small movement step: _____

My movement promise this week is:

Step 3: Build a Foundation, Not a Frenzy

This week, focus on steady basics.

- ☐ Move in a way that feels doable, not draining.
- ☐ Include at least one strength-building movement.
- ☐ Pay attention to how my body feels before, during, and after movement.
- ☐ Give myself permission to modify.
- ☐ Stop comparing today's body to a past version of me.
- ☐ Celebrate follow-through, even if the action feels small.

Remember:

The goal is not to prove yourself. The goal is to build self-trust.

Step 4: Support Your Body Outside the Workout

Midlife fitness is not just about the workout. Your energy, hormones, recovery, nourishment, and stress all matter.

Choose 1–2 support habits this week:

- ☐ Drink water before reaching for more caffeine.
- ☐ Add protein to one meal or snack.
- ☐ Eat a real meal instead of skipping and grabbing later.
- ☐ Go to bed 15 minutes earlier.
- ☐ Take a few deep breaths before meals.
- ☐ Step outside for fresh air and sunlight.
- ☐ Pause and ask, “What does my body need right now?”

My support habit this week is:

Step 5: Track the Win

Each day, write down one small win. It can be movement, mindset, food, rest, or simply noticing your body with more kindness.

Day	My Small Win
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Day 1	
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Day 2	
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Day 3	
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Day 4	
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Day 5	
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Day 6	
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Day 7	
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Your Midlife Fitness Reset Statement

Complete this sentence:

This week, I am choosing to rebuild my strength by...

A Final Note From Patti

Fitness in midlife is not about chasing the old rules: eat less, push harder, ignore your body, and chase the scale.

It is about building the woman you want to be for the decades ahead — strong, capable, energized, and free to do what you want, when you want.

Strong starts small.

And small counts.

Want Support Taking the Next Step?

I help women in perimenopause and beyond revamp their mindset, fitness, and food so they can feel stronger, more energized, and more confident in their bodies.

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