THE BUILD / SEVEN DAYS / WORKING EDITION

Fitness Playbook

What we are building

Make room for movement you can repeat.

Your first Builder's Move

Choose when and where to take a comfortable walk. Record what you actually do.

Make it yours

My name: _____

Why this matters to me: _____

My next action: _____

When and where: _____

Accountable to me.

This is a reflection and habit-planning tool. It is not a personalized training, diet, medical, legal, or financial plan.

Your seven-day build

DAY 1 / Choose the move

Write down the action, when you will do it, and what completion looks like. Done / adjusted / missed: _____

DAY 2 / Do and record

Take your chosen action. Record what happened without dressing it up. Done / adjusted / missed: _____

DAY 3 / Name the obstacle

Write down what got in the way and one adjustment you can make. Done / adjusted / missed: _____

DAY 4 / Make it repeatable

Return to the action. Scale the commitment to something you can follow through on. Done / adjusted / missed: _____

DAY 5 / Notice progress

Record one thing that worked and one thing you learned. Done / adjusted / missed: _____

DAY 6 / Prepare the next move

Choose a time and prepare what you need for your next action. Done / adjusted / missed: _____

DAY 7 / Review and continue

What worked? What needs to change? Choose your next seven-day commitment. Done / adjusted / missed: _____

Review your week

What movement are you already doing, and what can you repeat?

My next commitment: _____

Let's continue the build.

New companion prompts based on the established Built by Rod categories and first-week habit framework. Not a transcript of a verified reel.

Reel connection: pending verification. No reel link is claimed in this edition.

Open your walking planner and daily log