



Your Roadmap to Fitness After 50

1. Start with your biggest challenge. There's one that will impact all others.
2. Fill in the Type/Timing/Details/Conditions that need to be present
3. Add the specific actions you will take. Refer to your Hormone signs and symptoms sheet, or any of the worksheets you've used from Modules 2-7.
4. You can add things to do beyond these but focus on taking one or two steps at a time and making them habits before you add more to do.

FLIP: One small change you do consistently is more beneficial than aiming for 4 things and only doing any of them occasionally. Once you've mastered that new habit and don't have to think consciously about it move on to the next.

Repeat this process for each of the five areas related to hormones. Start with the category that will have the greatest positive influence.

When you collect all of your Roadmaps together the bottom layer of *action items* should look like new habits.