

K . G F I T N E S S

THE BUSY WOMAN'S GUIDE TO HABIT STACKING

WHAT IS HABIT STACKING?

You already have habits—
brushing your teeth, making
coffee, checking your phone.
Instead of trying to squeeze in
more things, attach new habits to
what you're already doing.

Simple, right?

HOW

PICK ONE HABIT FROM
EACH SECTION.

DON'T DO THEM ALL AT
ONCE—STACK THEM IN
GRADUALLY.

SMALL WINS BUILD
MOMENTUM.

START YOUR DAY STRONG



WHILE THE KETTLE BOILS: DO 10 SQUATS OR STRETCH.



BEFORE YOUR FIRST COFFEE: DRINK A GLASS OF WATER.



AFTER BRUSHING YOUR TEETH: 10 DEEP BREATHS OR A 30-SEC PLANK.



WANT MORE? TRACK YOUR WATER INTAKE FOR THE DAY.

MOVE MORE WITHOUT 'FINDING

 **BEFORE SCROLLING YOUR PHONE: STAND UP AND WALK AROUND.**

 **DURING A WORK CALL: PACE THE ROOM OR STEP OUTSIDE.**

 **AFTER SENDING AN EMAIL: SHOULDER ROLLS OR NECK STRETCHES.**

 **WANT MORE? SET A TIMER TO STAND UP EVERY HOUR.**

UNWIND & SET UP TOMORROW

 **AFTER DINNER: PACK YOUR GYM BAG OR PLAN TOMORROW'S MEALS.**

 **DURING NETFLIX: STRETCH OR DO SEATED LEG LIFTS.**

 **BEFORE BED: WRITE DOWN 3 WINS FROM TODAY (BIG OR SMALL).**

 **WANT MORE? SET A BEDTIME AND STICK TO IT.**

READY TO LEVEL UP?

THESE TINY HABITS = SMALL WINS.
SMALL WINS = MOMENTUM.
AND MOMENTUM? THAT'S WHAT
GETS YOU RESULTS.

IF YOU LOVE THIS, YOU'LL LOVE MY
COACHING PROGRAM—WHERE WE
MAKE REAL PROGRESS WITHOUT
THE OVERWHELM.

*CONTACT ME AND QUOTE 'GUIDE'
FOR YOUR FIRST WEEK FREE WHEN
YOU SIGN UP FOR 12 WEEKS*

“ I BELIEVE IN MYSELF ”