

**Fit Is Freedom  
Experience**

Workbook





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# hello

## Welcome!

Hi, I'm Kelly. So glad you're here!

In my life, I've been lucky as my work has led me to my passions. Playing in the outdoors, working with smart, driven women, traveling the world, and connecting with a community of amazing friends.

But, it hasn't always been sunshine and roses :) I still remember distinctly waking up one morning in so much pain I couldn't move, having to crawl to the bathroom. Looking back, I realize now that was one of the best gifts in my life and one that was impossible to recognize at the time.



That morning, I realized that if I wanted to feel great, do everything I loved doing, and live a long and active life, I couldn't get by with an inconsistent fitness routine and a weekend warrior attitude anymore. I needed a foundation of fitness that would last me through the next half (ok, maybe third) of my life. I'm passionate about playing, so I got busy and made the changes that matter. As I looked around, I realized my friends and clients were on the same path. Everyone was fitting fitness in where they could and hoping when life slowed down, the kids were grown, work didn't matter so much; that's when they'd have time to start focusing on their wellness.

If we focus on our personal well-being now and have a fit-first-focus, life is more manageable and fun. Being fit truly is the path to freedom.

Thank you for being here; I can't wait to connect!

*Kelly*

[www.FitIsFreedom.com](http://www.FitIsFreedom.com)

# Consider

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Freedom means something different to everyone. It might mean taking up activities you have only dreamt about. Realizing that every year can be better because you're choosing yourself and your health. It could be losing nagging injuries and knowing you'll be able to keep up with whomever you want to play with. You choose your own freedom, we're here to cheer you on.



We use accountability, and in the end, we know the only accountability that really matters is personal accountability. It's a paradox because having a community that has your back makes individual accountability easier. It works.



Friends matter. You now have a community of like-minded women ready to cheer you on, remind you how amazing you are, pick you up if you need it. Laughter and joy matter more than six-pack abs or losing weight. Spoiler alert – laughter and joy usually lead to more fitness and less weighing us down



You can do hard things. The path to freedom isn't always easy. And yet, if you're standing on the top of a mountain, you kayak a river, paddle a SUP for the first time, or see the look on your kid's faces when you tell them what you've been doing, the hard stuff fades. You can do hard things, and enjoying the hell out of what you do becomes a part of who you are.



We play. Play lowers stress and increases happiness. Less stress equals better sleep. The better we sleep the better our choices. The right choices means we'll get healthier. The healthier we are, the more we can play. The cycle begins again.



You'll hear 1000 times, "if it's not fun, it's not sustainable." That doesn't mean we ONLY do the things we like to do. It means we learn to appreciate that some things we do won't ever be favorites. Still, when we get the "why" for what matters most, then the enjoyment follows, at least to some degree :)



# Where It All Began...

## Before we dive in, look at where you are starting...

At this moment, I feel.....

...about my fitness

...about my nutrition and nutritional wellbeing

...about my self care

In the future, I want to feel...

...about my fitness

...about my nutrition and nutritional wellbeing

...about my self care

Weight:

Measurements:

# The Strong Start

## (MODULE 1)

**This module is all about starting strong, and the best way to start a journey strong is by understanding your WHY.**

### **QUICK WRITE!**

Put 3 minutes on the clock and write down all of the reasons WHY you have decided to begin this fitness journey. The more reasons, the better! Just try not to stop writing the whole time the clock is going!

**Ready...Set....Go!**



Go back through the list above and select your top 3 reasons. Write them below in order of importance.

①

②

③

# The Strong Start

## (MODULE 1)

### QUICK WRITE!

Now put 2 minutes on the clock. Write out as many expectations you have for this journey. What do you want to come out of this? Where do you picture yourself?

### Ready...Set....Go!

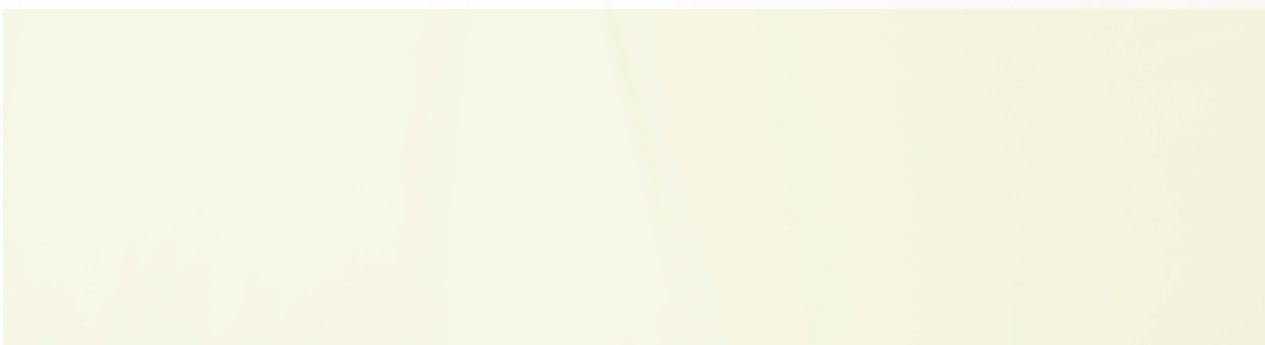


Go through your list above and select the top 2 things you want to get out of this journey.

①

②

What do you need to do to help achieve the things listed above?



For this first week on your journey, fill out the following tracker. This will give you a good starting point to understand what you're doing and how you are feeling! We'll revisit this later!

Use Scheduling and Tracking PDF : <https://members.fitisfreedom.com/wp-content/uploads/2021/08/Module-5-Schedule-Tracking-fillable.pdf>

# Goal Reflect 1

Each week, we're going to set goals at the beginning of the week. Then, at the end of the week, we are going to come back and take some time to reflect on how it went before we move on to the next module!

Setting goals is great, but reflecting on your goals works wonders!

## Goals...

### Fitness Goal:

Date (Beginning of the Week)

## Reflection...

(Use the space below to reflect on each goal. Why did or didn't you reach your goal this week? What can you do better for next week?)

Date (End of the Week)

### Nutritional Goal:

Date (Beginning of the Week)

Date (End of the Week)

### Self Care Goal:

Date (Beginning of the Week)

Date (End of the Week)

What was your biggest success this week? Why?



# Finding Time for YOU

## (MODULE 2)

Everyone is busy these days, but reaching your fitness goals is finding time for you in the midst of all the craziness! In this module, we're going to be thinking through our schedule and carving out time for you!

Follow the prompts and think about when you're going to make yourself a priority this week and beyond!

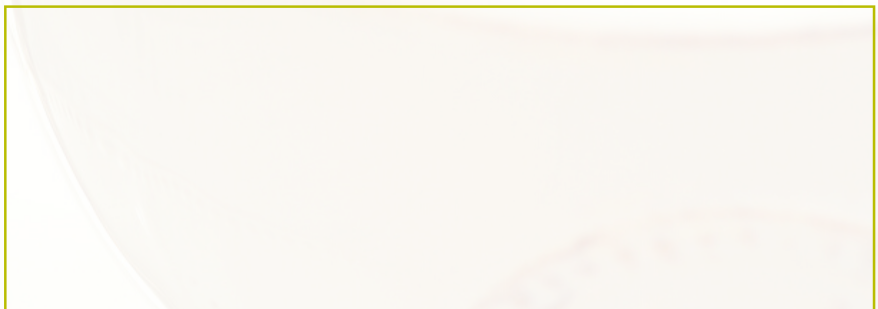
### Question 1

What are your 3 biggest time wasters?



### Question 2

How much time do you spend on your phone per day?



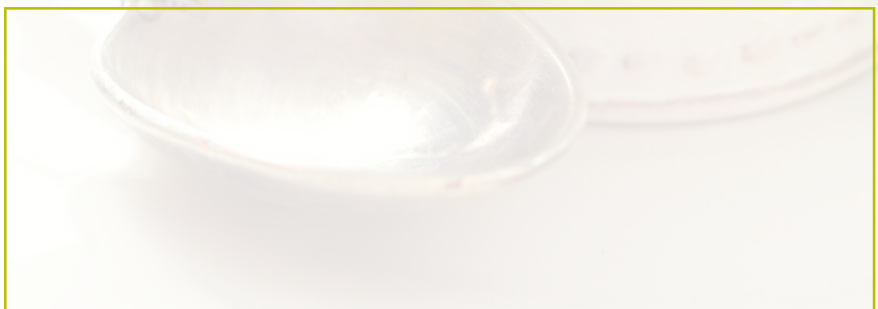
### Question 3

How much TV do you watch per day?



### Question 4

What are 2 things in your life you could delegate to others in order to make time for YOU? (dishes, bills, grocery shopping, etc)



# Finding Time for YOU

## (MODULE 2)



### BRAINSTORM

Take a moment and freewrite what is holding you back and where you can find time to reclaim for yourself...

(Is there a certain day where you can steal away 30 minutes or is there a particular time each day where you can give yourself 10? Think creatively and write freely!)

NOTES:

My Time

## Goal Reflect 2

Use your reflection from last week to guide you for this week. Try to change up your goals. If you focused on length of workout for your fitness goal last week, consider making a goal to try a new type of workout. Or if your nutritional goal was food related last week, maybe you could focus on hydration this week!

Continue to get creative and challenge yourself in new ways!

### Goals...

#### Fitness Goal:

Date (Beginning of the Week)

### Reflection...

(Use the space below to reflect on each goal. Why did or didn't you reach your goal this week? What can you do better for next week?)

Date (End of the Week)

#### Nutritional Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Self Care Goal:

Date (Beginning of the Week)

Date (End of the Week)

What made you feel most proud this week? Why?

# Shifting Habits

## (MODULE 3)

**So much of our life is on autopilot. We have countless habits that we do daily that either serve us or bring us down. In this module, we're going to be thinking about what habits we need to add, alter, or remove from our lives to help reach our fitness goals.**

**Let's start with the positive! List 3 habits that you currently have in your life that ARE serving you for your fitness and lifestyle goals...**



1

2

3



# Shifting Habits

## (MODULE 3)

In the spaces below, list at least 3 habits in each of the categories that would improve your life for the better.

Habits to Remove	Habits to Alter	Habits to Add

What are three habits that you listed above that are holding you back (either by doing them or not doing them), but feel feasible to accomplish?

①

②

③

Now, it's time to pick just ONE of those habits that you feel you can dedicate to changing for the remainder of this course...

## Goal Reflect 3

Continue to use the previous week's successes and shortcomings to form your new week's goals.

Don't forget to reflect on your habit below!

### Goals...

### Reflection...

(Use the space below to reflect on each goal. Why did or didn't you reach your goal this week? What can you do better for next week?)

#### Fitness Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Nutritional Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Self Care Goal:

Date (Beginning of the Week)

Date (End of the Week)

Reflect on your habit that you dedicated to in the last module. Reflect on how it's going and if anything needs to be adjusted.

# Planning

## (MODULE 4)

We are most consistent when we have a plan. Everyone is different in how this may look. For some, they might like a detailed plan of each workout along with every meal made ready for the week. For others, they may prefer a looser structure. Maybe, they know they'll workout on certain days and have certain groceries, but they make more choices as they go.

In the beginning of this module, take time to think about your plan for the upcoming week. Be as detailed as you would like!



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Fitness Plan	Nutrition Plan	Self Care Plan



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Fitness Plan	Nutrition Plan	Self Care Plan

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Fitness Plan	Nutrition Plan	Self Care Plan

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Fitness Plan	Nutrition Plan	Self Care Plan

Notes:

# Planning

## (MODULE 4)

What could stop you from completing your plan this week?

What can you do to prepare for potential distractions or setbacks this week?





# Decluttering

## (MODULE 4B)

With this module, let's help our success by getting rid of excess! Prepare to be amazed at how much easier your life becomes even when you make the smallest of steps to declutter your space and your mind!



**Pick one place that could serve as a “small win” to get the decluttering train started.**

a) IDEAS: It could be a junk drawer, a closet, the laundry room, or even your fitness clothes drawer, pantry, etc



**Set a timer (10, 15, or 30 minutes), put on some awesome music or a fun podcast, and just GO! Spend the entire time moving and cleaning out.**

a) IDEAS: get rid of anything that frustrates you, doesn't work properly, hasn't been used in at least a year, or anything that doesn't bring you true joy.



**What should you do with it? Here are some suggestions....**

- 1.DONATE
- 2.SELL (FB marketplace, yard sale, Ebay, etc)
- 3.REPURPOSE/RECYCLE
- 4.TOSS

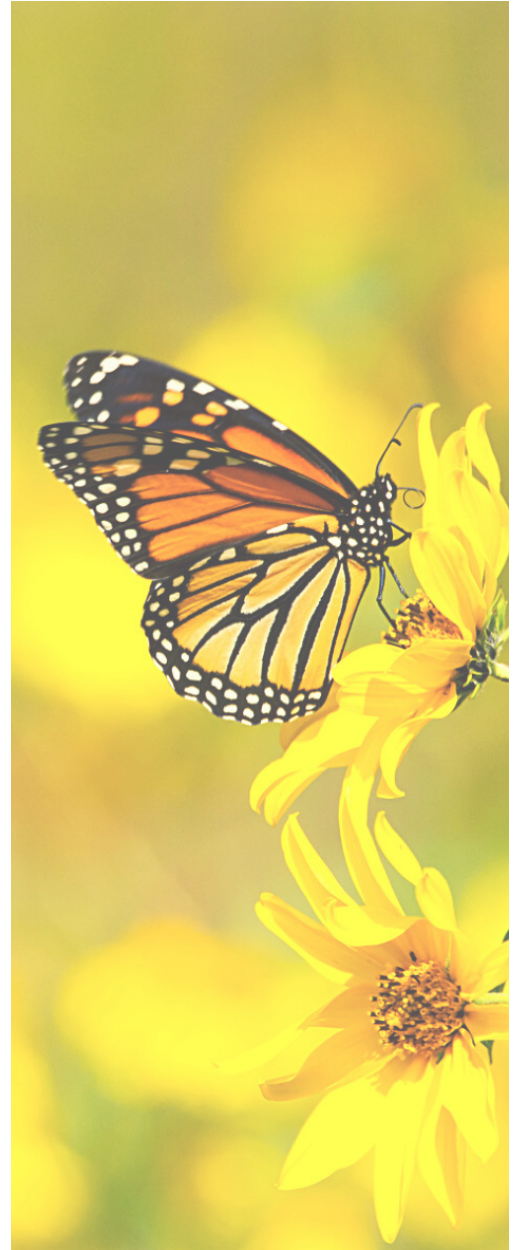
**Reflection:**

# Decluttering

## (MODULE 4B)

How did the decluttering make you feel?

Name 3 other areas you want to declutter before this experience is complete?  
(We'll break these up over the next few weeks!)



## Goal Reflect 4

Make sure you reflect on Goal Reflect 3 before creating your new goals!

This week, we're going to throw in a decluttering goal to keep your momentum up!

### Goals...

### Reflection...

(Use the space below to reflect on each goal. Why did or didn't you reach your goal this week? What can you do better for next week?)

#### Fitness Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Nutritional Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Self Care Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Decluttering Goal:

Date (Beginning of the Week)

Date (End of the Week)

# Tracking Your Progress

## (MODULE 5)

We're at a crucial time in this program. We're reaching the halfway mark, and it's important to take time to see how far you've come. At the start, you monitored your first week, diligently noting how you were feeling, what you were doing, and more. This week, we're going to monitor ourselves again and see how things have changed for you in just a short amount of time!



Use Scheduling and Tracking PDF :  
<https://members.fitisfreedom.com/wp-content/uploads/2021/08/Module-5-Schedule-Tracking-fillable.pdf>



## Goal Reflect 5

Along with our normal goals, we're going to continue this week with another clutter goal!

Find another small place in your house to brighten up  
and notice how lighter you will feel!

### Goals...

### Reflection...

(Use the space below to reflect on each goal. Why did or didn't you reach your goal this week? What can you do better for next week?)

#### Fitness Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Nutritional Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Self Care Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Decluttering Goal:

Date (Beginning of the Week)

Date (End of the Week)

# Check-In and Reflect

## (MODULE 6)

After the diligent notetaking of last week, let's take some time this week to simply reflect on this journey. Grab last week's Scheduling and Tracking sheet along with the one from the first week.

Flip through each of your Goal Reflect pages. Take note of how far you've come in such a short amount of time!

How do you feel compared with how you felt when we began?

What changes have you noticed in yourself and your mindset?

What changes have you noticed in your body?



# Check-In and Reflect

## (MODULE 6)

Which goals on your Goal Reflect are easiest to meet each week?

Where do you need to push yourself more in your goals?

Name a time throughout this process when you've had to give yourself grace...

What are you going to continue to finish this program strong?



## Goal Reflect 6

Remember when we talked about habits earlier? This week, we're going to make our goals, but we're also going to think about our habits!

What is one habit that you feel you've successfully altered, added, or removed?

### Goals...

#### Fitness Goal:

\_\_\_\_\_

Date (Beginning of the Week)

### Reflection...

(Use the space below to reflect on each goal. Why did or didn't you reach your goal this week? What can you do better for next week?)

\_\_\_\_\_

Date (End of the Week)

#### Nutritional Goal:

\_\_\_\_\_

Date (Beginning of the Week)

\_\_\_\_\_

Date (End of the Week)

#### Self Care Goal:

\_\_\_\_\_

Date (Beginning of the Week)

\_\_\_\_\_

Date (End of the Week)

#### Decluttering Goal:

\_\_\_\_\_

Date (Beginning of the Week)

\_\_\_\_\_

Date (End of the Week)

# Fine Tune Your Focus

## (MODULE 7)



For this module, we're going to be fine tuning our focus! We've got a great momentum and we're heading towards a life of health and fitness, but one thing we have to remember is that this lifestyle should be constantly changing, altering, and improving.

It's not a destination...It's all about the journey!



# Fine Tune Your Focus

## (MODULE 7)

What are 3 things you have implemented with this lifestyle that are helping you reach your goals?

①

②

③

What are 3 things that are still in your way from ultimate success and reaching your goals?

①

②

③

Let's fine tune those three things...In the columns below, brainstorm what small actions you can take to improve!

Obstacle 1	Obstacle 2	Obstacle 3

## Goal Reflect 7

This is your final “Goal Reflect” so let’s make it a good one!  
Set your heights high.

Try something new. Finish strong!

### Goals...

#### Fitness Goal:

Date (Beginning of the Week)

### Reflection...

(Use the space below to reflect on each goal. Why did or didn't you reach your goal this week? What can you do better for next week?)

Date (End of the Week)

#### Nutritional Goal:

Date (Beginning of the Week)

Date (End of the Week)

#### Self Care Goal:

Date (Beginning of the Week)

Date (End of the Week)

# Your Future You!

## (MODULE 8)

Our time together may be complete for now, but before we go, let's focus on where you're headed!

This journey has served as a small portion of your new life!



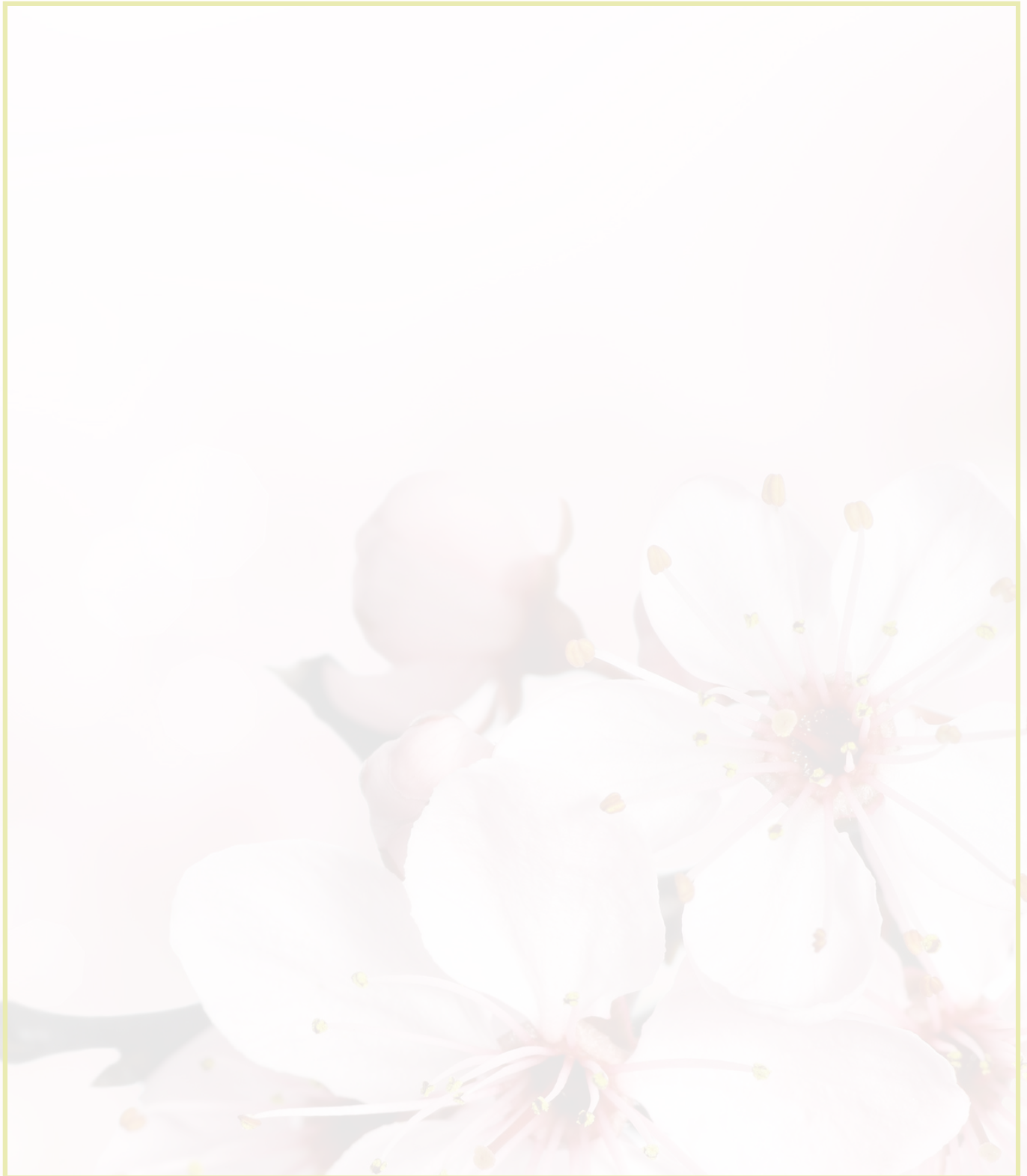
# Your Future You!

## (MODULE 8)

### FREE WRITE!

With each question, set 90 seconds on the clock  
and write until the timer sounds!

**Where do you see yourself in 90 days?**



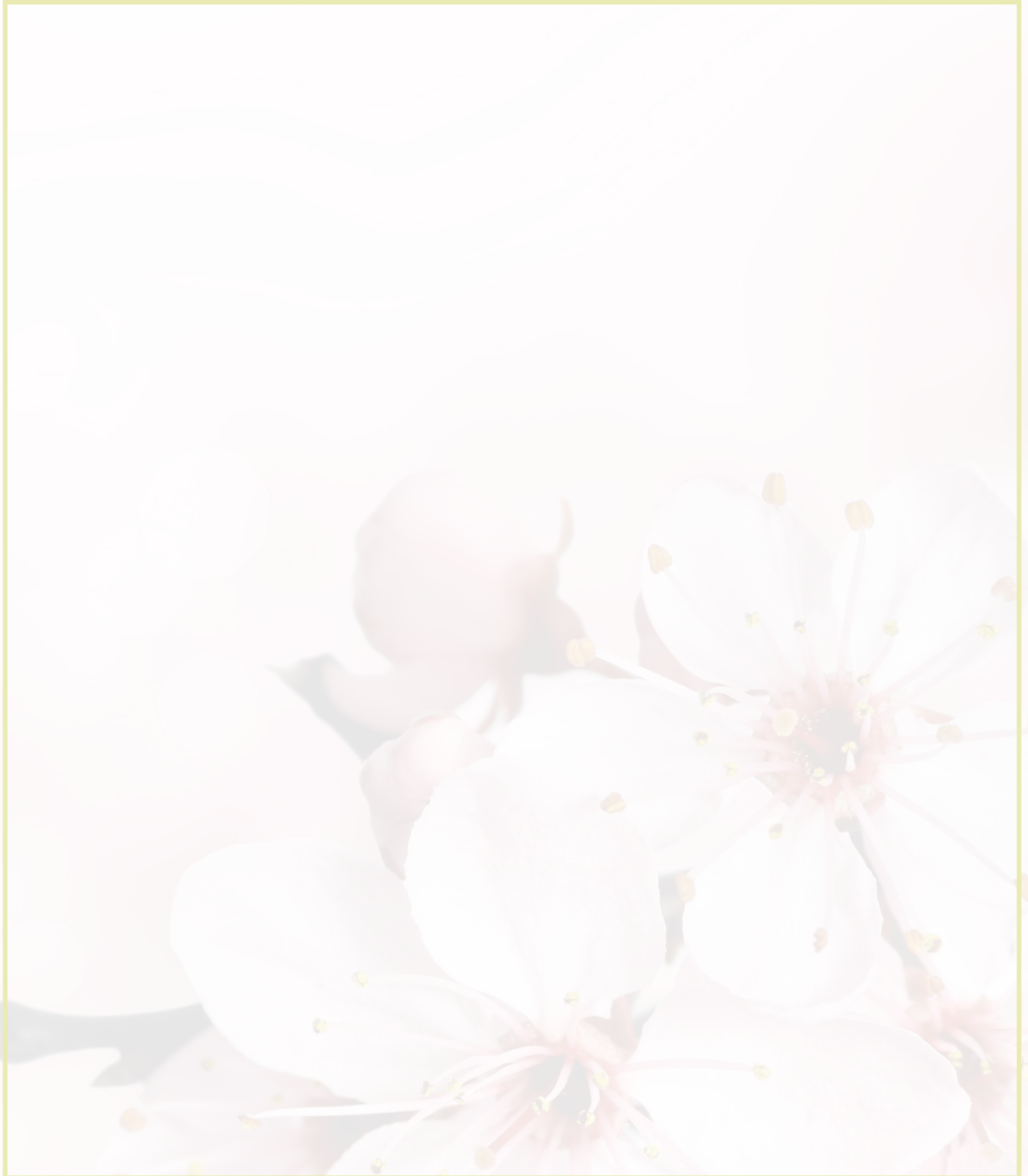
# Your Future You!

## (MODULE 8)

### FREE WRITE!

With each question, set 90 seconds on the clock  
and write until the timer sounds!

**Where do you see yourself in one year?**





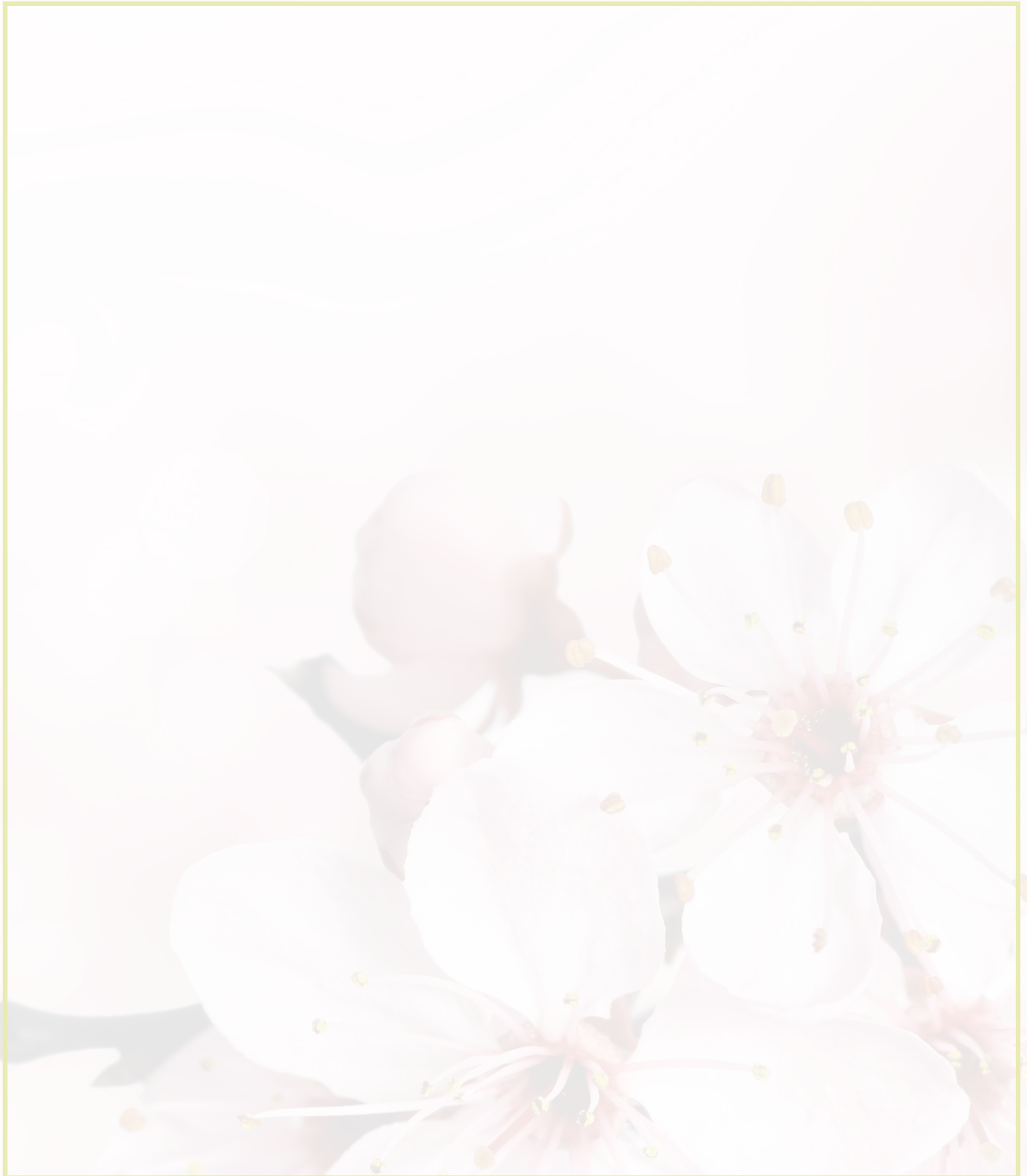
# Your Future You!

## (MODULE 8)

### FREE WRITE!

With each question, set 90 seconds on the clock  
and write until the timer sounds!

**Where do you see yourself in five years?**



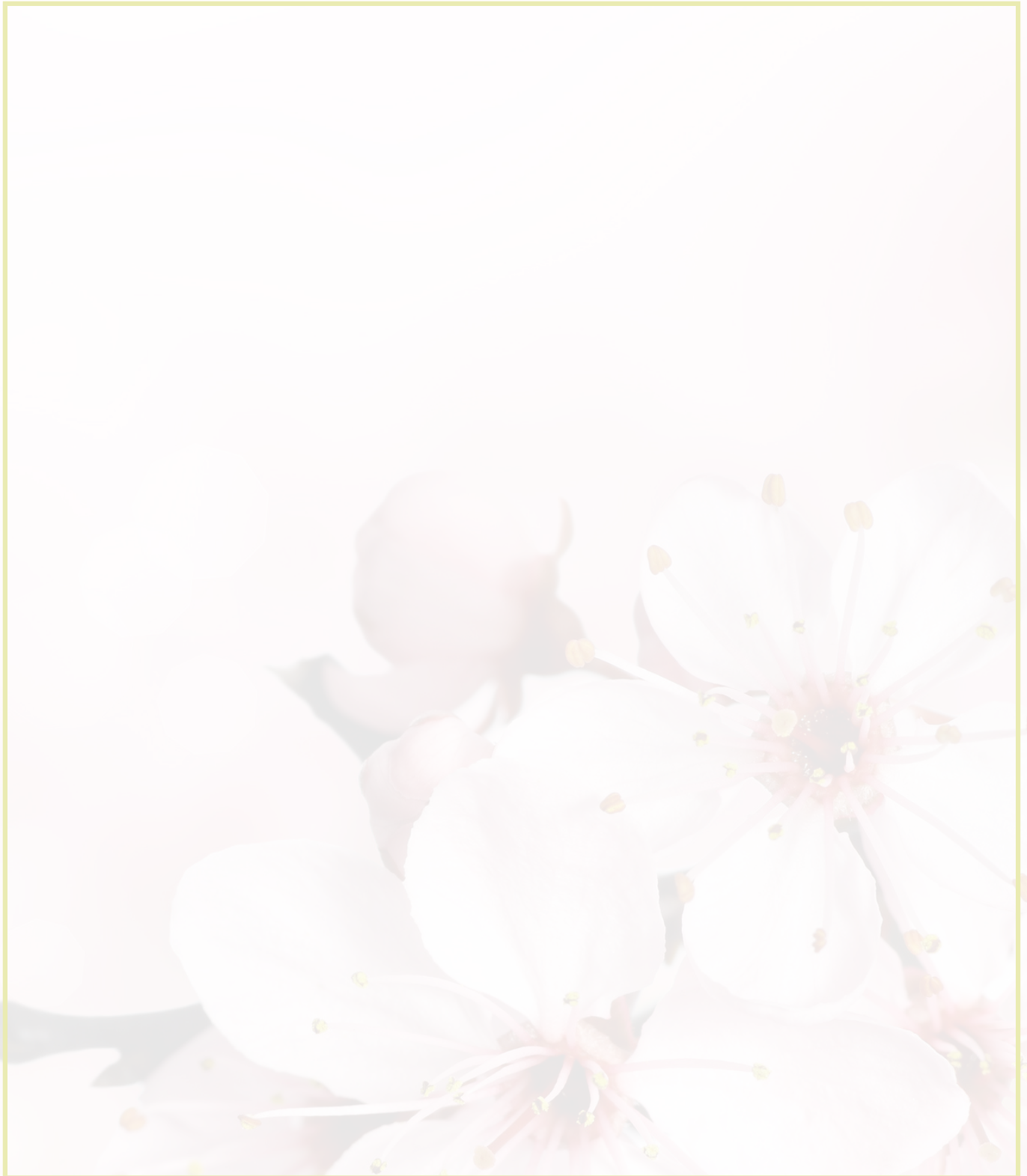
# Your Future You!

## (MODULE 8)

### FREE WRITE!

With each question, set 90 seconds on the clock  
and write until the timer sounds!

**In what ways has this journey given your future you a jumpstart?**



# Ten best tips to continue your journey!

1. Have something to look forward to
2. Make fitness a priority
3. Find what works for you
4. Don't let a bad week derail you
5. Give yourself grace
6. Find your foundation of accountability
7. Be 100% committed to what you want
8. Create the habits you need for the life you want
9. Find a reset when you need to
10. Continue to fine-tune



move on

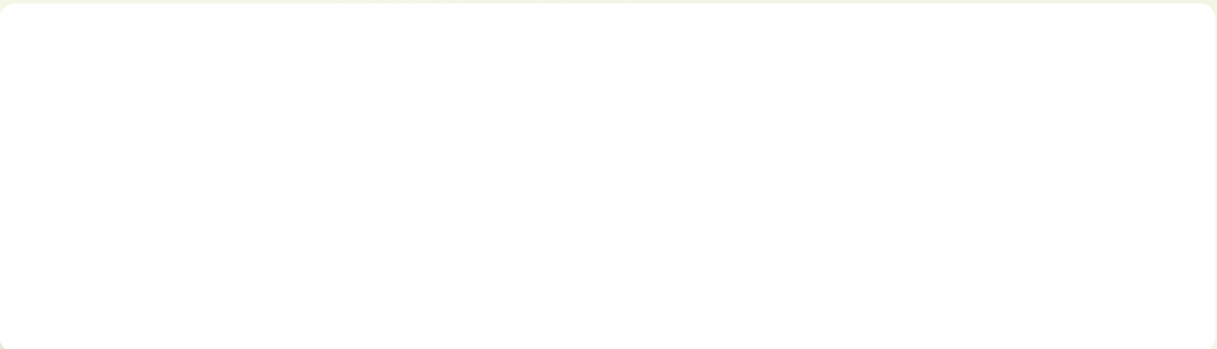
# Final Reflection!

At this moment, I feel.....

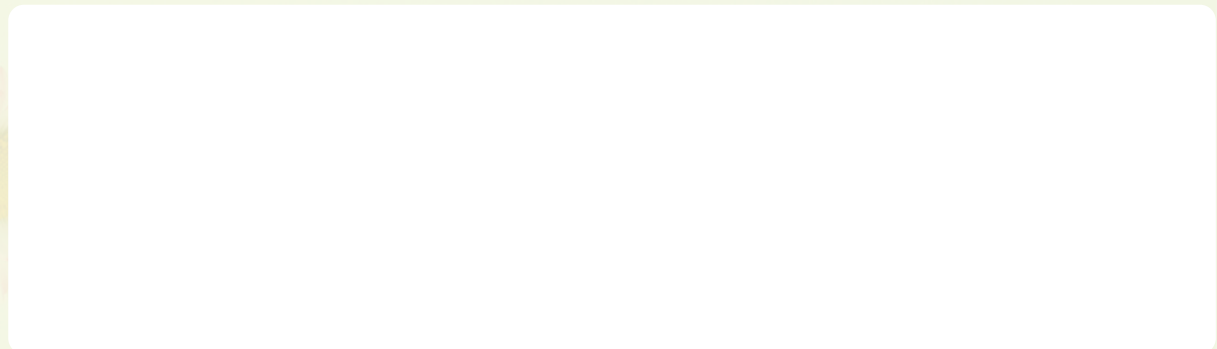
...about my fitness



...about my nutrition and nutritional wellbeing



...about my self care



Weight:

Measurements:

# Course Tracker

## Module 1

### The Strong Start

This module is all about starting strong, and the best way to start a journey strong is by understanding your WHY.

Notes / Insights

Complete

☐

## Module 2

### Finding Time for YOU

In this module, we're going to be thinking through our schedule and carving out time for you

Notes / Insights

Complete

☐

## Module 3

### Shifting Habits

In this module, we're going to be thinking about what habits we need to add, alter, or remove from our lives to help reach our fitness goals.

Notes / Insights

Complete

☐

## Module 4

### Planning

We are most consistent when we have a plan. Everyone is different in how this may look...

Notes / Insights

Complete

☐

## Module 4B

### Decluttering

With this module, let's help our success by getting rid of excess

Notes / Insights

Complete

☐



# Course Tracker

## Module 5

### Tracking Your Progress

This week, we're going to monitor ourselves again and see how things have changed for you in just a short amount of time!

Notes / Insights

Complete

☐

## Module 6

### Check-In and Reflect

Let's take some time this week to simply reflect on this journey.

Notes / Insights

Complete

☐

## Module 7

### Fine Tune Your Focus

For this module, we're going to be fine tuning our focus

Notes / Insights

Complete

☐

## Module 8

### Your Future You!

Our time together may be complete for now, but before we go, let's focus on where you're headed!

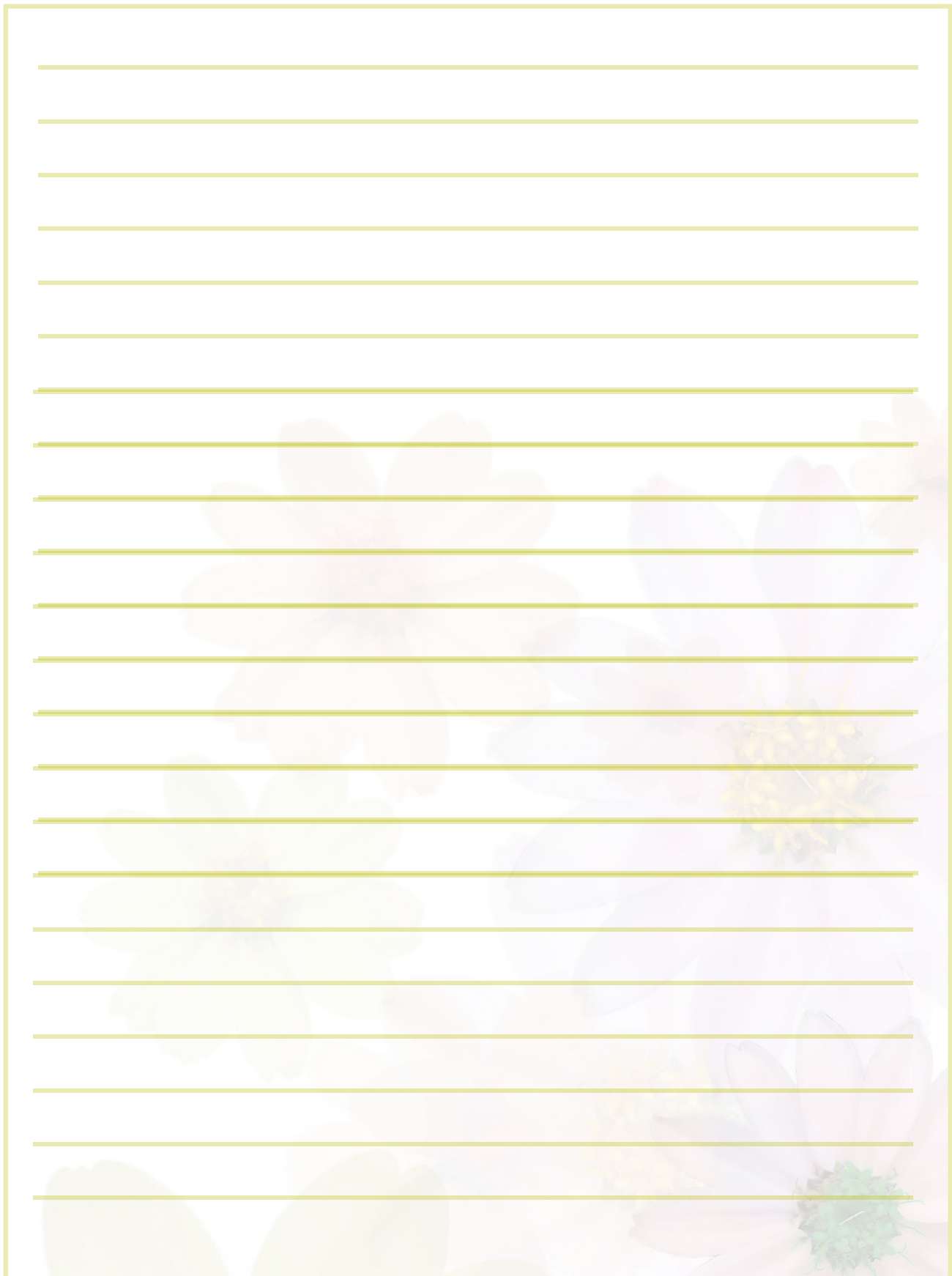
Notes / Insights

Complete

☐

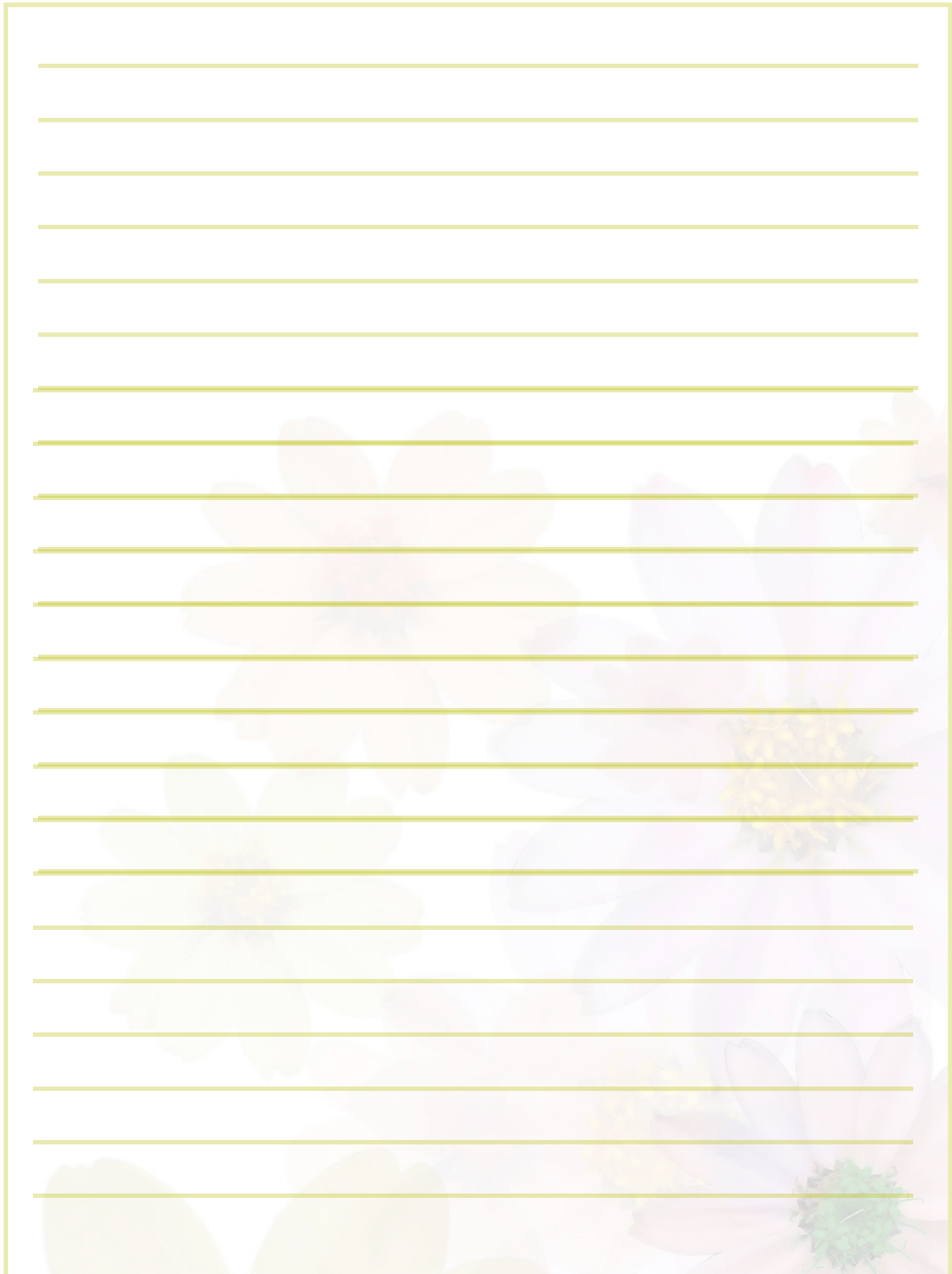
Notes / Insights

# MY NOTES



A large rectangular box with a thin gold border, containing 20 horizontal gold lines for writing notes. The background of the page features faint, large, overlapping floral illustrations in shades of yellow, pink, and purple.

# MY NOTES



A large rectangular box with a thin gold border, containing 20 horizontal gold lines for writing notes. The box is positioned in the upper half of the page, below the 'MY NOTES' header. The background of the page features a faint, artistic illustration of several flowers in soft pastel colors (pinks, purples, yellows) with green foliage, creating a gentle, floral aesthetic.