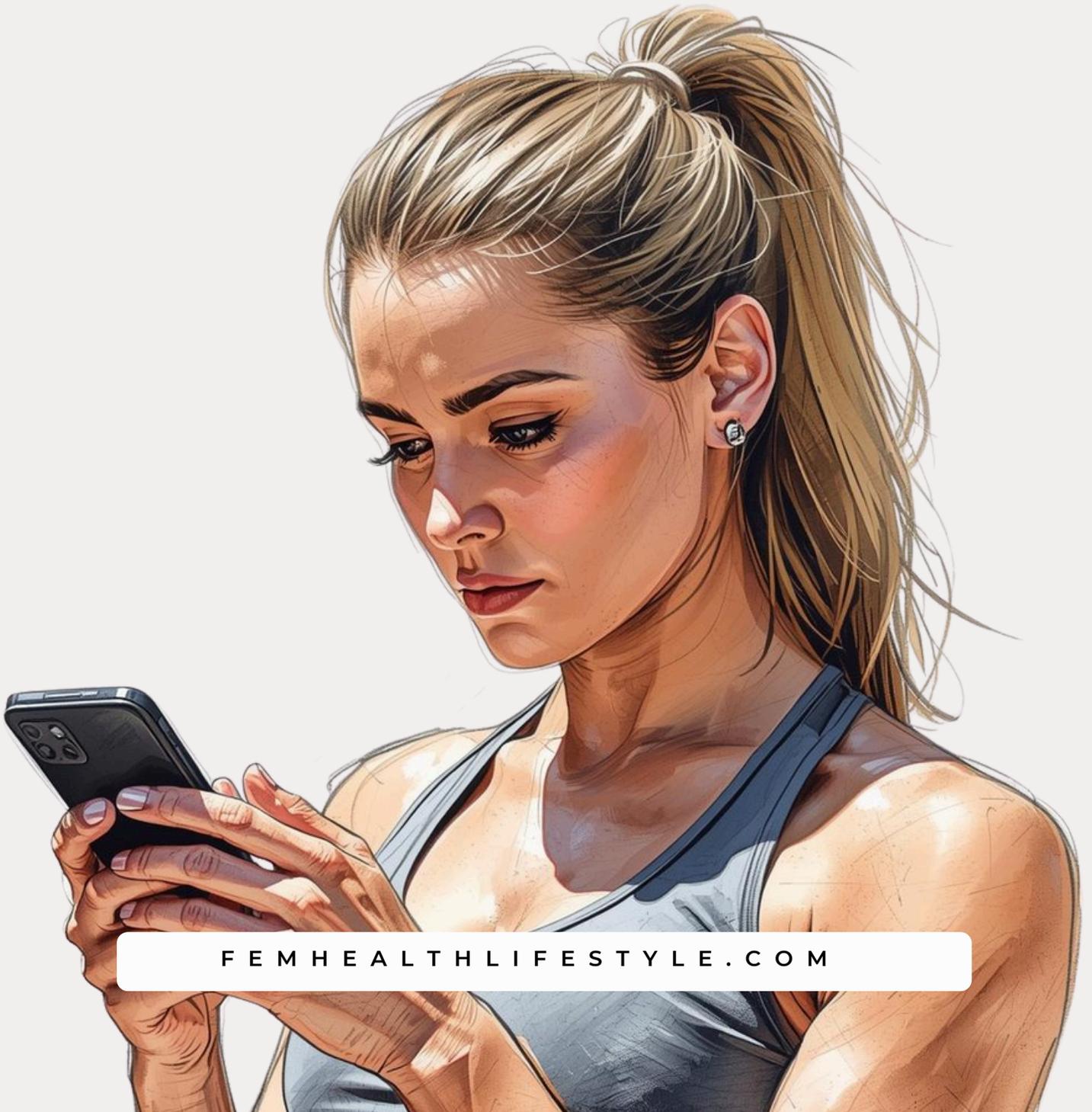




# MINUTE-A-DAY FITNESS PLANS YOU'LL ACTUALLY STICK TO

SIMPLE MOVEMENT + SMART  
COACHING FOR REAL LIFE



[FEMHEALTHLIFESTYLE.COM](https://femhealthlifestyle.com)

# CONTENTS

1

WHY ONE MINUTE A DAY ACTUALLY WORKS

2

THE 5 RULES OF MINUTE-A-DAY FITNESS

3

THE 1-MINUTE MOVEMENT MENU

4

THE 7-DAY MINUTE-A-DAY PLAN

5

WHEN (AND HOW) TO DO MORE — WITHOUT PRESSURE

6

WHY COACHING IMPROVES CONSISTENCY

7

PRINTABLE WORKSHEETS

8

COMMON OBSTACLES (AND HOW TO HANDLE THEM)

9

TURNING THIS INTO REAL WEIGHT-LOSS PROGRESS

10

FINAL WORDS

# WELCOME

## WHY MOST FITNESS PLANS DON'T STICK — AND WHY THIS ONE DOES

If you've ever started a fitness plan feeling motivated...only to quit a few days later — you're not alone.

Most plans fail because they:

- Ask for too much time
- Don't adapt to real life
- Rely on motivation instead of support

This guide is built on a different idea:

### **Small daily actions + guidance = consistency**

You don't need long workouts.

You don't need willpower.

You need:

- One minute
- A plan that adapts
- Support that meets you where you are

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# CHAPTER 1: WHY ONE MINUTE A DAY ACTUALLY WORKS

Minute-based fitness works because it:

- Removes the “I don’t have time” excuse
- Lowers mental resistance
- Builds confidence through consistency
- Creates momentum naturally

One minute turns into five.

Five turns into habits.

But even when it doesn't — **you still win.**

## **Optional Support That Makes This Easier**

Many people find it easier to stay consistent when they have guidance that adapts to their energy, schedule, and goals.

### **👉 AI Health & Weight-Loss Coaching App with Avo™**

Some users use an AI coach to get daily movement suggestions, habit reminders, and personalized guidance alongside simple plans like this.

# CHAPTER 2

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## THE 5 RULES OF MINUTE-A-DAY FITNESS

1. One minute is the **minimum**, not the goal
2. Stopping after one minute is allowed
3. Low-energy days still count
4. Missing a day doesn't mean quitting
5. Support beats self-discipline

Fitness works better when you're guided — not judged.

# CHAPTER 3

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## THE 1-MINUTE MOVEMENT MENU

Choose **one** each day.

### **Cardio (Pick One)**

- March in place
- Fast walking
- High knees
- Jumping jacks

### **Strength**

- Wall push-ups
- Squats
- Lunges
- Plank hold

### **Recovery / Low Energy**

- Gentle stretching
- Shoulder rolls
- Deep breathing
- Mobility movements

# CHAPTER 4

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## THE 7-DAY MINUTE-A-DAY PLAN

Day 1: March in place – 1 minute

Day 2: Squats – 1 minute

Day 3: Stretching – 1 minute

Day 4: Wall push-ups – 1 minute

Day 5: Fast walk or cardio – 1 minute

Day 6: Core hold or seated twist – 1 minute

Day 7: Any movement you enjoyed

Repeat weekly — or adjust based on how you feel.

### **Want This Customized for You?**

Some people prefer guidance that adjusts workouts and habits based on their goals, weight-loss progress, and daily energy.

### **👉 [AI Health & Weight-Loss Coaching with Avo™]**

An AI coach can suggest daily movement, adjust goals, and help you stay consistent — especially when motivation dips.

# CHAPTER 5



## WHEN (AND HOW) TO DO MORE — WITHOUT PRESSURE

Only increase time **if it feels good:**

- Repeat the same move
- Add another minute
- Let your energy decide

You're building a relationship with movement — not forcing results.

# CHAPTER 6

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## WHY COACHING IMPROVES CONSISTENCY

Most people don't fail because they're lazy.

They fail because they're **doing it alone**.

Support helps with:

- Accountability
- Personalized adjustments
- Encouragement on low-energy days
- Long-term habit building

That's why many people pair simple fitness plans with **coaching support** — especially when weight loss is a goal.

CHAPTER 7  
—  
PRINTABLE  
WORKSHEETS

# WORKSHEET 1: MINUTE-A-DAY TRACKER

Week of: \_\_\_\_\_

Day	1 minute done	What I Did
Mo	<input type="checkbox"/>	_____
Tue	<input type="checkbox"/>	_____
Wed	<input type="checkbox"/>	_____
Thu	<input type="checkbox"/>	_____
Fri	<input type="checkbox"/>	_____
Sat	<input type="checkbox"/>	_____
Sun	<input type="checkbox"/>	_____

✓ Showing up counts — always.

# WORKSHEET 2: MY GO- TO 1-MINUTE MOVES

When I don't want to think, I'll do:

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# WORKSHEET 3: ENERGY-BASED MOVEMENT PLANNER

## Low Energy:

- Stretching
- Walking
- Breathing

## Medium Energy:

- Squats
- Marching
- Light strength

## High Energy:

- Cardio
- Circuits
- Longer sessions

## Optional Coaching Support

If you like structure, reminders, or accountability, some people choose to use an AI coach alongside this tracker.

### **[Try an AI Health & Weight-Loss Coach Like Avo™]**

Helps with daily guidance, habit tracking, and progress motivation.

# CHAPTER 8 - COMMON OBSTACLES (AND HOW TO HANDLE THEM)

**“I forgot.”**

→ Use reminders or an app to prompt you

**“I don’t feel motivated.”**

→ You don’t need motivation for one minute

**“I missed a day.”**

→ Restart tomorrow — no reset required

# CHAPTER 9: TURNING THIS INTO REAL WEIGHT-LOSS PROGRESS

Weight loss isn't about extremes.

It's about **consistent habits + guidance.**

When movement is paired with:

- Daily support
- Nutrition awareness
- Adaptive coaching

**...it becomes sustainable.**

## **Ready for More Support?**

This guide gives you the foundation. Some people choose to add coaching for accountability and personalization.

👉 **[AI Health & Weight-Loss Coaching App with Avo™]**

Designed to support fitness, habits, and weight-loss goals — one day at a time.

# FINAL WORDS

You don't need a perfect plan.

You don't need long workouts.

You don't need guilt.

You need:

- One minute
- Consistency
- Support that adapts to you

That's how change sticks.

## Ready for More Support?

This guide gives you the foundation. Some people choose to add coaching for accountability and personalization.

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