

Recalibration Checklist

FOR THE ACTION-ORIENTED

YOUR TOTAL GYM CHECK-IN GUIDE

- ☐ My Total Gym routine fits my life right now
- ☐ I am moving consistently, even if sessions are short
- ☐ My workouts challenge strength, stability, and control
- ☐ Recovery is part of my plan
- ☐ My goals feel motivating, not overwhelming
- ☐ My nutrition supports energy and recovery
- ☐ My workouts leave me energized
- ☐ I recognize progress beyond appearance
- ☐ I adjust when needed instead of quitting
- ☐ I choose intention over perfection

Screenshot or print to use anytime.

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