

Coaching Conversation Summary

Key Goals

- Establish a consistent exercise routine.
- Maintain healthy eating habits.
- Improve sleep quality.

Major Breakthroughs

- Identified existing self-discipline regarding diet as a strength.
- Recognized past experience with exercise as a foundation for restarting.
- Developed a concrete, initial exercise plan (30-minute walks and 100 push-ups daily).
- Defined clear, measurable success criteria for the exercise plan.

Actionable Next Steps

- Begin implementing the 30-minute walk and 100 push-up routine immediately.
- Monitor progress and celebrate successes along the way.
- Schedule a follow-up session to review progress and address any challenges.