

[Idea 1]

I would come back from a walk. Put on gym clothes and go down to the gym.

It seems like this will be part of my journal. But my question is who is reading it on the other side? Or is this only from my own head?

[Idea 2]

A kettlebell to the left of me, that weighs too much for me right now.

I have a yoga mat, which I don't use, and I have resistance bands that I don't use.

But I think if you could swap it out with something like the yoga mat with the little porcupine things let's say you have a bad neck or a bad back you can use it to roll or different types of weights.

[I'd] put the rest on Poshmark to sell.

[Idea 3]

I want to see women that look like me. I don't want a bunch of skinny blondes with big boobs. I want somebody who's overweight. Or somebody who can't bend their knee. I want people that are real people.

As long as she looks real and looks like most of America, and her credentials are correct.

[Idea 4]

What may work for me one day with the dog may not work the next day with the dog. Some people like variety and don't actually do the same thing every day.

Consistency is important. This should be your mantra. This is just to remind you that this is what you know is healthy for you to do

Morning routines stick faster. That's very true, anything in the morning you get it done easier. You have the most energy

[Idea 5]

Okay, here I go back to the same question. Daily strength training is hard. We all know that. That's why we do it together. Who is together?

Who is moderating or watching or coaching or helping? Is it an app where I'm responsible for doing it myself? Or is there somebody who's overseeing me?