

3 steps to build a habit:

The first is about identifying your specific desired outcome: Do you want to feel less stressed at work? Lose 10% of your bodyweight?

Next, identify the easy-win behaviors—he calls them “tiny habits”—that will put you on the path to that goal.

Finally, find a trigger—something that you already do as a habit—and graft the new habit onto it.

1. Goals

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Welcome to Moov!

What is your fitness goal?

- ☐ Lose weight
- ☒ Muscle strength
- ☐ Increased cardio
- ☒ Stress release

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2. Workouts

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What kind of workouts do you

- ☒ Bodyweight exercises
- ☒ Run
- ☐ Cycle
- ☐ Swim
- ☐ Boxing
- ☐ My own workout for Moov to track

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3. Notifications

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What kind of notifications will

- ☒ Daily
- ☐ Weekly
- ☐ Email
- ☒ App messages
- ☐ Text messages

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4. Plan

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Since you chose muscle strength and stress release in bodyweight and running, try this program and schedule.

Run 2x a week at pace/distance you set with HIIT

Do 2x bodyweight exercises with HIIT and endurance

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