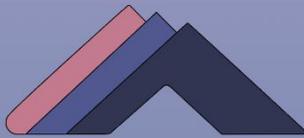


THE
STRONG
for **LIFE**
JOURNAL



FIT STEP BY STEP

2026 Goals & Intentions Journal

Created with care for you

*This journal is not meant to be read — it's meant to be **used**.*

*It's designed for busy, midlife women who want real results without overthinking, dieting, or burning out. This is your **decision-making, prioritization, and implementation tool** for your sustainable fitness journey.*

Inside, you'll find:

- Clear frameworks instead of vague motivation
- Simple templates that save time
- Step-by-step guidance from *wherever you're starting*

We don't need more information, we need **clarity + consistency**.

This journal will help you:

- Define your goals and your WHY
- Connect actions to your core values
- Choose what matters most right now
- Remove common obstacles before they derail you
- Focus on the 5 paths that actually move the needle in midlife.

Use this journal in short sessions. Progress comes from *taking action*, not from perfection.

A Letter From me

Dear Friend

If no one has told you this lately, let me be the one to say it:

You are not behind. You are not broken. And your body is not working against you., even if it feels like that from time to time....

You are in a season that requires **different strategies — not more willpower.**

You've spent years showing up for everyone else. This journal is a path to take when you are finally choosing to show up for *yourself* — with intention, clarity, and compassion.

Training, eating, resting, and managing stress isn't about chasing a smaller body or punishing yourself into change. It's about building a body that supports the life you want to live — now and in the decades ahead.

We are women who train for life. We train to feel strong. We train to age with confidence. We train because **strong women age differently.**

On the days you feel motivated — keep going and push yourself. On the days you feel tired — do your non-negotiables. On the days you feel stuck — come back to your WHY.

Consistency, not perfection, is what will change everything. There is no failure, only feedback. We learn and move on to the next healthy choice.

I'm so proud of you for choosing YOU.

To your strength,

Coach Emma 

SECTION 1: Coaching Questions for Clarity & Insight

These questions are for opening up our minds to focus on ourselves and the things that run underneath motivation and the daily decisions we make. Get yourself a nice cup of tea, snuggle up in your favorite spot and write down the answers to the questions that feel right for you.

Reflecting on 2025

- What Went Well This Year?
- What can I leave behind?
- What Drained My Energy?
- What Gave Me Energy?

Identity & Self-Connection

- Who am I becoming in this season of my life?
- What parts of myself have I been ignoring or putting last?
- Where do I feel most like "me"?
- What do I need more of emotionally this year?

Time & Energy Awareness

- Where is my energy currently going?
- What drains me the fastest?
- What restores me the fastest?
- What do I keep wishing I had time for?
- What can I let go of to create more breathing room?

Strength, Health & Body Confidence

- What would feeling strong mean for me this year?
- What have I been afraid to try because I wasn't sure I could be consistent?
- What is one small habit that would make the biggest difference?
- How do I want to feel in my body when I wake up each day?
- What do I want my workouts to give me besides physical results?

Stress, Boundaries & Emotional Health

- Where am I saying yes when I want to say no?
- What boundary would support my energy and health right now?
- What am I carrying that I don't need to carry anymore?
- What helps me calm my nervous system the fastest?
- How can I give myself permission to rest without guilt?

Nutrition & Hormone Support

- How do I want food to support me this year?
- Which meals leave me feeling my best?
- Which foods or habits leave me feeling sluggish or stressed?
- What would nourishing myself look like in the simplest form?
- How can I approach nutrition from compassion instead of rules?

Life Vision & Future Self

- If nothing held me back, what would I pursue this year?
- What would my future self thank me for starting today?
- Where do I want to be emotionally, physically, and mentally in December 2026?
- What daily choices align with the woman I'm becoming?
- What do I want more joy, fun, and ease around?

SECTION 2: The QuickStart Roadmap

This tool is to get clarity on what to focus on. Use these steps to map out your why, what and how, and start taking action in under 15 minutes.

STEP 1: Define Your WHERE and your WHY

Close your eyes and imagine it's a year from now and you have reached all your fitness goals.

*What has changed?
How does this feel?
Who are you now?*

Your WHERE is your **future self**. Connect with her and let her guide you. To be able to get to our goals, we need clarity on where we are going.

Answer this:

I'm prioritizing my health in 2026 because...

It's important to me because....

*Ask yourself WHY as many times as you can until you figure out **the deeper why**.*

Your WHY should connect to your values, your future self, and the people you care for.

Your "why" is your anchor. When hormones fluctuate, motivation dips, or life gets chaotic (because it will) ... your why keeps you steady.

Your WHY → Your Decision Filter

Your *WHY* becomes your **decision-making tool**.

My WHY Statement:

What I Want for My Body & Health:

What I Want for My Mind & Mood:

What I Want for My Relationships & Life:

My Big WHY in One Sentence:

How I Want to Feel in 2026:

My Word (or Theme) for 2026:

SECTION 3: Core Values → Clear Goals

Transformation sticks when your goals align with your values — not external pressure, diet culture or “shoulds”.

When your goals are aligned with your values, your why, and the future self you identify with, the plan we make and the actions we take are aligned to.

This is key to creating a roadmap to get there with consistent daily actions in the right direction.

My Core Values (Choose 1-3):

(Examples: Health, Family, Confidence, Longevity, Energy, Independence, Presence, Joy, Accomplishment, Consistency, Strength, Discipline, Vitality and so on)

My Top Goal for 2026: *(One primary focus, yes you have to choose one :))*

My Secondary Goal for 2026:

Why this matters to me (not anyone else):

If I don't work on this, what will my life look like in 3–5 years?

If I DO work on this, what becomes possible?

Boundaries That Will Support My Goals:

SECTION 4: The Transformation Framework

STEP 1: Choose ONE Focus Path

You can have it all, just not all at once. We have limited time and energy and are constantly overinformed about all the things we should be doing... When we take on too much, we can't stay consistent and lose our motivation.

Circle ONE path for the next 4 weeks:

- Nutrition
- Strength Training
- Cardio / Daily movement
- Sleep
- Stress & Recovery

Progress happens when we are clear on what to do and take daily action

Once we prioritize and focus on fewer things and stick to the same thing consistently, magic happens! To finally see real results, focus on habits that support the same goal for at least 12 weeks, reassess and refine every 4 weeks.

STEP 2: Commit to the Minimum Effective Plan

*We're creating sustainable habits to get to our goals, step by step. Take a look at the cheat sheets on the following pages and find **the needle mover habits that you can commit to.***

Ask:

- Does this support my current focus path?
- Does this align with my WHY and my values?
- Can I do this *even on my busiest weeks*?
- Can I sustain this for 4 weeks and beyond?

If not → it's a “**not now**”, not a failure. Write 1–3 actions only. These are my **non-negotiable actions**. Contact me to set it up in the app so we can track progress.

STEP 3: Working the plan

*Set aside some time at the end of each week to plan the coming week. On stressful weeks, focus on your non-negotiables, and on weeks with more space, schedule actions that you are at least 90% certain you will be able to actually do. **All or something mindset wins.***

Use these pages to take action quickly without overthinking.

Goal 1:

Why it matters:

How it fits my life right now:

Small steps I can take:

My action Plan:

Goal 2:

Why it matters:

How it fits my life right now:

Small steps I can take:

My action Plan:

STEP 4: Monthly Review

Schedule a day 4 weeks from now.

Look back at your plan and the changes you successfully made.

Celebrate your progress!

If you struggled with a change you wanted to make, analyze why and move on. There is no failure, only feedback.

Set up the coming 4 weeks with a new focus path that aligns with your goals.

Repeat steps 3 and 4, then add your new non negotiables to your fitness plan.

How to Use the Cheat Sheets

*Instead of trying to do everything, we focus on **5 paths** that drive results in midlife. We don't need to master all five at once. We need to start where we are. Add and subtract the actions that align with your lifestyle, values and preferences.*

The 5 Paths

1. **Nutrition** (Protein, fiber, balance. Consistency — not restriction)
2. **Strength Training** (muscle = metabolism, bone health, confidence, longevity)
3. **Cardio / NEAT** (daily movement, walking, heart health, weight management)
4. **Sleep** (hormone regulation, fat loss, recovery, mental health)
5. **Stress & Recovery** (cortisol management, nervous system support)

Time-Saving Systems That Work

You don't need more time — you need **systems that remove friction.**

My Go-To Weekly System

(Check what applies)

- Same workout days each week
- Simple repeat meals
- Walking meetings or walks after meals
- Evening wind-down routine

My Non-Negotiables:

If-Then Planning (Obstacle Removal)

- If I feel exhausted → I will:
- If I miss a workout → I will:
- If stress is high → I will:

You DO have time — you just need structure that works with midlife hormones, energy levels, and real-life responsibilities. **Where I Can Create Small Pockets of Time:**

- Morning:
- Afternoon:
- Evening:
- A 10-Minute Ritual I Can Commit To:
- A Fun or Restful Activity I Want More Of:

SECTION 5: Coach Guidance by Starting Point

If You're Starting from Overwhelm

- Pick ONE path
- Do the minimum consistently
- Focus on sleep and walking first

If You're Restarting (Again)

- Nothing is wrong with you
- Build from what *used to work*
- Reduce volume, increase consistency

If You're Ready to Level Up

- Strength train 3x/week
- Dial in protein and recovery
- Track energy, not just scale weight

Menopause Support Tips

- Prioritize protein at every meal (your metabolism loves it!)
- Strength training 2–3x / week is your superpower against fat gain & muscle loss
- Walking is magic — it boosts stress recovery and sleep quality
- Proper sleep and morning light = happier hormones

Stress & Recovery Tips

- 5 minutes of deep breathing drops cortisol
- Rest is a *training strategy*, not a luxury
- Your pace is your power

Nutrition Tips

- Add before you subtract (more veggies, more protein, more hydration)
- Consistency beats perfection every time
- No food guilt — ever. Just move on

PATH 1: NUTRITION (Hormone-Supportive, Not Dieting)

Coach Notes | Strong women fuel their bodies.

You don't need a new diet — you need steadier fuel. Midlife bodies respond best to consistency, protein, fiber and compassion. Start by *adding*, not restricting.

Primary Goal: Fuel your body to support muscle, metabolism, and energy.

Focus On:

- Protein at every meal
- Fiber-rich carbs
- Balanced plate
- Consistent meals

Minimum Effective Actions:

- Protein-first meals
- Eat every 3–4 hours
- Hydration check

What NOT to Focus On:

- Restriction
- Cutting entire food groups
- Perfection

If–Then Fixes:

- If meals feel chaotic → repeat simple go-to meals
- If cravings spike → check protein + sleep
- If you had the cake → Move on and make your next meal balanced

PATH 2: STRENGTH TRAINING

Coach Notes | **Strong women age differently.**

Strength training is not about shrinking your body — it's about expanding what you're capable of. Two solid sessions done consistently beat five perfect ones that never happen.

Primary Goal: Build muscle for metabolism, bone health, and confidence.

Focus On:

- Full-body strength
- Progressive overload
- Consistency

Minimum Effective Actions:

- 2–3 strength sessions/week
- 20-55 minutes/session

What NOT to Focus On:

- Burning calories
- All-or-nothing plans

If–Then Fixes:

- If short on time → do 20 minutes
- If energy is low → reduce load, keep the habit
- If joints hurt → train around it, all or something

PATH 3: CARDIO / Daily movement

Coach Notes 🗨️ | **Strong women move daily.** More isn't better — *more often* is better. Walking counts. Gentle movement counts. Your nervous system loves consistency, not punishment.

Primary Goal: Support heart health, fat loss, and stress reduction.

Focus On:

- Daily steps
- Sprint intervals
- Enjoyable movement

Minimum Effective Actions:

- Daily walks
- Movement snacks

What NOT to Focus On:

- Overdoing HIIT
- Exhaustion

If–Then Fixes:

- If stressed → walk outdoors
- If busy → 10-minute movement breaks
- If mood is low → add more cardio

PATH 4: SLEEP

Coach Notes 🗨️ | **Strong women prioritize sleep.**

Sleep is not lazy — it's strategic. If fat loss, mood, or energy feel stuck, sleep is often the missing piece.

Primary Goal: Regulate hormones, recovery, and fat loss.

Focus On:

- Consistent bedtime
- Wind-down routine
- Morning light

Minimum Effective Actions:

- Same sleep window
- Screen-free wind-down

What NOT to Focus On:

- Sleep perfection
- Late-night scrolling

If-Then Fixes:

- If wired at night → breathing or stretching
- If sleep is poor → protect bedtime the next night
- If you consistently struggle → talk with your doctor

PATH 5: STRESS & RECOVERY

Coach Notes | **Strong women practice self-care**

You can't out-train or out-diet stress. Managing stress is one of the fastest ways to balance your hormones and feel better in midlife — and it starts with permission to slow down.

Primary Goal: Balance cortisol and support nervous system health. Schedule self-care.

Focus On:

- Nervous system regulation, to get into “rest and recovery mode” as a needle moving action
- Boundaries-Manage your calendar with recovery in mind. No is a complete sentence.
- Rest, find your way. Reading, walking in nature, a warm bath, listening to music

Minimum Effective Actions:

- Daily breathing or pause
- One intentional rest moment

What NOT to Focus On:

- Pushing through exhaustion
- Ignoring stress signals

If-Then Fixes:

- If overwhelmed → pause + breathe for 2 minutes
- If burned out → reduce volume, increase rest, ask for help
- If your body is tense → practice a mindful body scan

SECTION 6: Review and replan

We often lose track of the things that matter to us because life gets busy. It's so easy to get stuck with what is urgent, not what is important. Scheduling time to reflect and plan is a strategy that will keep us focused on our goals long term and take smart action to reach them.

Review the Month

- What I Did Consistently:
 - What Moved the Needle:
 - What Felt Hard:
 - What I'll Adjust Next Month:
 - Month:
 - Wins:
 - Challenges:
 - One Thing I'm Proud Of:
 - What I Want to Focus on Next Month:
-

The Weekly Planner

- This Week's Intention:
 - Top 3 Priorities:
 - Movement Plan:
 - Meals & Mindful Nutrition Notes:
 - Energy Levels Check-In:
 - Obstacles to plan for:
-

Congratulations!

You've built a foundation for a stronger, calmer, more confident 2026 — and beyond.