

A SIMPLE DAILY EXERCISE CHECKLIST (A GAME CHANGER FOR BUSY MOMS)



A **SIMPLE** CHECKLIST TO HELP YOU GET ACTIVE AND FEEL GOOD WITHOUT TAKING TIME AWAY FROM YOUR FAMILY

Linsey Brook

Hi Momma! Linsey Brook here.

I'm so excited for you to start using A Simple Daily Exercise Checklist.

I am a mom to a very busy 3 year old. After having my baby I felt kind of lost (who was I now). Looking in the mirror didn't help because I didn't even recognize myself in the mirror anymore. I even lost my confidence. Can you relate to any of this?

I have been helping women online for years to start their fitness journey or stick to it. I have learned that most moms feel they have so much on their to do list and exercise does not even make the list.



Exercise is so important! Besides all the health benefits that we all know, it is so important for moms! From my personal experience, exercise helps reduce my **stress and my **anxiety**. It also helps alot with **mom patience**. Those kids are always testing us right?! It gives me an **energy boost** which I need to keep up with my child. It helps me be **mobile** so that I can chase my kid around and play on the playground with him. **Our kids are only young once!****

I understand that you are busy and adding exercise to your life right now seems impossible.

This is literally why I created A Simple Daily Exercise Checklist.

The checklist will help you implement exercise into your life in the short 30 second - 1 minute free time slots you may have throughout the day. Once you start using this checklist, you may experience **more energy, better mood, more patience** and you will hopefully **feel proud** of yourself.

Ways To Use This Checklist

I recommend printing it out and putting it in a dry erase pocket sleeve or a sheet protector and hanging it on your fridge. I say dry erase pocket sleeve or sheet protector so that you can use a dry erase marker on it and erase it instead of printing out a new sheet every day.

If you prefer digital, I have included a google sheet version of the checklist so that you can keep track on your phone. You can access the google sheet version of A Simple Daily Exercise Checklist here:

<https://docs.google.com/spreadsheets/d/1GXzrOluyxNcU3obM7d9OGqV-UsGaWPNfGHkX1p1af7c/edit?usp=sharing>

It is important that when you open the file you go to FILE -> MAKE A COPY-> OK

How To Get Started Using The Checklist

It is important to know that if you cannot complete every item on this checklist it is ok. You have to start somewhere. Every day you do this, you will build up your endurance and your strength.

You do not have to complete this checklist all at once. I created it thinking you only have a free minute here and there. Check off an item when you can. Maybe it is while the child is napping or playing with toys or brushing his teeth.



"Linsey is amazing!! She is so encouraging and motivating! If you're looking for support to lose weight or just tone up I recommend working with her!!" ~Meghan

Have you had a chance to look at the streaming service I use for my workouts? I know that if you're interested in adding in exercise to your busy life, I just have to share with you what I use that allows me to fit in exercise to my busy life.

I'm a busy mom too and these workouts are what I used to lose the 40lbs I gained while I was pregnant with Hudson and I continue to use these workouts because I need a way to stay active and reduce stress on a busy schedule. Plus it helps with mom patience and that is a definite bonus.

To Learn More About The Streaming Service Go Here:

[Click Here To Learn More](https://www.beachbodyondemand.com?referringRepID=194716)

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If you are more of a visual person like me and you want to see what the streaming service actually looks like then you might like this video:

[Click Here For Video](https://vimeo.com/507696565?fbclid=IwAR1BxHI5BwYZQsYCLm8r12FRjnyms55tcg_oHZmEFgLFgy4ITvrT9JFyIIM)

**[https://vimeo.com/507696565?
fbclid=IwAR1BxHI5BwYZQsYCLm8r12FRjnyms55tcg_oHZmEFgLF
gy4ITvrT9JFyIIM](https://vimeo.com/507696565?fbclid=IwAR1BxHI5BwYZQsYCLm8r12FRjnyms55tcg_oHZmEFgLFgy4ITvrT9JFyIIM)**

A Simple Daily Exercise Checklist

(A Game Changer For Busy Moms)

- 25 Jumpjacks**
- 10 Pushups (On Knees Is Perfectly Fine)**
- 50 Air Punches**
- 20 Squats**
- 20 Calf Raises (Squeeze The Butt)**
- 30 Second High Knees**
- 1 Minute Jog**
- 1 Minute Jog (Yes On Here Twice)**
- 30 Sit-ups**
- 30 Second Plank**

Believe In Yourself

You Are Stronger Than You Realize

You Got This

Again, I hope you had a chance to look at the streaming service I use for my workouts. I know that if you're interested in adding in exercise to your busy life, I just had to share with you what I use that allows me to fit in exercise to my busy life. Us mommas have to stick together and share what works for us.

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Did You Get Some Value?

I'm so excited for us to be connected more. I put out new content all about exercise, inspiration and momlife on my Social Media Feeds and I'd love to connect more there.

Come connect more and drop me a message.
Let me know how you enjoyed
A Simple Daily Exercise List.

See you over there!



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