The Missed Week Reset

Take ten minutes to find a version of your goal that fits the week you have.

Example
Evenings kept filling up, so I'll walk for ten minutes at lunch. If it rains, I'll walk indoors.

What got in the way?

Describe what actually happened.

What is a smaller version I would still do?

Pick a day, place, and duration.

What is my backup plan?

Choose what you'll do if that time falls through.