

THE COMEBACK PLAN

Returning After Quitting

Your Complete Guide to Restarting
Without Repeating Past Mistakes

Your Fitness Coach & Transformation Guide



How's That New Year's Resolution Going?

It's July. Remember January 1st when you were **FINALLY** going to stick to your fitness goals this year?

Let me guess what happened:

Week 1: You crushed it. Hit the gym 5 times.

Week 2: Still strong. Maybe missed one day, but still motivated.

Week 3: Work got crazy. Missed a few sessions.

Week 4: "I'll restart on Monday."

February: What gym membership?

Sound familiar? If you're reading this, you're probably one of the 92% of people who've already abandoned their

*fitness resolutions. But here's the thing—**that doesn't make you a failure. It makes you human.***

92%

of people abandon their New
Year's resolutions

80%

quit by February

3.7x

average number of restart
attempts

Why You Keep Starting and Stopping

The Real Reasons Behind the Start-Stop Cycle

The "All-or-Nothing" Death Spiral

You planned to work out 6 days a week, meal prep every Sunday, drink a gallon of water daily, and sleep 8 hours every night. When you inevitably missed one thing, you felt like you "ruined it" and quit everything.

The "Motivation Mirage"

You thought motivation would carry you through. But motivation is like a sugar rush—it feels amazing for a few days, then crashes hard. **You need systems, not feelings.**

The "Comparison Trap"

You followed some influencer's "What I Eat in a Day" or tried to match someone who's been training for 5 years. You set yourself up to fail by comparing your Chapter 1 to someone else's Chapter 20.

The "Perfect Timing" Myth

You kept waiting for the perfect time: after this work project, when the kids go back to school, when life gets less stressful. **Newsflash: There is no perfect time. There's only now.**

The Truth

Every time you've quit wasn't a failure—it was valuable data about what doesn't work for your life. This time, we're using that data to build a plan that actually sticks.



Your Anti-Quit Strategy: The RESTART Framework

R RADICALLY Lower Your Standards

What You Did Before:

Planned 6 gym sessions per week

What You'll Do Now:

Commit to 2 sessions per week for the first month

Why This Works: Success breeds success. Two consistent workouts build the habit. Six inconsistent attempts build frustration.

E Embrace "Good Enough"

What You Did Before:

If you couldn't do a full 60-minute workout, you skipped it entirely

What You'll Do Now:

15 minutes counts. 5 minutes counts. Showing up counts.

The "Good Enough" Rules:

- ✓ Planned 45 minutes but only have 20? Do 20.
- ✓ Feeling exhausted? Do half your usual sets.
- ✓ Don't feel like going? Just show up and walk on the treadmill for 10 minutes.

S Stack Small Wins

What You Did Before:

Tried to change everything at once

What You'll Do Now:

Master one thing at a time

Month 1: Just show up consistently (2x per week)

Month 2: Add basic nutrition tracking

Month 3: Focus on sleep quality

Month 4: Now you can handle more advanced strategies

T Track What Actually Matters

What You Did Before:

Only tracked weight loss

What You'll Do Now:

Track multiple success metrics

Your New Success Scorecard:

- ✓ Did I show up? (Yes/No)
- ✓ Energy level (1-10)
- ✓ Sleep quality (1-10)
- ✓ How do I feel in my body? (1-10)
- ✓ Small win of the day

A Anticipate the Obstacles

What You Did Before:

Hoped nothing would derail you

What You'll Do Now:

Plan for real life

When You Miss a Workout:

- ✓ Don't restart your whole program

- ✓ Don't punish yourself with extra workouts
- ✓ Just get back on track with your next scheduled session

When Motivation Dies:

- ✓ Remember: You don't need motivation, you need momentum
- ✓ Use the "just show up" rule
- ✓ Focus on how you feel AFTER workouts, not before

When Progress Feels Slow:

- ✓ Take progress photos every 2 weeks
- ✓ Celebrate non-scale victories
- ✓ Remember: You're building habits, not just changing your body

R Require Less Willpower

What You Did Before:

Relied on daily motivation and willpower

What You'll Do Now:

Create systems that make success automatic

Willpower-Free Strategies:

- ✓ Pack your gym bag the night before
- ✓ Lay out your workout clothes
- ✓ Schedule workouts like important meetings
- ✓ Have a backup 15-minute home routine
- ✓ Use habit stacking (after I drink my morning coffee, I do 10 squats)

T Trust the Process

What You Did Before:

Expected immediate results, quit when they didn't come

What You'll Do Now:

Focus on consistency and trust that results will follow

The Process Timeline:

Week 1-2: You'll feel proud for showing up

Week 3-4: You'll start sleeping better

Week 5-8: You'll notice more energy throughout the day

Week 9-12: Others will start commenting on changes

Month 4+: You'll feel like a completely different person



Your Comeback Workout Plan

Phase 1: Trust Building (Weeks 1-4)

Goal: Prove to yourself you can stick to something simple


Your Only Job: Show up 2 times per week for 25-30 minutes

Tuesday Workout:

- 🏃 5-minute warm-up (any cardio machine)
- 🏃 Bodyweight squats - 2 sets of 8
- 🏃 Wall or knee push-ups - 2 sets of 8
- 🏃 Seated row machine - 2 sets of 10
- 🏃 Plank hold - 2 sets of 15 seconds
- 🏃 10-minute walk to cool down

Saturday Workout:

- 🏃 15-minute walk (outside or treadmill)
- 🏃 Basic stretching routine (5 minutes)








 Your choice: try one new machine or repeat Tuesday's exercises

Phase 2: Momentum Building (Weeks 5-8)



Goal: Expand without overwhelming

Your Job: 3 days per week (Monday, Wednesday, Friday)

Monday & Friday - Strength:

-  Warm-up - 5 minutes
-  Squats (bodyweight or with light dumbbell) - 3 sets of 10
-  Push-ups - 3 sets of 8
-  Dumbbell rows - 3 sets of 10 each arm
-  Lunges - 3 sets of 6 per leg
-  Plank - 3 sets of 30 seconds
-  Cool-down stretch - 5 minutes

Wednesday - Active Fun:

-  20-30 minutes of anything that moves your body and feels good
-  Walk with a friend, dance, swim, bike ride, play with kids

 The goal is movement and enjoyment, not exhaustion



Your Anti-Quit Mindset Toolkit

The "Two Day Rule"

Never allow yourself to go more than two days past a planned workout without doing SOMETHING. Miss Monday? That's fine. Miss Wednesday too? You **MUST** do something Friday, even if it's just 10 minutes.

The Identity Question

Instead of asking "What should I do?" ask **"What would someone who works out regularly do in this situation?"**

- ✓ They'd go even when they don't feel like it
- ✓ They'd modify when tired instead of skipping
- ✓ They'd get back on track quickly after a miss

The "Future Self" Check

Before you skip a workout, ask: **"How will I feel about this decision tomorrow morning?"** Usually, you'll feel better if you do something, even if it's small.

Your 30-Day Comeback Challenge

Week 1: Just Show Up

- ✓ Attend 2 scheduled workouts
- ✓ Don't try to be perfect at anything else
- ✓ Celebrate showing up (literally pat yourself on the back)

Week 2: Build the Routine

- ✓ Attend 2 scheduled workouts
- ✓ Pack gym bag the night before
- ✓ Notice how you feel after workouts vs. before

Week 3: Handle a Miss

- ✓ When you miss a workout (and you will), practice getting right back on track
- ✓ Don't restart your program, just continue where you left off
- ✓ Prove to yourself that one miss doesn't ruin

Week 4: Feel the Momentum

- ✓ Attend your workouts without having to talk yourself into it
- ✓ Notice improvements in energy, sleep, or mood
- ✓ Recognize that you're becoming "a person who works out"

everything



Your Comeback Manifesto

I give myself permission to:

- ✓ Start imperfectly
- ✓ Have off days
- ✓ Modify when needed
- ✓ Celebrate small wins
- ✓ Focus on consistency over intensity
- ✓ Be proud of showing up
- ✓ Trust the process even when progress feels slow

I will remember that:

- ✓ *Every expert was once a beginner*
- ✓ *Consistency beats perfection every time*
- ✓ *My past attempts weren't failures—they were practice*

- ✓ *This time IS different because I'm approaching it differently*
- ✓ *I don't need motivation—I need momentum*
- ✓ *Good enough is actually great*



Your Next Steps

1. **Choose your 2 workout days** for this week and put them in your calendar
2. **Pack your gym bag tonight** (or lay out home workout clothes)
3. **Lower your expectations** - commit to showing up, not being perfect
4. **Tell someone** about your comeback plan (accountability helps)
5. **Focus on this week only** - don't worry about next month yet