



Your First Week Inside The WellFit Club

A Gentle Checklist to Get You Started

Welcome to your first week.

There's nothing to catch up on—just a rhythm to step into.

Use this checklist as a guide, not a test. You don't need to complete everything perfectly. Even a few checkmarks mean you're on your way.

Day 1: Set Yourself Up

- ☐ Log in to the WellFit platform
- ☐ Take a few minutes to explore the dashboard
- ☐ Read the "What to Expect" page
- ☐ Review the "**What You'll Need**" guide
- ☐ Set an intention for why you're here

You don't need a full plan—just a starting point.

Move Well (This Week)

- ☐ Schedule and register your first Never Miss a Monday workout
- ☐ Choose and schedule your additional workouts of the week at least one (upper body, lower body, Full Body or yoga/pilates)
- ☐ Have your mat and water bottle ready
- ☐ Log your movement (even if it's gentle or short)

Movement counts when you show up — not when it's perfect.

Eat Well (This Week)

- ☐ Review this week's recipes
- ☐ Look over the shopping list

- ☐ Prepare or plan at least one meal at home
- ☐ Try one plant-forward or gut-supportive recipe
- ☐ Complete at least one Eat Well check-in

Simple nourishment is powerful.

Drink Well (This Week)

- ☐ Keep your water bottle nearby
- ☐ Complete at least one Drink Well check-in
- ☐ Notice your hydration (no judgment)
- ☐ Pay attention to sugary drinks, caffeine, or alcohol—just notice

Awareness is the first habit.

Daily Rhythm (Try This Once)

- ☐ Complete one daily check-in (any pillar)
- ☐ Notice how it feels to pause and reflect
- ☐ Earn your first Livity Points

Showing up once builds momentum.

Community & Support

- ☐ Join the WhatsApp group (if you haven't already)
- ☐ Read the pinned messages
- ☐ Introduce yourself when you're ready
- ☐ Observe—participation grows naturally

You belong here, even quietly.

Before the Week Ends

- ☐ Reflect: *What felt supportive this week?*
- ☐ Release pressure to “do it all”
- ☐ Commit to returning next week—that's the win



A Final Reminder

You don't need motivation every day.
You don't need to do everything at once.

You just need a place to return to—and that's what WellFit is here for.