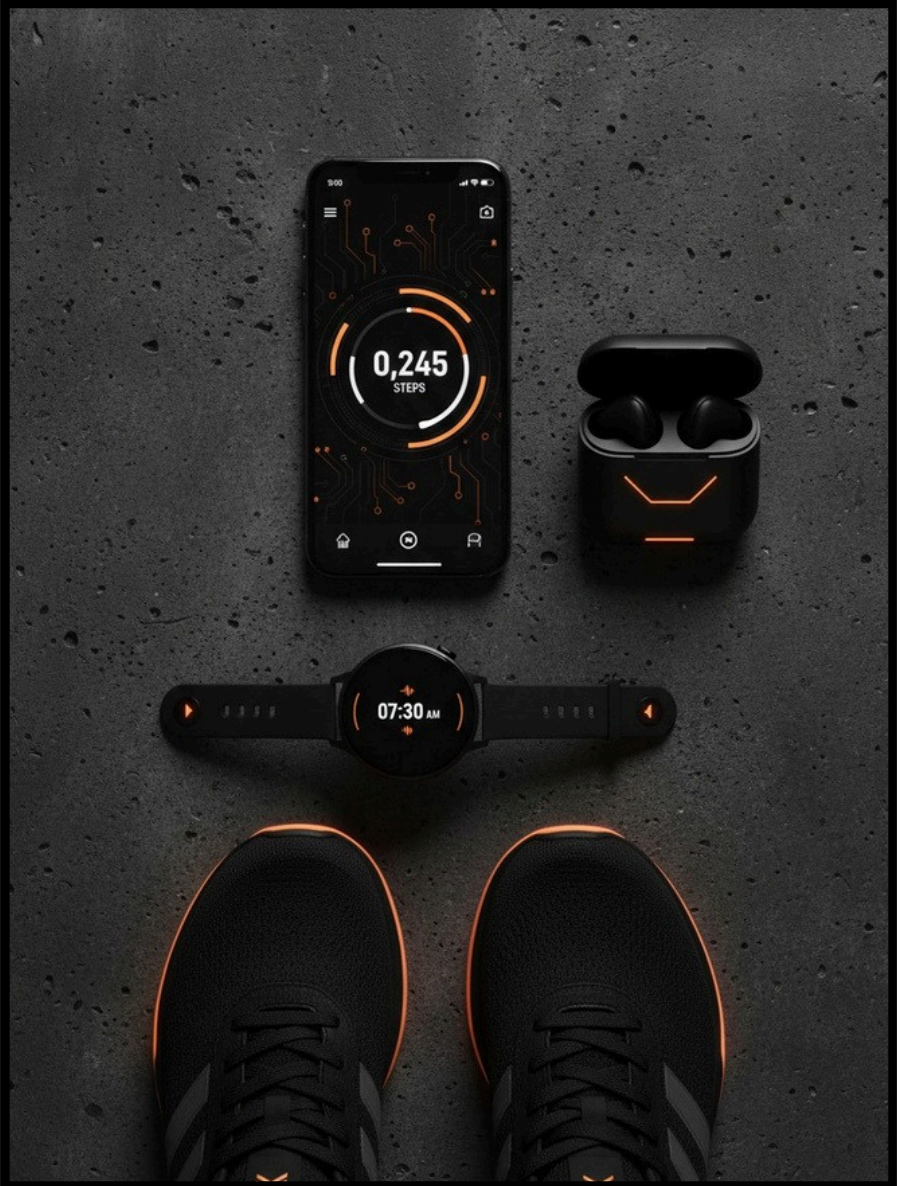


THE STEP STACK TOOLKIT

Tools That Make It Easy



THE STEP STACK TOOLKIT



Tools that make it easier to stay consistent



WHY YOU NEED THIS KIT

Step Stacking works when it becomes automatic.

This toolkit removes friction and makes the system easier to use in real life.

You will find:

- Simple phone reminders
- Environment cues
- Apps that help without overcomplicating
- Small tools that support consistency

The goal is not more complexity.

The goal is less thinking.

Use what helps you.

Skip what does not.

. No

Keep it simple.

THE PROMISE

This guide gives you the exact toolkit that turns you from a beginner into a pro. No fluff affiliate links. Just the tools that actually work.



ANCHOR REMINDERS

Attach Step Stacking to what you already do.

Coffee brewing

Walk while it brews

Phone calls

Pace during calls

Lunch break

One lap before eating

Dinner cooking

Kitchen laps

Email checking

Stand and move

TV watching

Commercial break laps

Pick 3 anchors that fit your day.

Write them here:

1. _____
2. _____
3. _____



ENVIRONMENT CUES

Use your surroundings.

At home:

- Hallway back-and-forth
- Kitchen counter laps
- Room-to-room walking
- Stairs (if you have them)

At work/office:

- Printer / bathroom long route
- Stand during first part of meetings
- Park farther away
- Walk during phone time

Errands/Out:

- Store perimeter walk
- Gas station laps while pumping
- Park at far end of lot
- Take stairs in public buildings

Mark your top 3:

Home: _____

Work: _____

Errands: _____



PHONE APPS THAT HELP



Step counter (free options):

- Phone's built-in pedometer
- Google Fit (Android)
- Health app (iPhone)
- Pedometer apps (search "simple pedometer")

Timer for stacks:

- Phone timer app
- Any clock app with countdown
- Voice memos (walk + record)

No paid apps needed.

Simple and free works best.

Set one reminder:

Phone home screen shortcut → Steps app

STACK TIMERS

Use these for short stacks when life feels busy.

3-minute stack:

- Perfect for phone calls
- Hallway lap
- Kitchen pace
- Quick room loop

5-minute stack:

- Morning coffee routine
- After lunch movement
- Pre-dinner walk
- Email check time

Write your go-to times:

3-minute stack: _____

5-minute stack: _____



YOUR MOVEMENT SHORTCUTS



Quick wins when you only have 60 seconds:

- Stand and march in place
- Heel-toe weight shift
- 10 slow deep breaths + arm circles
- Wall push while waiting

When you have 2 minutes:

- Hallway back-and-forth
- Room perimeter walk
- Stairs (one flight up/down)
- Parking lot loop

The rule:

Something beats nothing.

WEEKLY MOVEMENT PLAN

Pick 3 anchors. Pick 3 locations. Repeat.

My week anchors:

1. _____
2. _____
3. _____

My week locations:

1. _____
2. _____
3. _____

My minimum daily movement:

Even on bad days: _____ minutes

Review weekly:

What worked?

What to repeat?

**THE RIGHT TOOLS REMOVE FRICTION.
THEY MAKE STACKING EFFORTLESS.
BUILD YOUR KIT.**

