

Start From Zero Checklist

5 daily habits that actually work. No gym. No equipment. No guesswork.



Habit 1: Move for 10 Minutes

Not a workout. Just movement.

- Walk around the block
- March in place while watching TV
- Take the stairs instead of the lift

Rule: If it raises your heart rate slightly, it counts.

Goal: 10 minutes minimum. More is a bonus.



Habit 2: Hydrate First Thing

Drink a full glass of water within 10 minutes of waking up.

- Keep a glass by your bed
- Add lemon if it helps
- Just get it in

Rule: Before coffee. Before phone. Before anything.

Goal: 1 glass every morning.



Habit 3: Track One Number

Pick ONE metric and track it daily.

- Your weight
- Your steps
- Your minutes moved

Rule: Don't track everything. Just one thing.

Goal: Write it down every evening. Consistency over perfection.



Habit 4: Sleep 7+ Hours

Muscle grows while you sleep. Fat loss happens while you sleep.

- Same bedtime every night
- Phone out of the bedroom (or on silent)
- Dark, cool room

Rule: Sleep before midnight counts double.

Goal: 7 hours minimum. 8 is better.



Habit 5: Repeat Tomorrow

That's it. That's the whole system.

- No perfect week required
- Missed a day? Start again tomorrow
- Consistency beats intensity every single time

Rule: Never miss twice in a row.

Goal: 30 days of showing up.



30-Day Tracking Grid

Mark an X for each day you complete all 5 habits.

Week 1: ☐☐☐☐☐☐☐☐

Week 2: ☐☐☐☐☐☐☐☐

Week 3: ☐☐☐☐☐☐☐☐

Week 4: ☐☐☐☐☐☐☐☐

Days 29–30: ☐☐

Count your X's at the end of each week.

Aim for 5 out of 7 days. That's a winning week.

THE ONE RULE THAT MATTERS

Never miss twice in a row.

Missed Monday? Fine. Get back on it Tuesday.

Missed Monday AND Tuesday? That's a pattern.

Stop the slide before it starts.

Remember

You don't need motivation. You need a checklist.

You don't need intensity. You need consistency.

You don't need perfection. You need to start.

Start from zero. Build from there.