

# WEEK TWO:

## THE BIG '3'

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Welcome to week **TWO** of cbPT weekly learning modules. This weeks module is about learning to incorporate really small changes that often people see as insignificant, but have huge impacts on a persons resilience, ability and adaptation to exercise.

Commonly when a recommended behavioral change is seen as small or insignificant, people are more likely to ignore or bag the idea as it isn't perceived to have a large or fast effect on the outcome the person desires. Too big, too much, too quickly works sometimes for some people, but doesn't often last for a prolonged period of time- the circuit board gets completely overloaded!

Although we are our own biggest critics we should never feel that we aren't doing enough if we are simply concentrating on a few small changes. Flip your mindset to being able to really hone down and successfully tick off small changes, without overloading your circuit board.

This weeks module is about learning to tick off '3' simple things every week (1) remaining mobile (2) minimum exercise sessions (3) staying hydrated, which will aid, and drive your progression mentally + physically over your exercise journey. These 3 things, although they seem insignificant go along way to help you have the best results you possibly can.

Before we get started I want you to reflect on changes you are currently trying to make right now and/or have tried to make repeatedly in the past.

### CURRENT CHANGES I AM TRYING TO MAKE

1.

2.

3.

### PAST CHANGES I TRIED TO MAKE

1.

2.

3.



**THINK:** How big are some of these changes individually? How massive are these changes when combined?

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**MODULE TASK:** Whether you are already in a structured exercise regime or starting, please tick the boxes you manage to complete each week, over the next 7 weeks. If you want to, you are able to add (1) additional 'thing' from your priority sheet to tick off from last weeks module (week 1).

	<b>2</b> STRETCH SESSIONS	<b>3</b> DAYS OF EXERCISE (MINIMUM)	<b>5</b> DAYS OF 2L+ WATER	
WEEK ONE				
WEEK TWO				
WEEK THREE				
WEEK FOUR				
WEEK FIVE				
WEEK SIX				
WEEK SEVEN				