

SIXTY STRONG

AGE HAS NO LIMITS

Summer Fit Habit Tracker

April 27 → June 8

6 WEEKS ·
WORKOUTS ·
NUTRITION ·
MINDSET



 agehasnolimits.com

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HOW TO USE THIS WORKBOOK

Everything you need for 6 weeks is here. Use it every day. Fill it in. Do the mindset work. This is your record of becoming the strongest version of yourself.

CHALLENGE CHECKLIST



Register inside the 60 Strong Summer Fit Challenge bubble in the app



Follow your 4 workouts per week inside the app (30 min each)



Submit your before & after photos at the start and finish



Use the weekly habit tracker – check off each day you hit your habits



Record your measurements at the start of each new week



Complete the mindset work – it's where the real change happens

HIGH-PROTEIN SNACK IDEAS

SNACK	CALORIES	PROTEIN
Greek Yogurt (5.3 oz plain) + Berries	~160 cal	15g protein
Hard-Boiled Eggs (2) + Carrots (1 cup)	~200 cal	18g protein
Cottage Cheese (1 cup) + Sliced Fruit	~220 cal	26g protein
Protein Shake (1 scoop + almond milk)	~180 cal	30g protein
Canned Tuna (3 oz) + Whole-Grain Crackers (10)	~280 cal	35g protein
Meat Stick + Cheese Stick	~250 cal	24g protein

Aim for 25–35g of protein per meal. Keep a high-protein snack on hand every day.

Morning & Night Routine

There is real power in your morning & night routine. Start your day energized and ready to move, and end your day feeling accomplished and restored.

MORNING

If you're a morning workout person:

- Do your 30-minute workout
- Drink a glass of water before coffee
- Eat a high-protein breakfast
- Take a minute to practice daily gratitude

If you're a night workout person:

- Get some light movement in the morning (stretch or walk)
- Drink water before coffee
- Eat a high-protein breakfast
- Practice daily gratitude

NIGHT

Wind down & recover:

- No screen time an hour before bed
- Do skincare & hygiene routine
- 5 minutes of journaling or gentle stretching
- Drink a glass of water or herbal tea
- Plan your workout for tomorrow

Build your routines

Think about your days, your work schedule, and your daily to-do list. Create a morning & night routine that aligns with who you're working to be.

MORNING

- 1.
- 2.
- 3.
- 4.
- 5.

NIGHT

- 1.
- 2.
- 3.
- 4.
- 5.

What is my #1 non-negotiable morning habit? Why?

How do I plan to reset & recover in my night routine?

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SUMMER FIT HABIT TRACKER

Week 1: 4/27 - 5/3

HABITS

	MON	TUE	WED	THU	FRI	SAT	SUN
Daily Workout (10 - 15 min)							
8,000 Steps							
80 oz of Water							
Eating to Fuel							
★ Weekly Challenge							

Weekly Challenge

Clear Out What's Holding You Back

- Go through your pantry — remove foods that trigger autopilot habits
- Clean out your closet
- Unfollow/mute 5–10 accounts that make you feel worse about yourself

Track your progress

Track at least 2 measurements each week.

Weight

Waist

Arm

Leg

WEEK 1 MINDSET • 4/27 – 5/3

Most women don't struggle because they lack willpower. They struggle because they never had the right plan – and no one ever showed them exactly what to do. Now you do. This week is about getting clear on what's been standing between you and actually following through.

1. Before you had this program, what was missing? Not enough structure? No accountability? No idea where to start? Write it down honestly.

2. What would it mean – for your life, your confidence, your energy – if you actually finished this challenge strong? Get specific. Don't be vague about this one.

THIS WEEK AFFIRMATION

"I KNOW WHAT I WANT. I KNOW WHAT'S BEEN STOPPING ME. AND STARTING RIGHT NOW, I'M CHOOSING DIFFERENTLY."

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SUMMER FIT HABIT TRACKER

Week 2: 5/4 - 5/10

HABITS

	MON	TUE	WED	THU	FRI	SAT	SUN
Daily Workout (10 - 15 min)							
8,000 Steps							
80 oz of Water							
Eating to Fuel							
★ Weekly Challenge							

Weekly Challenge

Build Your Reset Routine

- Create a simple reset routine for when things go sideways — and actually use it
- Pick 2: 10-minute walk, drink a glass of water, eat a high-protein meal, journal for 5 minutes, do a quick workout

Track your progress

Track at least 2 measurements each week.

Weight

Waist

Arm

Leg

WEEK 2 MINDSET • 5/4 – 5/10

At some point this week, something is going to feel hard. A workout you don't want to do. A day that gets away from you. The old version of you has a move she makes when that happens. We're changing that move before it happens.

1. What does "falling off" usually look like for you? One missed workout? A bad eating day? Write out the exact pattern – the thought, then the choice, then how it spirals.

2. Write your comeback plan right now. One missed day doesn't end the challenge. What's your specific move when things go sideways this summer?

THIS WEEK AFFIRMATION

" I DON'T QUIT ON MYSELF ANYMORE. ONE HARD DAY IS JUST ONE HARD DAY. I GET BACK UP."

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SUMMER FIT HABIT TRACKER

Week 3: 5/11 - 5/17

HABITS

	MON	TUE	WED	THU	FRI	SAT	SUN
Daily Workout (10 - 15 min)							
8,000 Steps							
80 oz of Water							
Eating to Fuel							
★ Weekly Challenge							

Weekly Challenge

Keep The Promise Week

- Pick one small promise and keep it every single day, no matter what
- Examples: hit your protein goal, get 8k–10k steps, do your workout (even if shortened), no late-night snacking

Track your progress

Track at least 2 measurements each week.

Weight

Waist

Arm

Leg

WEEK 3 MINDSET • 5/11 – 5/17

This is the week it gets interesting. You're two weeks in. Things are working. And something in you might start looking for a reason to pump the brakes. Watch for it.

1. What does staying exactly where you are protect you from? Failure? Judgment? Having to keep showing up at this level? Sit with that question. Write the honest answer.

2. What's one specific situation coming up this week that could knock you off track? Write it down – and write exactly how you're going to handle it before it happens.

THIS WEEK AFFIRMATION

"I DON'T SHRINK WHEN THINGS START WORKING. I LEAN IN HARDER."

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SUMMER FIT HABIT TRACKER

Week 4: 5/18 - 5/24

HABITS

	MON	TUE	WED	THU	FRI	SAT	SUN
Daily Workout (10 - 15 min)							
8,000 Steps							
80 oz of Water							
Eating to Fuel							
★ Weekly Challenge							

Weekly Challenge

Digital Detox Your Mind

- Stay off social media for the first hour of your day
- Limit scrolling to 30–60 minutes total/day
- Replace scrolling with something productive (walking or journaling)

Track your progress

Track at least 2 measurements each week.

Weight

Waist

Arm

Leg

WEEK 4 MINDSET • 5/18– 5/24

You're going to see someone else's results and feel a flicker of "why isn't that me." It's going to happen. Her progress doesn't take anything from yours. Your only competition in this challenge is the woman you were on April 27.

1. Who do you tend to compare yourself to? What does that comparison actually tell you about what you want for yourself?

2. What have you done in the last three weeks that you haven't stopped to acknowledge? Write down at least three things. Don't minimize them.

THIS WEEK AFFIRMATION

"I RUN MY OWN RACE. MY PROGRESS IS REAL. IT'S MINE. AND IT'S ENOUGH."

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SUMMER FIT HABIT TRACKER

Week 5: 5/25 - 5/31

HABITS

	MON	TUE	WED	THU	FRI	SAT	SUN
Daily Workout (10 - 15 min)							
8,000 Steps							
80 oz of Water							
Eating to Fuel							
★ Weekly Challenge							

Weekly Challenge

“You’re Worth It” Day

- Commit to one full self-care block this week — at least 2–3 hours
- Rules: no guilt, no multitasking, no “I should be doing something else.”

Track your progress

Track at least 2 measurements each week.

Weight

Waist

Arm

Leg

WEEK 5 MINDSET • 5/25– 5/31

You can do everything right and still find a way to self-sabotage. Not because you're undisciplined – but because somewhere there's a quiet voice that isn't sure you deserve to feel this good. This week we call that voice out.

1. Where did you first learn that taking care of yourself was selfish – or just not something women like you did? Be honest here.

2. Finish this sentence: "A part of me is afraid that if I actually reach this goal..." Keep writing until you hit something real.

THIS WEEK AFFIRMATION

"I DESERVE TO FEEL STRONG. I DESERVE TO FEEL PROUD. TAKING CARE OF MYSELF IS NOT SELFISH – IT'S THE WORK."

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SUMMER FIT HABIT TRACKER

Week 6: 6/01 - 6/08

HABITS

	MON	TUE	WED	THU	FRI	SAT	SUN
Daily Workout (10 - 15 min)							
8,000 Steps							
80 oz of Water							
Eating to Fuel							
★ Weekly Challenge							

Weekly Challenge

Lock In Your Identity Habits

- Pick 3 habits you will keep after the challenge ends.
- Write them somewhere permanent (notes app, mirror, planner).
- Track them daily this week and hit at least 90% consistency

Track your progress

Track at least 2 measurements each week.

Weight

Waist

Arm

Leg

WEEK 6 MINDSET • 6/1– 6/8

This is the last week of the Summer Challenge. But this version of you doesn't end on June 8. The woman who showed up, did the hard days, got back up when she slipped, and decided she was worth the effort – she doesn't go back.

1. Who were you on April 27 – and who are you today? Describe both women. What's actually different?

2. What's the most important thing you learned about yourself in these six weeks that has nothing to do with food or exercise?

THIS WEEK AFFIRMATION

"I AM NOT GOING BACK. NOT TO THE PATTERNS, NOT TO THE EXCUSES, NOT TO THE WOMAN WHO DIDN'T BELIEVE SHE COULD. I'M JUST GETTING STARTED."

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