

IRON FOOTPRINT FITNESS™

GUIDE TO CREATING YOUR IRON FOOTPRINT

*Your Iron Footprint **showcases** your physical activity **achievement** as a portfolio of **FitBASE**-daily fitness routine, **FitBUBBLES**- accumulation of physical activity and **FitBESTS**-performance benchmarks. Displaying your achievement influences your motivation to sustain regular activity. Success begets success! Approaching physical activity as Iron Footprint Fitness inspires you to engage every day.*

Now comes the fun part – creating your Iron Footprint to showcase your portfolio of physical activity achievement. The following explains how to translate your collective physical activity experience into your Iron Footprint according to the features and contours of the FitBASE, FitBEST and FitBUBBLES dimensions.

FitBASE Dimension: *Your Achievement-Oriented Health-Related Fitness Routine (Your Workout)*

This dimension of activity is what you do to impact your health-related wellness. It is “I do it because it’s good for me” engagement, commonly referred to as exercise, or one’s routine or workout.

Considering the profound influence this dimension of activity has on our well-being its engagement ought to be consistent, optimally daily, and because its impact is so profound, this dimension bears strong labeling—It *is* the BASE upon which quality of life depends for providing the foundation of physical wellness.

FitBASE achievement is completing an achievement-oriented health-related workout (AOHR). Notching your Iron Footprint with each completed workout will result in an ever –growing line or sequence of marks. Engagement consistency in this dimension is of foremost importance, so displaying your accumulated pattern is evidence of achievement for sticking to your routine. Seeing your strings of consecutive engagement impels you to sustain your pattern.

To imprint your FitBASE:

Decide a scheme for how you want to recognize each AOHR workout that you complete at the gym or otherwise (e.g., running or walking outside for cardiovascular benefit rather than using a cardio machine at the gym). For example, you can use a weekly or monthly calendar to X off each day you complete an AOHR workout, or you can color in sections of a pillar shape until the pillar is filled in and you begin to color in a new pillar (vertical recognition), or add a notch to an

ongoing arrow (horizontal recognition). Use the available tools on 'My Iron Footprint' to style this dimension of your Iron Footprint.

For engagement to qualify for FitBASE notation it must include activity of each health-related fitness component (cardiovascular strength, muscular strength and endurance, flexibility) and adhere to each component's achievement principles:

- ✓ Cardiovascular strength: 30 minutes minimum of aerobic exercise with your heart rate sustained in your training zone.
- ✓ Muscular strength or mass: Weight training to build strength or mass.
- ✓ Flexibility: Stretching to increasing joint range-of-motion using a mix of static and dynamic movement, or completing a pilates, yoga, or similar session.

(Note – please refer to *Achievement-Oriented Health-Related Fitness: What We Need to Know* in the Iron Footprint Fitness Academy Library White Paper downloads for a description of the protocol required to stimulate health-related benefit from engagement.)

FitBUBBLE Dimension: 1) Activity Done In Addition To Or Separate From Your Workout, And 2) Each Different Physical Activity You Have Tried

For different reasons from those that inspire our FitBASE workout, we engage in activity that is separate from or in addition to our workout. Perhaps called 'leisure' or 'recreational', this dimension of activity participation is typically engaged less intensely than FitBASE, and for reasons more varied. For example, on a day where we have already notched our FitBASE workout, we may also take an evening bike ride to prepare for a triathlon, play a league softball game to feed our sense of competition or invite someone to go for a walk to reconnect.

This dimension of activity represents another aspect of our activity profile as it is another way we express our physical self compared to our FitBASE. Each of these occurrences is captured for your Iron Footprint as a FitBUBBLE. A FitBUBBLE is an activity that is done *separate from or in addition to* your daily FitBASE. And, *each different type* of physical activity in which you have engaged also merits a FitBUBBLE.

Until you write it down, you may not realize all the different types of physical activity you have tried. Sports, aquatics, forms of dance, fitness classes; the list can go on and on. While it may not be an infinite list, it's definitely extensive. So, too, is how the source of participation can be considered, be it in organized or informal instances, occurring inside or outside the gym, during physical education class or on your own.

FitBUBBLES display all the different forms of physical activity that you have tried, and credits the positive lifestyle choice of engaging in activity beyond your requisite daily workout. Beyond reasons related to health protection, participating in physical activity is simply a good way to spend time. Chunking FitBUBBLES will give you the impetus to continue participating in physical activity in addition to your daily workout and to keep trying new activities. 'Collecting'

activity and trying new activities is achievement, creates new opportunities to realize achievement and success, and further develops your physical activity personality.

Initially, this dimension of your portfolio may be comparatively underdeveloped because you have never considered accounting for participation in this way. Perhaps you haven't purposefully tried nor had the opportunity to try a wide variety of different physical activities. Or maybe you lack confidence to try new activities stemming from a fixed absolute—"I fail at physical activity, therefore I am not going to try anything new!" Trying a new activity can be risky, especially with a history of perceived failure. It can take gumption to stir the nerve to engage beyond your perceived limits. Achievement is in taking the risk.

You may be content with doing your 'regular' activity either inside or outside the gym, e.g., attending the same group fitness class or jogging the same three-mile course. Participating solely in one type of physical activity can yield important health-protective outcomes—a densely developed repertoire of activity isn't needed to realize benefit—but a critical aspect of reaping full benefit from the physical activity enterprise is to develop your physical activity personality by seeking to experience all physical activity, then acknowledging and revering each new experience.

Otherwise, *your* physical activity self can be left to others to dictate, and limited options mean just that—limited options. Not to mention that this brings you right back to feeling 'assigned' to do something, which increases the chances we will rebel against it. While participating in a group fitness class can result in critical health-related benefit, *your* physical activity self will be developed according to the instructor's perspective, and that form of activity may not evoke all *your* senses.

The 'same' becomes too routine when it stunts motivation, and a portfolio that is thin, with only a few different activity experiences included, prompts underachievement, as it lessens the opportunities for success. Along with trying new experiences come infinite possibilities for achievement and success. For example, as is presented in the next section, FitBESTS are personal records for broadly considered activity events. The more activities in which you participate the more opportunity you create to set (and reset) personal records. Achievement recognition exponentially increases the deeper your portfolio. FitBUBBLES acknowledge the participation itself while FitBESTS acknowledge the quality of the participation.

Your Iron Footprint FitBUBBLES ought to become dense and clustered as you begin to realize and experience the multiple ways you can grow this aspect of your physical activity portfolio. You want your FitBUBBLE display to seem like its buzzing! as the act of collecting things can be self-generating—the more we collect, the more we want to collect. It can also foster respect for what is collected and be a source of celebration when more is added. Considering how physical activity participation can positively impact your quality of life, collecting physical activity is a good thing to collect!

Ultimately, the more developed your physical activity personality, the more likely it is that your motivation to sustain a regular activity habit will be stable.

(*Note:* The antithesis of healthy collecting is developing an obsession where other facets of life are neglected. Like any addiction, an addiction to exercise can be devastating. This dimension of activity engagement is encouraged for the positive impact it can foster on your quality of life. Its inclusion is not meant to be cavalier to anyone who contends with addiction.)

To imprint FitBUBBLES:

Notch (as its own FitBUBBLE) each physical activity that you have ever tried *and* the physical activity done separate or in addition to your daily routine.

- I. What are *all* the *different* physical activities that you have ever tried? Consider:
 - Team sports
 - Individual sports
 - Combatives
 - Aesthetic activities
 - Racquet sports
 - Aquatic activities
 - Leisure pursuits, e.g., bowling
 - Group fitness classes

Even if you tried an activity only once, notch each different activity as its own FitBUBBLE. Add to your FitBUBBLE cluster by continuing to engage in activity that is novel to you. For example, take a golf or tennis lesson, rock climb, take a new group fitness or dance class, take a paddleboard lesson, learn to snowshoe. Each new activity you engage in enriches your physical activity profile and deepens your physical activity personality.

- II. What physical activity did you do *separate* or *in addition to* your daily routine? Consider:
 - Motor skill practice.
 - Sports league games or practices, or pick-up games.
 - Organized road events—running, cycling, walking, mud/obstacle races.
 - Cardio-related, but cardio-lite, activity (low intensity that is different, and in addition to, what was done for your daily cardiovascular workout (e.g., walking, biking, rollerblading, swimming, dancing).
 - Skill-based leisure (low intensity) activity (e.g. golfing, bowling, surfing, skiing, skating, snowboarding, canoeing/kayaking, batting cage or driving range, tennis).

Add a FitBUBBLE to your cluster each time you engage in physical activity separate from or in addition to your daily workout. Since some physical activity is good, but more is better, the

'more' that we do deserves recognition. Considering the choices we have for how to spend leisure time, it is a lifestyle success to choose physical activity engagement.

Under-developed motor skills prevent participating in physical activities that require a certain proficiency. For example, if you are not able to competently dribble a basketball or throw a football or hit a forehand shot it is highly unlikely that you will seek to play basketball, football or tennis. Under-developed motor skills limit engagement opportunity [and how we regard our physical self], but proficiency CAN be developed through practice. For this reason, Iron Footprint Fitness includes motor skill practice as a component of an engagement routine. Please see *Add Motor Skill Practice To Your Routine—Why?* in the Iron Footprint Fitness Academy Library White Paper downloads for information about motor skills and a description of how to include their practice into your routine.)

FitBUBBLE Idea Center

Even if you are motivated to do so, participating in activities that are new to you may be a challenge due to a variety reasons including financial constraints, geography, and accessible facilities. Consider the following resources for opportunities to add new activities to your FitBUBBLE cluster:

- Community college activity courses
- City/county recreation centers/community centers
- One-week or one-day passes to different gyms
- Community-based physical activity clubs, e.g., 'active singles' clubs. Look for ads in newspapers and on the internet.
- Physical education classes at K-12 schools – volunteer to assist the physical education teacher
- Batting cages and golf practice ranges – each offers an inexpensive way to experience baseball/softball batting and golf. Each also usually has equipment available for those who need it.

FitBEST Dimension: *Your Physical Activity Performance Benchmarks (Personal Best Records)*

What are your physical activity personal BESTS?

How fast can you run? How high can you jump? How far can you throw? Considering BESTS more broadly, how many push-ups can you do? How many steps can you accrue on the elliptical machine in 10 minutes? How long can you hold a plank pose?

Your physical activity portfolio, your Iron Footprint, is an accounting of the consistency in which you engage (FitBASE) and your accumulation of activity (FitBUBBLES). A third dimension of participation to recognize is accounting for *how* participation is completed. It goes without saying, but physical activity can inherently lead to the tracking of performance measures, especially for comparisons between people. Whose mark is the fastest? Highest? Strongest?

Farthest? While on the world stage, the quest for 'est' can inspire unprecedented feats of physical achievement, the quest for your 'ests' is equally as important. Your 'ests' are your physical activity performance benchmarks, or your personal FitBESTS.

A FitBEST is your personal record in a specific physical activity. It is important to clarify that the intent is not to assess your measures in comparison to anyone else's. Rather, noting your benchmarks is the means to track *your own* progress vis-à-vis a broadly-considered menu of physical activity 'events.' Tracking benchmarks displays tangible evidence of the gains (improvement) you are making. This overtly showcases the achievement (success) you garner. Compiling benchmarks, collecting 'ests', confirms the development of your physical self. Net/net, your very vim, vigor, and vitality emerge in front of your eyes.

To imprint FitBESTS:

First, brainstorm to compile a list of your physical activity performance benchmarks to date. If you have competed in organized sports or organized physical activity events (e.g., road races), this is a good place to start, especially if your engagement includes events of a defined distance (e.g., 5K run, 10K run) that are measured by time. Compare your finishing times (if you recorded them) and note your bests for the distances you have completed. Each separate best time and distance for which you have a measure is a FitBEST to be notched as part of your Iron Footprint.

But further, while notching organized sports or physical activity events measures provides a natural starting point, Iron Fitness Footprint benchmarks should be considered generously, and not just for how they occur in 'traditional,' sanctioned events.

FitBESTS should then be organized according to the innumerable ways that achievement can be measured within the cardiovascular, strength training, and motor skill-related aspects of your routine, or what you do outside your routine. Each benchmark is an achievement entitled to recognition and celebration. Recognition of accomplishment is not only for elite or professional athletes whose extraordinary feats result in world records or world championships. Personal records are as meaningful to you and me as world records are to them.

***FitBEST Event Trials Bank**

The following are events that you can try as FitBEST trials. The bank includes those that you can do at the gym and/or at home, and those that occur as organized, community-based competitions.

*SAFETY is especially important when you attempt FitBESTS. This includes, but is not limited to: being healthy enough to attempt events that require intense exertion, using a qualified spotter, being proficient in the movement (using correct weight lifting techniques and using supports if needed, e.g., weight belts, knee/wrist straps), ensuring a debris-free area, etc.

Also:

- Be consistent in how you perform events from one trial of the same event to the next
- Wait at least 2 weeks before repeating an attempt
- Avoid using extra motion cheats (e.g., kipping during pull-ups)

Note – two Iron Footprint Fitness Academy White Papers describe how to organize FitBEST attempts. *FitBESTS: A 14-Day Start-Up Plan* presents how to begin to include attempts into your routine and *30-Days of 'BESTS* presents an extended plan. Both of these White Papers are available at the Iron Footprint Fitness Academy Library.

Muscular Strength

- 1-Repetition Maximum (RM) lifts for bench press, bicep curl, squat, dead lift, overhead press – can be done using machines or free weights
- Tripod hold for time

Muscular Endurance

- Total repetitions of a specific weight of a specific exercise – e.g., bench press, bicep curl, squat, dead lift, overhead press, lat pulldown, tricep extension, hamstring curl, etc. These can be done using machines or free weights (barbells and/or dumbbells) and at different angles of each exercise, where appropriate (incline, decline, etc.)
- Bench press repetitions of body weight or 50% of body weight – this is often considered a signature exercise so is included separately from the above event idea
- Push-ups (modified or regular starting position): total, in one minute, total at an incline, total at a decline, total with hands forming a diamond
- Sit-ups / Abdominals: total (at flat and incline positions), in one minute (at flat and incline positions), holding a plank for as long as possible, holding a one-legged plank as long as possible
- Dips – total either assisted or unassisted, with or without added weight
- Pull-ups (palms facing away from body) / Chin-ups (palms facing toward body): total full-extension repetitions, total partial-extension repetitions (elbows bent to 45 degrees), total repetitions pulling to the top of your head, flexed arm hang hold for time. These can be assisted (using spotter or machine) or unassisted. If assisted, the trials can be conducted according to how many plates you use to assist your effort
- Holding 5lb, 10lb, 25lb, etc., weight plates in front of body for time. Maintain the position of looking through the center hole of the weight plate to ensure it stays in a fixed spot.

Cardiovascular Capacity

At gym using cardiovascular machines:

- Steps completed in X minutes on the elliptical (at X level, at X incline)
- Time to get to 10,000 steps on the elliptical machine

- Time to 1 mile, 2 miles, 3 miles, etc., on the treadmill, stationary bike, rowing machine (at X level or incline)
- 1-mile repeat walks/runs hitting a specific time with an established rest interval – i.e., how many times can you walk 1-mile under 12 minutes with 2 minutes rest in-between each attempt?
- (X distance repeats of walking, running, cycling, elliptical, rowing, etc. hitting a specific time with an established rest interval)
- Time for gym triathlon: 1-mile on treadmill + 1-mile on stationary bike + 1-mile on elliptical (or X steps)

Outside of the gym (occurring as unorganized trials or during organized events):

- 1M, 5K, 10K, half-marathon, marathon walk, run, cycle, rollerblade
- Split times that occur during the above trials – e.g., 1-mile splits during a 5K or 10K run, half-marathon split during a full marathon, last mile of any event
- Furthest distance walked, run, cycled, rollerbladed

Miscellaneous cardiovascular-related engagement:

- 500, 1000 yard, mile swim (1650 yards)
- Jumping Rope – consecutive jumps, time to 100, 500, etc., jumps, using different skipping variations (see exercise tips for examples of different skipping styles)
- Step-Ups – using a 6” or 12” step, and either weighted (holding a weight) or non-weighted – total steps in 1-minute, 5-minutes, 20-minutes; time it takes to reach 100 total steps; alternating steps

Home Exercise Trials

- Landmark walking, running, cycling, rollerblading – establish a fixed distance – e.g., around the block, from one street sign to the next street sign, from one store front to another store front – how many times around the block in X minutes, fastest time around the block,
- Stairwell Step-Ups – total steps in 1-minute, 20-minutes; time it takes to reach 100 total steps; weighted (holding hand weights) or non-weighted
- Playground Facility Trials – mixed event obstacle course (under, over, across, around, through obstacles), monkey bar cross for time and endurance, pull-ups using a cross bar

Flexibility

- Hamstring measure - Sit-and-Reach distance, from standing position touch toes/knuckles/palms/forearms.
- Shoulder measure - Reaching down across your back (single arms), touching fingertips (one arm reaching down across your neck while the other reaches up around your back)
- Leg splits

Motor Skills / Sport-Related Performance Events

- Softball/baseball throw for distance

- Football punt/kick for distance
- Soccer punt/kick for distance
- Juggling two or three tennis balls for time
- Agility/Shuttle run – set out two cones (or suitable markers) approximately 20 feet apart. Begin at one cone, run around the second cone and back as quickly as possible. Variations: set four cones in a square formation approximately 20 feet from each other. Begin at one corner and running to the right circle the first cone, then the second, then the third, until finishing at the first cone; set 10 cones/markers an equal distance apart in a straight line of approximately 50 feet. Zig-zag around the cones (as if slalom skiing) from one end and back again; set four cones in a diamond pattern approximately 20 feet from each other. Begin at one cone and facing in shuffle to the first cone, then face out and shuffle to the second cone, then face in and shuffle to the third cone, then face out and shuffle to the beginning cone
- Standing Broad Jump
- Vertical Jump
- Platform Jump – successfully jumping onto a platform of X height
- 50, 100, 200, 400, 800 yard/meter dash

Combinations (events that combine elements of muscular and cardiovascular capacity)

- Time to walk/run/cycle/row/elliptical X miles/steps on treadmill/stationary bike/machine while doing 10 push-ups every 1-minute
- Super Set Circuit – time to complete 10 repetitions each of dumbbell bench press, bicep curl, overhead press, lat row, bench squats, tricep extension, and calf raises (this attempt requires access to varied dumbbell weights at once so may not be realistic for everyone)

Note – CrossFit™ is a commercial exercise program that focuses on functional movement and movement combinations. Please access www.crossfit.com for more information about this type of an exercise program. Its approach is inherently complimentary to Iron Footprint Fitness.

Wellness Markers:

Blood pressure, resting heart rate, body composition, BMI, V02max, cholesterol, blood sugar, bone density

Note - Physical activity may not be the only variable that impacts wellness markers but experts agree about its contribution.

Examples of Sport-Specific FitBESTS

Basketball

Dribbling around obstacles for time

Hot-shot spot shooting

Passing accuracy: chest, bounce, overhand

Football

40yd dash

Up/Downs

Passing accuracy

Receiving (catching): consecutive, building repertoire (catches to right/left/above waist/below waist/over shoulder right/over shoulder left)

More to Notch: Cognitive and Affective Indices of Engagement

Cognitive aspects of engagement

FitBASE, FitBUBBLES and FitBESTs capture achievement as it occurs across the dimensions of physical activity, but there is more about engagement that can be notched. Cognitive (knowledge) and affective (emotional) aspects of the physical activity experience also influence our motivation to participate, and in your quest to develop resilient motivation, this tracking adds additional acknowledgement to your portfolio.

Cognitive indices include how much content knowledge we possess—how much we know—about the realm of physical activity. Content knowledge related to physical activity includes understanding scientific principles of training, knowing rules and strategies to sports and games, and acquiring information as a fan of activity (e.g., accounts of others' engagement—both elite athletes and everyday gym-goers, and staying abreast of current sports events).

The greater your content knowledge, the more likely you will sustain engagement, for knowledge can impact motivation by inducing confidence, mitigating self-direction, increasing choice, and maintaining perspective. For example, if you are a 'student' of physical activity who understands the scientific principles of engagement, the more you will be assured that your engagement *will* yield results. The assurance is priceless, for you spend zero psychic energy wondering if what you are doing is right and hoping you are not wasting your time. Similarly, the more you know, the less you have to rely on anyone else to guide your activity, which means the greater self-direction you employ toward structuring your activity time. A caveat here for those of you who work with personal trainers. You likely do so with good reason. Trainers can be invaluable partners, but ultimately our engagement is ours to own. The more it is self-directed, the greater our motivation and likelihood that we will sustain regular engagement.

Enhanced content knowledge also triggers a deepened activity portfolio that allows for choice of engagement on any given day. This can mean engagement considered from the macro level, e.g., deciding between tennis or golf, and engagement considered from the micro level, e.g., deciding between free weights or weight machines. 'Choice' has a positive impact on engagement motivation. It affords variety, which maintains freshness, which translates to

anticipation and optimism. This leads to a positive activity experience and *that* leads to resilient motivation for sustained engagement. Whew! But it's true.

As your Iron Footprint deepens by acquiring content knowledge, your perspective about engagement will mature. This is especially useful when you hit phases where you feel you are not making gains, or when your resilient motivation takes a dip. Phases can be triggered by factors out of our control. For example, ageing's impact on engagement is a reality we all (will likely) encounter. Sore knees, sore shoulders, sore _____ can creep up and mean it's time to retire from running or swimming or _____. This requires an adjustment to engagement, but without the perspective gained from acquiring content knowledge about alternatives, we may think it is the *end* of engagement. Learning how others cope with challenges can help our own transition phases, and this is information that we can gain as content knowledge

Conversely, a lack of content knowledge comparatively diminishes self-confidence, which can lead to regarding engagement as a risky endeavor. Not so much a risk to physical well-being, but to emotional well-being ("I don't think I can do it, therefore I'm not going to try, for I will only fail and disappoint myself"). Engagement from this perspective is approached with psychic hesitancy, second guessing, and uncertainty, and tends to be repetitive from one session to the next. When our routine becomes too routine, we risk the 'justs' -- going through the motions with limited effort. Not only are the results impacted, a downward motivational spiral can be set in motion that can be tough to stem. Ultimately, exercise fatigue weighs heavily because we only consider engaging from a sense of obligation ("I have to do it because it's good for me"). A heavy outlook begets a heavy outlook, which begets quitting activity engagement.

But back to the sunshine.

Multiple modes of media are available to develop content knowledge: books, periodicals, scientific journals, web sites, apps, TV, DVDs. For example, the Golf channel offers terrific instructional material and *Sports Science* on ESPN considers and analyzes sport performance according to scientific principles. While it's 'user beware' for any mode accessed, best-sellers or reputedly sponsored sites or shows likely will provide scientifically based, accurate information that is devoid of misleading, mythological blather. The litmus test is if something seems outrageous, then it likely is!

For your Iron Footprint, notch the content knowledge you accrue by imprinting it as a FitBUBBLE. This may seem challenging at first because it may not seem clear what to recognize as 'knowledge.' Don't over think the process. If you read an article about how to defend a particular sport's offensive strategy and learn something new this is a FitBUBBLE to notch. Similarly, assign value if you pick up a tip about improving your tennis forehand by watching a DVD or added a new exercise to your deltoid routine by going to a website. Consider cognitive engagement achievement as broadly as physical engagement achievement. It certainly bears FitBUBBLE recognition if you made the effort to seek information and learned something new.

Emotional aspects of engagement

Emotional indices of engagement include your enjoyment of physical activity or specific activities, your physical activity self-confidence, the sense of satisfaction you yield from participating in an activity or completing a workout, and how motivated you feel to engage in activity. Each of these is a variable that you can track for your Iron Footprint by using a self-made scale or from written narratives, in journal or diary form.

Regular reflection about this aspect of engagement can lead to insight otherwise not gained by imprinting physical or cognitive measures. You may discover emotional patterns about your engagement that were previously unknown. For example, you may learn that you look forward to Mondays at the gym, knowing that it will be crowded and full of distraction, or that you loathe Mondays for having to wait for equipment. Or you may learn that you feel more exhausted, thus a greater sense of accomplishment, upon completing kick-boxing class than you do after using the treadmill, and that your trainer is really controlling and refuses to add motor skill practice to the routine.

You might also mine information about your relationship to physical activity that can prove useful when contemplating changes to your routine or activity environment. For example, for reasons that both support and otherwise impact resilient motivation you may contemplate joining a new gym, hiring a new personal trainer or trying a new group fitness class. The insight you glean from tracking your engagement emotions can help determine if your reasoning stems from recognizing opportunity or is a reaction to discouragement. If it's the latter then the source of discouragement needs to be addressed otherwise motivation will be jeopardized. Regular reflection can lead to the insight needed to find a solution to problem.

For your Iron Footprint, notch affective indices of engagement as FitBUBBLES. To start, choose one or two indices to track (e.g., sense of satisfaction of cardio exercise, confidence rating of different forms of activity), and develop either a numeric scale or written journal to capture its measure. Then, establish a tracking schedule that makes sense for you: daily, weekly, activity to activity, and so on. Once you have tracked for a period of time, you likely will be inspired to add other indices to this aspect of your Iron Footprint tracking.

Summary

Your Iron Footprint icon is yours to create. There is no right or wrong as to what it ought to look like. Just as we have unique relationships to physical activity, we also have unique perspectives from which to express it. The point is to showcase your portfolio—all you have done to foster your health-related fitness (your FitBASE) and all you have done to deepen and broaden your engagement (your FitBUBBLES and FitBESTS). Your Iron Footprint gives features and contours to your physical activity achievement which most important can foster resilient motivation to sustain regular engagement.

What becomes of being too busy to exercise?

As our perspective about engagement and achievement transforms, so too does our schedule. We begin to have so much fun doing achievement-oriented physical activity we clear our leisure-time schedule of everything else!