

## Quick-Start Exercise and Nutrition Checklist

Don't let the idea of a diet and exercise program overwhelm you. Get started quick with this weekly checklist.

As you successfully complete each element of the Quick-Start Action Plan [LINK TO ARTICLE] in the following week, check off the boxes below.

### THE QUICK-START ACTION PLAN

#### Desk Exercises (twice this week)

- Chair leg extension
- Isometric hand press
- Wall push-off
- Overhead press
- Drawing-in maneuver

#### Flexibility Exercises (twice this week)

- Side bend
- Cross arm
- Neck stretch

#### The Ten-Minute Energy Walk (three times this week)

#### Nutrition (every day this week)

- Glass of ice water with meals and when thirsty*
- Saving five bites (at one meal every day this week)*

*This checklist was excerpted from The Entrepreneur Diet. [Buy it today from EntrepreneurPress.com.](#)*