

FITNESS FOR ADHD BRAINS

THE DOPAMINE-DRIVEN FITNESS STARTER PACK



**UNDER 15 MINUTES A DAY. NO STREAKS. JUST
FAST WINS AND FEEL-GOOD MOVEMENT.**



DAY 0: START HERE (READ ME FIRST)

**FITNESS DOESN'T HAVE TO FEEL LIKE
PUNISHMENT.**

**THIS ISN'T A 30-DAY CHALLENGE OR A GRIND
PLAN. IT'S A SHORT, ADHD-FRIENDLY
EXPERIMENT TO HELP YOU ACTUALLY MOVE
YOUR BODY - WITH LESS RESISTANCE, LESS
SHAME, AND MORE DOPAMINE.**

WHAT TO DO:

- **JUST OPEN EACH DAY.**
- **PICK ONE THING.**
- **DO IT.**
-  **= SUCCESS**

**YOU DON'T NEED TO BE CONSISTENT. YOU
NEED TO FEEL CAPABLE.**



DAY 1: THE 5-MINUTE WIN STACK

START WITH ACTION — NOT PLANNING. GET A QUICK WIN THAT FEELS GOOD NOW.

PICK 1 BASED ON MOOD:

Mood	Quick Win
 Exhausted / Low Mood	2-min seated stretch + 3 deep breaths
 Content	5 squats, 5 push-ups, 5 lunges x 2
 Hopeful	3 rounds of 30s: jumping jacks, wall sit, fast walk

MINI REFLECTION:

WHAT FELT GOOD? WHAT DIDN'T?

NO OVERTHINKING. JUST OBSERVE YOUR BODY.

 MARK IT DONE → DOPAMINE BOOST EARNED.



DAY 2: THE NO-THINK MOVEMENT CUE

ADHD BRAINS STRUGGLE WITH STARTING.

SO LET'S MAKE STARTING AUTOMATIC.

STEP 1: CHOOSE A TRIGGER YOU ALREADY DO DAILY:



MAKE COFFEE /  BRUSH TEETH /  LOG IN TO WORK /  CHECK PHONE

STEP 2: ATTACH A TINY MOVEMENT:

- DO 10 CALF RAISES WHILE COFFEE BREWS
- WALL SIT DURING YOUR MORNING SCROLL
- 5 SQUATS AFTER BRUSHING TEETH
- A PLANK WHILE YOUR FAVOURITE YOUTUBE VIDEO LOADS

WHY THIS WORKS: YOUR BRAIN FOLLOWS PATTERNS. PAIRING A HABIT WITH MOTION MAKES MOVEMENT THE DEFAULT - NOT A DECISION.



PICK ONE. DO IT TODAY. CELEBRATE IT.






DAY 3: CHOOSE YOUR MOVE (BASED ON ENERGY)

MOTIVATION IS UNRELIABLE.

ENERGY IS A BETTER GUIDE.

HOW DO YOU FEEL RIGHT NOW? PICK A LEVEL:

Energy Level	Movement
 Barely functional	Lay on floor, legs up the wall, 3 deep breaths
 Buzzy/fidgety	2-min cardio blast (march, jog in place, jumping jacks)
 I can't decide	Roll a die or flip a coin - do whatever it lands on

BONUS: PLAY YOUR FAVORITE 1-SONG PLAYLIST WHILE MOVING. TURN IT INTO A VIBE, NOT A CHORE.

 **ANY MOVEMENT COUNTS. YOU WIN THE DAY.**



BONUS: SNEAK PEEK AT WHAT'S NEXT

HEY — CAN I ASK A TINY FAVOR?

**I MADE THIS 3-DAY SAMPLER SPECIFICALLY FOR
BRAINS LIKE YOURS - AND I WANT TO MAKE THE
FULL VERSION EVEN BETTER.**

**CAN YOU TAKE 60 SECONDS TO TELL ME WHAT
HELPED (OR DIDN'T)? IT'S SHORT, ANONYMOUS,
AND HELPS SHAPE FUTURE ADHD-FRIENDLY TOOLS
FOR MOVEMENT, ENERGY, AND SELF-TRUST.**



**BUILT FOR ADHD BRAINS. IMPROVED BY ADHD
BRAINS. YOU IN?**

CLICK HERE FOR THE SURVEY!

**FEELING GOOD? THE FULL STARTER PACK
INCLUDES:**

- **A DOPAMINE-BASED MOVEMENT MENU**
- **VISUAL ADHD HABIT TRACKER**
- **MELTDOWN-DAY RECOVERY PLAN**
- **ENERGY-BASED WORKOUT BUILDER**
- **TOOLS FOR BUILDING ACTUAL
CONSISTENCY (WITHOUT STREAKS)**