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# The "I Don't Feel Like It" System

*Stay consistent — even on your hardest days.*

*A beginner-friendly, bodyweight framework for when motivation isn't enough.*

THE CORE IDEA

# Most fitness systems are built for your best days. This one is built for every other day.

Consistency isn't about doing the most — it's about never fully stopping. Even the smallest action keeps the momentum going.

This system gives you three access modes based on how you feel today — so there's always something you can do, no matter what.

THE THREE ACCESS MODES

MODE	WHEN TO USE IT	WHAT IT FEELS LIKE
Full Capacity	You feel ready, energized, or just normal	A real workout — you showed up
Low Energy	You're tired, stressed, or unmotivated but functional	Shorter, simpler — still meaningful
Bare Minimum	You can barely think about it	The smallest thing that counts

# Ask yourself one question.

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Can I do 5 minutes?

**If YES**

Start with Bare Minimum. You'll often do more once you begin moving.

**If NO**

Do Bare Minimum anyway. Five minutes is enough. It always counts.

*The goal is never to skip. The goal is to find your level for today.*

THE THREE WORKOUTS

Every exercise is bodyweight, beginner-friendly, and can be done at home — no equipment needed.

FULL CAPACITY · 20–30 MIN

Wall push-ups or incline push-ups	3 sets of 10–12 reps
Bodyweight squats	3 sets of 12–15 reps
Glute bridges	3 sets of 12–15 reps
Standing or seated marching	2 minutes continuous
Dead bugs	2 sets of 8 reps each side
Standing calf raises	2 sets of 15 reps

LOW ENERGY · 10–15 MIN

Wall push-ups	2 sets of 8 reps
Bodyweight squats	2 sets of 10 reps
Glute bridges	2 sets of 10 reps
Standing march	1 minute continuous

BARE MINIMUM · 5 MIN OR LESS

10 wall push-ups

10 bodyweight squats

10 glute bridges

Done. That counted.

#### BEHAVIORAL MOMENTUM

# Doing less consistently beats doing more inconsistently. Every time.

*If you do Bare Minimum for three days in a row — or three weeks in a row — you are still more consistent than you were before.*

**Behavioral momentum is building.** Small repeated actions lower the resistance to future actions. The more times you do the small thing, the easier it becomes to do the slightly bigger thing.

**You are not falling behind.** There is no behind. The only direction is forward, even when forward is tiny.

**The pattern matters more than the performance.** Your nervous system is learning that this is something you do — regardless of how much.

# For when you've missed days — or weeks.

*You are not starting over. You are continuing.*

**01 Do not restart.**  
You are not starting over. You are continuing.

**02 Drop to Bare Minimum.**  
Regardless of how long you've been away.

**03 Do not make up missed sessions.**  
One session. Today. That's it.

**04 Stay at Bare Minimum as long as you need.**  
Move up only when it feels natural.

**05 Ask the one question.**  
"Can I do 5 minutes?" → Yes → Go.

This system will keep you in motion. What it won't do is build a progressive program around your specific body, your specific goals, and your specific life. If you find yourself stuck in Bare Minimum for weeks and can't seem to move up — that's not a willpower problem. That's a signal that you need a system built specifically for you. That's exactly what N of 1 coaching is for.



**See coaching options:**

<https://nof1fitness.org/coaching>

Click the link above or scan the QR code.