

# RUNNING THROUGH MENOPAUSE

## Your First 6-Weeks Reset

### Welcome & Orientation

*"This is not the end of your running story – it's a new chapter."*

## Workbook: Welcome & Orientation

This workbook is your guide to starting strong in the 6 Week Reset. Take time to set your intentions, track your chats, and reflect each week.

### ✦ My Intention for the Next 6 Weeks

Take a moment to reflect and write your answers below:

1. What do I want from these 6 weeks?

---

---

2. How do I want to feel about running when I finish?

---

---

3. What one small promise can I make to myself right now?

---

---

## Coach Debbie | Mindful Runner Training

### Checklist: Getting Started

- Watched the Welcome & Orientation video
- Wrote down my 6-week intention
- Downloaded this workbook
- Scheduled my first 1-on-1 chat with Debbie
- Prepared my space for training (shoes ready, strength space set up)

### Weekly 1-on-1 Chat Tracker

Note down the time/day of your weekly chats, plus any key questions:

Week	Date/Time	Notes/Questions
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____
Week 5	_____	_____
Week 6	_____	_____

### Reflection Prompt (Optional)

At the end of this week, jot down:

- ✓ One thing I did well:

---

- ✓ One thing I found hard:

---

- ✓ One thing I'll focus on next week:

---