

# ATHINA FIT

— FREE GUIDE —

A woman with long blonde hair in a ponytail, wearing a black sports bra and leggings, is riding a black stationary bike in a gym. She is looking forward with a focused expression. The gym background is dimly lit with various exercise machines and people in the distance.

**STAY  
CONSISTENT.**

Stop relying on motivation. Build the system.

# YOUR COACH

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**Hi, I'm Athina,**

I'm a certified personal trainer and online coach who has spent 6 years helping people stop starting over. The single biggest difference between clients who transform and those who don't isn't talent, time, or genetics — it's consistency.

This guide gives you the exact system I use with my clients to make training feel automatic, not optional.

## **MY CREDENTIALS**

- Level 3 Personal Trainer & Online Coach
- Specialist in strength, body composition & nutrition
- Habit-based coaching strategies
- Clients across the UK, EU & worldwide

## **WHAT THIS GUIDE COVERS**

- Why motivation is unreliable — and what to use instead
- The 5 consistency killers sabotaging your progress
- The Habit Stack System — attach training to what you already do
- How to train through busy weeks, travel and setbacks
- A sample consistency week you can copy immediately
- Your action plan — one decision that changes everything

**STOP STARTING OVER.**

# THE REAL PROBLEM

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You don't have a motivation problem. You have a system problem. And systems can be fixed.

## THE MOTIVATION TRAP

Motivation is an emotion — it comes and goes. Relying on it means your training is tied to how you feel. On good days you train hard. On bad days, tired days, busy days, you skip. And skipping becomes a habit faster than training does.

Every fitness plan built on motivation eventually fails — not because the person is weak, but because the system was wrong from the start.

## WHAT CONSISTENCY ACTUALLY IS

Consistency isn't training perfectly every week. It's showing up most weeks, across months and years. A 70% attendance rate over 2 years beats a 100% rate for 6 weeks then nothing. The goal is an unbroken identity as someone who trains.

## THE REAL GOAL SHIFT

- From: 'I need to feel motivated' → To: 'I train because that's what I do'
- From: 'I'll start properly on Monday' → To: 'I do something, every week, no exceptions'
- From: 'I failed — I may as well quit' → To: 'I missed one. Back to it tomorrow'
- From: waiting for the perfect plan → To: executing an imperfect plan, consistently

# WHY MOTIVATION ALWAYS FAILS

Motivation is neurologically designed to be short-lived. Here's the science — and what works instead.

## THE DOPAMINE PROBLEM

Motivation peaks when you first decide to change — the dopamine hit of a new goal. It drops within days. The solution: build habits before the dopamine fades, usually within the first 2 weeks.

## THE WILLPOWER MYTH

Willpower depletes through the day like a battery. By evening — when most people plan to train — it's at its lowest. Habits bypass willpower entirely. A habit is automatic; it requires no decision to execute.

## IDENTITY VS BEHAVIOUR

Trying to 'be more disciplined' is fragile and exhausting. Identity change is structural: when you see yourself as someone who trains, you train. The behaviour follows the belief.

# THE 5 CONSISTENCY KILLERS

These five patterns destroy consistency in nearly every person who struggles to stick to a routine.

01

#### ALL-OR-NOTHING THINKING

'If I can't do the full session, I won't bother.' A shortened session still builds the habit. Zero breaks it.

02

#### OVER-COMPLICATED PLANS

The more complex the plan, the easier it is to fail. 4 × 30-minute sessions requires only a timer.

03

#### NO ANCHOR HABIT

Training at a different time each day means it's always competing with everything else. Same trigger = no decision needed.

04

#### MEASURING WRONG

Tracking scale weight weekly is the fastest way to quit. Track sessions completed instead.

05

#### RECOVERING BADLY

The rule: never miss twice. One miss is allowed. Two misses is a choice. Three is the new normal.

# THE HABIT STACK SYSTEM

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Habit stacking attaches your training habit to something you already do automatically. No willpower needed.

## THE FORMULA

After/Before [EXISTING HABIT], I will [TRAINING HABIT].

## EXAMPLES THAT WORK

- After I make my morning coffee, I do 10 minutes of mobility.
- Before I sit down to work, I put my gym kit on.
- After I finish my last work call, I drive to the gym – not home first.
- Before I watch anything in the evening, I do my session.

## THE 3 RULES TO MAKE IT STICK

### MAKE IT OBVIOUS

- Put your gym kit where you can see it the night before.
- Schedule sessions in your calendar like work meetings.
- Tell someone your plan – social accountability doubles follow-through.

### MAKE IT EASY

- Reduce friction to zero: bag packed, route planned, session chosen in advance.
- Start with 20 minutes if 30 feels like too much. Showing up is the win.

### MAKE IT SATISFYING

- Track every session – even just a tick in your notes app.
- Celebrate small wins: '4 sessions this week' is worth noting.

# TRAINING THROUGH LIFE'S CHAOS

Life will always interrupt. The consistent person has a plan for when it does.

BUSY WEEK	Drop to 2 sessions minimum. 2 × 30 minutes maintains everything you've built. Never drop to zero – the habit matters more than the volume.
TRAVEL	Hotel room: squat, push-up, reverse lunge, glute bridge, plank. 3 rounds. 25 minutes. Pack resistance bands – they weigh nothing.
SKIPPED A WEEK	Come back the next scheduled day – not Monday, not a fresh start. Do a shorter session. The return is the only thing that matters.
LOW ENERGY	Do 10 minutes. Just start. 80% of the time you'll finish. The other 20%: 10 minutes still beats zero.
ILLNESS OR INJURY	Full rest when sick. For injury: train everything around it. Upper body only, or lower only. Stay in the habit.
MOTIVATION IS ZERO	Use the 2-minute rule: commit only to putting on your kit and getting to the gym. Once there, you almost always train.

# A SAMPLE CONSISTENCY WEEK

This isn't a perfect week — it's a realistic one. Notice how it bends without breaking.

MONDAY 06:30	Anchor habit: gym kit packed Sunday night. Session A before work — 30 minutes. Done by 7:15.
TUESDAY	Active rest. 8,000 steps. 10-minute evening mobility. No pressure — intentional recovery.
WEDNESDAY LUNCH	Session B at lunch — 25 minutes (meeting ran over). Still counts. Never miss twice.
THURSDAY	Unplanned busy day. No session. It was a rest day anyway. No spiral. No guilt.
FRIDAY 17:30	Session C after work. Low motivation — did it anyway. Felt great after.
SATURDAY	Session D — mobility and core. 30 minutes at home. 4 sessions this week. Done.

## RESULT:

4 sessions. Not perfect. Completely consistent. That week, repeated 50 times, is a transformation.

# YOUR ACTION PLAN

You have everything you need. Here's exactly what to do first.

## STEP 1

Pick your 4 training days right now. Open your calendar. Block the slots. Name them A, B, C, D.

## STEP 2

Choose your anchor habit: 'After [existing habit], I train.' Write it down.

## STEP 3

Pack your gym bag tonight. Put it by the door. Remove every barrier.

## STEP 4

Set the 'never miss twice' rule as a non-negotiable.

## STEP 5

Tap the link below to book your free consultation and get accountability built into your plan.

### WANT ACCOUNTABILITY BUILT INTO YOUR PLAN?

Book a free 20-minute consultation — no sales pitch.

**[calendly.com/athina-fitt/30min](https://calendly.com/athina-fitt/30min) (tap to book)**

athina.fit · [athina.fitt@gmail.com](mailto:athina.fitt@gmail.com) · [@athina.fitt](https://www.instagram.com/athina.fitt)