

Getting Past New Years Resolutions

A lot of people set themselves ambitious goals and resolutions in the New Year, by the end of the first few weeks these have often slipped or fallen by the wayside in to the long grass.

This episode we discuss ways that you can use your planner/journal to help you combat this slippage and to help you monitor your progress and try to maintain your motivation through the Winter days.

If you have ideas for future episodes please send them to steve at philofaxy dot com

Show Notes (timings approximate)

00:00 - Introductions

02:00 - Tracking fitness or wellness

02:45 - Digital vs Analogue

03:30 - [The Leaf](#)

04:30 - Tracking water consumption

07:30 - [Fitbit](#)

08:00 - [Fitbit Blaze](#)

10:00 - [Fitbit scales](#)

11:30 - Using a journal to record your exercise routine

12:30 - Use your journal to build up an overall picture of your life and compare it to previous years/months

14:30 - Heart rate monitoring

15:15 - [Simple stamp](#) to help you record key information in your journal

17:30 - Motivating your self to get out, even in Winter

19:00 - Track things that make you happy

20:00 - Yoga

21:15 - Having a dedicated journal

22:30 - Every little bit of exercise helps

23:00 - Use up the white space in your planner/journal to record some additional details.

25:00 - Don't punish yourself for not hitting your targets or exceeding them.

28:00 - Try before you buy

29:30 - [Wirecutter - Fitness Trackers](#)