



Make One Health Habit Survive a Bad Week

For people whose health routine keeps dying by Thursday.

Choose one priority. Make it work in the week you actually have.

By the end, you will have **one clear health action, a normal-week version, a bad-day version and one Sunday decision.**

A practical guide by John Loschiavo

You do not need to fix your whole life.

You need one useful health action that fits the life you already have.

This guide is for you if:

You know your health is drifting. You have tried to restart. The plan works while motivation is high, then work, family, stress or a rough night knocks it over.

Set it up in 15 minutes

- ☐ Choose the one health priority that keeps slipping.
- ☐ Create a bad-day, normal-week and optional-extra version.
- ☐ Attach it to a real cue.
- ☐ Create a bad-day fallback.
- ☐ Decide what to review on Sunday.

This is not

- ☐ A complete health program.
- ☐ A test of your discipline.
- ☐ A promise of perfect consistency.
- ☐ Medical diagnosis or treatment.
- ☐ Permission to push through symptoms.

How to use it: spend about 15 minutes setting up the plan today. Then check in for about 60 seconds a day for seven days and use the 10-minute Sunday review to decide what stays or changes.

If you have concerning symptoms, an injury, a condition, an unexplained change or advice from a treating professional, use that guidance to set your boundaries. Speak with your GP or clinician when unsure.

The Perfect Plan breaks on Thursday

The Perfect Plan is designed for your motivated self. Your results are decided by your tired self.



What it feels like

"I know what I should do. Why can I never keep doing it?"

What is often happening

The action is too large, the cue is vague, the setup depends on memory, or there is no fallback.

A health habit is a small system

Cue: what starts it. **Action:** what you do. **Evidence:** how you know it happened. **Fallback:** what survives a bad day. **Review:** what you keep or change. That sequence is the loop.

The goal is not a perfect streak. The goal is a loop you can see, test and adjust before another month disappears.

You did not fail. The plan did.

Field note: I built this because I was tired of plans that only work in a fantasy week.

Choose the one health priority that keeps slipping

Choose the area creating the most friction now. Not the area you think a healthy person is supposed to choose.

These are the five reserves. One of them is your constraint — the one holding the other four down. It is rarely all five at once.

Strength

Stairs, carrying, chairs, aches, feeling less capable.

Engine

Puffing, sitting, low movement, poor stamina.

Numbers

Blood pressure, bloods, waist — the checks that are overdue.

Fuel

Food defaults, protein, the evening wobble.

Recovery

Sleep, brain fog, stress, afternoon crash.

There is a sixth thing, and it is not on the list: Execution — whether any of those five survives a bad week. You do not choose it. It is the container the other five sit in, and it is what the rest of this guide builds.

Use your quiz result if it feels right. If another health priority is affecting your life more this week, choose that instead. You are allowed to know your life better than a score does.

The health priority I am choosing is:

Why does it matter now?

Use a concrete reason: keep up with the kids, think clearly after lunch, carry the shopping, sleep without dreading tomorrow, trust yourself to follow through.

What would be noticeably better in seven days?

Keep this modest. Evidence is enough. Transformation can wait.

Use AI as a planning assistant

The useful job for AI is not telling you everything. It is helping you make the first action smaller and more specific.

Before you paste the prompt: remove names, diagnoses, employer details and anything else you would not want stored in an online service.

Copy this prompt into your preferred AI tool

Help me design one seven-day health habit for general wellbeing.

Ask me these questions one at a time:

1. What health priority keeps slipping right now, and why does it matter?
2. What does a normal weekday actually look like?
3. What have I tried before?
4. What usually breaks the plan?
5. What broad boundaries or professional advice should this plan respect? Do not include diagnoses or identifying details.

Then give me:

- one tiny action that takes 2-10 minutes;
- an existing cue for it;
- the setup I can do in advance;
- a bad-day fallback that takes under 2 minutes; and
- one tracker sentence.

Before finalising, stress-test the action against poor sleep, a long workday and very little spare time. If it would fail, shrink it until the fallback can still happen.

Give me one recommendation, not a menu. Use plain language. Do not diagnose, prescribe treatment or override professional advice.

No AI today? Use the examples below and complete the next page yourself.

Useful size

Five sit-to-stands.

Eight minutes of walking.

Add one protein or plant.

Fifteen phone-free minutes.

Still too large

"Get fit."

"Eat clean all week."

"Train every morning."

"Fix my sleep."

Your one-page real-week plan

If the plan cannot fit on this page, it is too complicated for this seven-day test.

1. Health priority

2. Why it matters now

3. Existing cue

After something that already happens...

4. Setup

I will make it easier by...

5. Now size it. Answer this one honestly:

“What could you still complete twice a week during a tired, disrupted, inconvenient week?”

That answer — not the motivated one — is your starting program. Everybody can say what they would do on a good week, and that answer is always wrong.

6. Write it in three sizes — Floor first

Two boxes is enough today. Fill the Floor, then the Target. The Ceiling can stay empty until a good week turns up.

Size	Write it here	What it is for
Floor fill this first		The version that still happens on a bad day. Under two minutes.
Target		The normal-week version. The one you would do without negotiating.
Ceiling optional — skip it today		The extra when time and energy are genuinely there. Never required.

The Floor test: could you do it twice in the worst week you have had this year? If not, it is still too big. Shrink it until the answer is obviously yes.

My tracker sentence

After _____, I will _____. If I cannot do that, I do my **Floor** immediately instead.

The second half is the part that works. It makes the small version legitimate *in advance*, so there is no nightly argument about whether it counts. It counts.

Safety check: If you have a health issue or anything is medically tricky, discuss this action and the guide with your GP or another qualified health professional before changing routines.

Your seven-day evidence sheet

Record what happened. Do not award moral points.

Use four marks: D = done, F = fallback, M = missed, N/A = genuinely not applicable.

Seven-day evidence tracker

Day	Mark	Did the cue occur?	What helped?	What got in the way?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

A fallback counts. It proves the loop can bend without disappearing. That is more useful than a heroic Monday followed by silence.

What do I want to remember at the end of the week?

The 60-second daily check

Use this only when a note would help. Tracking should support the habit, not become the new habit.

Use these six lines

Day:
Mark: Done / Fallback / Missed
Cue happened: Yes / No
Energy before: 1-5
What helped or blocked it:
Tomorrow's smallest useful adjustment:

Good evidence

"I walked for two minutes after lunch because the meeting ran late. Shoes by the door helped."

Noise

"I was lazy and ruined the week. I need to try harder tomorrow."

Ask a better question

Not: "What is wrong with me?"

Ask: "Which link broke first?"

Cue

Did I notice the moment?



Action

Was it small enough?



Setup

Was the useful choice ready?

If all three worked but the day still collapsed, use the fallback. That is what it is for.

A missed day is a design clue

Do this before making the plan harder or abandoning it.

1

Name the first broken link

Was it the cue, the action, the setup, the size or a genuine life disruption?

2

Reduce one thing

Shorter action, earlier cue, tools ready, or a clearer fallback. Each repair becomes a tool you can use again.

3

Restart at the next cue

No waiting for Monday. No repayment workout.

My first broken link was:

The smallest adjustment is:

Use this AI troubleshooting prompt

My seven-day habit was: [habit].

I missed it because: [what happened].

The first link that broke was probably: [cue/action/setup/size/other].

Suggest one smaller adjustment and one under-two-minute fallback. Do not add more goals.

Pain, unusual shortness of breath, dizziness, rapid or unexplained changes, or worsening symptoms are not habit-design puzzles. Seek appropriate professional advice.

Your 10-minute Sunday decision

You are not grading yourself. You are deciding what the evidence says.

What worked?

What broke first?

What happened after I did the habit?

Energy, mood, confidence, sleep, appetite, pain, focus or nothing noticeable yet.

KEEP

It fit the week and felt useful.
Run the same loop again.

SHRINK

The action was useful but too costly. Make the minimum smaller.

ADJUST

The cue or setup was wrong.
Change one link and retest.

My decision for next week:

One-habit rule: do not add a second habit just because the first week went well. First make the original plan boring enough to trust.

You are building trust, not a streak

Seven days is enough to learn whether this health action belongs in your real week.

1

You can name the cue

The habit has a real moment, not "when I get time".

2

The action is clear

You know exactly what counts as done.

3

The fallback happened

A hard day did not have to erase the loop.

4

You learned the weak link

A miss produced information instead of self-criticism.

The win is not 7/7

The win is having enough evidence to say: "This fits", "This needs to shrink", or "This cue is wrong".

My evidence that I can trust this loop:

Only then consider the next layer. More exercise, better food, deeper sleep work or a longer plan may matter. They will work better when the first health action can survive Thursday.

Want the whole next 14 days mapped?

If one health action is not enough, the next step is to simplify the whole fortnight around the week you actually have.

Midlife Health Reset

In one 60-minute working session, we identify what is breaking down, choose the three priorities that matter now and fit them into the week you actually have.

You leave with a concise one-page 14-Day Reset Plan, a bad-week backup, a restart rule and one brief seven-day email check-in.

- ☐ Identify what is currently breaking down.
- ☐ Choose the three priorities that matter now.
- ☐ Fit those priorities into your actual week.
- ☐ Set Floor, Target and Ceiling versions where useful.
- ☐ Build a bad-week backup and an explicit restart rule.
- ☐ Receive a concise one-page 14-Day Reset Plan.
- ☐ One brief seven-day email check-in.

You do not have to prepare a perfect week first. Bring the abandoned plans, the messy calendar and what keeps getting in the way. That is the whole input.

AUD \$250 for the working session, written plan and seven-day email check-in.

Plan-in-Hand Guarantee: if the session ends without a clear written 14-day plan you understand and believe is realistic, I will provide a short clarification session at no charge until the plan is complete.

Register interest — no payment yet

Interest only for now. Paid bookings remain closed while the service terms, privacy workflow, insurance assessment and transaction path are finalised. Registering interest creates no booking or payment obligation.

Or keep using the free worksheet: reply to the email that delivered it with your tracker sentence. Writing it down is the first proof that the plan exists outside your head.

Midlife Systems provides general wellbeing education, reflection and habit-design support. It does not diagnose conditions, prescribe treatment or replace care from your GP or another qualified health professional. If anything is medically tricky, discuss the guide and any proposed change with them before changing exercise, food, alcohol, sleep, medication or recovery routines.