

THE SECRET OF SUCCESS IS TO CHANGE YOUR ENERGY,

NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW

YOUR HABITS ARE THE FOUNDATION OF YOUR SUCCESS.
LIFE ISN'T ABOUT FINDING YOURSELF; IT'S ABOUT CREATING YOURSELF. THE SECRET OF SUCCESS IS DAILY
ACHIEVE WHAT YOU BELIEVE.
NEVER GIVE UP.
GIVE IN.
HEALTHY
NOT
FIGHTING THE OLD, BUT ON
FIND YOUR WAY.
WHAT YOU ARE
YOU CONSISTENTLY DO.
PROGRESS,
NO EXPIRATION DATE
ING CARE OF YOURSELF.
YOUR DAILY ROUTINE
10 RESULTS, YOU
HAVE TO BE WILLING TO PUT IN LEVEL 10 EFFORT. YOUR LIFE

TRANSFORMATION CHALLENGE
FIT BODY

YOUR
Habits
— ARE THE —
FOUNDATION
OF YOUR
Success



HABIT TRACKER

HOW TO USE THE HABIT TRACKER


Beyond fat loss, our goal is to help you develop the habits required to make healthy eating and exercise a routine part of your day - just like brushing your teeth. Use the habit tracker to record your physical and emotional transformation throughout the challenge. Here's how:


Research proves that people who track their food, exercise, and healthy behaviors increase the likelihood of reaching their goals by more than 50%!


EVERY DAY, YOU'LL FOCUS ON:


- Drinking half your bodyweight in ounces of water each day
- Getting a minimum of 6 hours of sleep each night
- And being at least 90% compliant with your macros

DAILY HABITS
Check off the habits you complete

 WATER

 SLEEP

 NUTRITION

 WORK OUT

EACH TIME YOU COMPLETE A DAILY HABIT, CHECK IT OFF AND CELEBRATE YOUR COMMITMENT TO IMPROVING YOUR LIFE!

At the end of each day, rate how the day went. If it didn't go as well as planned, don't beat yourself up. Instead, prepare for tomorrow and just keep moving forward.

HOW DID TODAY GO? 1= Awful 10= Amazing

1 2 3 4 5 6 7 8 9 10

SO AS WELL AS YOU WOULD LIKE, WHAT CANNOT YOU SET YOURSELF UP FOR SUCCESS?

TODAY, I'M GRATEFUL FOR...

It's also a good idea to reflect on what you're grateful for. Gratitude helps you focus on the things that matter and will help you look past the trivial problems that come up in daily life.

People don't get burned out by what they do, people burn out because they forget WHY they do it. Remind yourself every day WHY you're doing this challenge. Doing this will help you get the results you want.

MY WHY IS

Each day, you should write down everything you eat. Tracking helps you understand how different foods affect you and helps you make changes if you aren't getting the results you want.

DAY 1 / /

MEAL 1

P

C

F

V

MEAL 2

P

C

F

V

MEAL 3

P

C

F

V

Take 5 minutes each day to dig deep into what you can do to create lifestyle changes by focusing on your habits. The results will come. *We promise.*

HOW TO USE THE HABIT TRACKER: WEEKLY REFLECTION

One of the most important things you must do on the week-end is to fill out the weekly reflection sheet in your habit tracker. Here's how:

YOUR HABIT TRACKER ALSO INCLUDES A PLACE FOR YOU TO RECORD YOUR WEEKLY HABITS, INCLUDING:

- Working out at least 3 times each week
- Planning your meals so that you know what you'll be eating each week
- Preparing and eating the food you planned for the week

You'll even see a space to record additional habits you want to form. Maybe you'd like to start meditating or reading more. Every time you complete a habit, check it off and celebrate your commitment to improving your life.

| DAILY HABITS | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|------------------------|--------|--------|---------|-----------|----------|-----------|----------|-----------|
| SLEEP | | | | | | | | 7 |
| WATER | | | | | | | | 7 |
| NUTRITION | | | | | | | | 7 |
| | | | | | | | | NO POINTS |
| | | | | | | | | NO POINTS |
| WEEKLY HABITS WORK OUT | | | | | | | | 5 |
| | | | | MEAL PLAN | | MEAL PREP | | 5 |

ADDITIONAL HABITS
DON'T COUNT TOWARD
YOUR WEEKLY SCORE.

| | |
|-------------------|--|
| NON-SCALE VICTORY | |
| LESSON LEARNED | |
| NEXT WEEK I WILL | |

Be sure to record at least one non-scale victory (NSV) each week, along with lessons learned and a game plan for how you'll dominate the next week.

Non-Scale Victory (NSV): What was a moment this week that you felt like you "crushed it"?

Lesson learned: What was a moment this week when you had a setback that served as a teaching moment? What lesson did you learn from it?

Next week I will: What is a goal you have for next week? A bite-sized way for you to do better next week.

At the end of each week, count how many days you completed your habits and record your score. You don't need to report your score to your coach, but you do need to track your efforts for YOU. If you didn't complete as many daily or weekly habits as you'd like, don't beat yourself up. Instead, use the habit tracker to prepare for tomorrow and just keep moving. Literally, turn the page and start new tomorrow.

| | | |
|--------------------|--|-----------|
| | | 7 |
| | | 7 |
| | | 7 |
| | | NO POINTS |
| | | NO POINTS |
| MEAL PREP | | 5 |
| MY WEEKLY SCORE IS | | 26 |

We recommend working out at Fit Body at least 3 times each week. On your non-boot camp days, go for a walk, play with your kids, do yoga, or some light stretching. Whenever you move, check off a bonus kettle bell in your habit tracker.

ADDITIONAL WORKOUTS DO
COUNT TOWARD YOUR SCORE!

| | | | | | | | |
|------------------------|--|--|--|--|--|--|--------------|
| WEEKLY HABITS WORK OUT | | | | | | | |
| | | | | | | | BONUS POINTS |

Your weekend homework will be sent to your email.

Those who take the time to complete their homework are the ones who develop habits that last for the long term.

| WEEK 6 HOMEWORK | |
|--|--|
| Read today's email, then fill out your homework below. | |
| | BREAK FREE FROM THE BOX check off the box once you've completed the exercise |
| I AM | |
| | |
| | |
| | |

“WHETHER YOU
THINK YOU CAN,
OR YOU THINK YOU CAN'T,
YOU'RE *right*.”

-HENRY FORD

MINDSET

COMPLETE THE EXERCISES ON THE FOLLOWING PAGES TO HELP YOU OVERCOME THE MENTAL BARRIERS THAT MAY BE GETTING IN THE WAY OF YOU ACHIEVING YOUR GOALS.

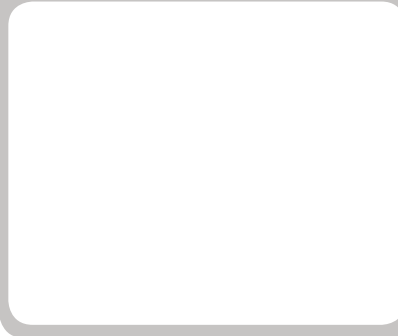
ESTABLISHING YOUR WHY

Understanding why you're doing the Fit Body Transformation Challenge will help you get the results you desire.

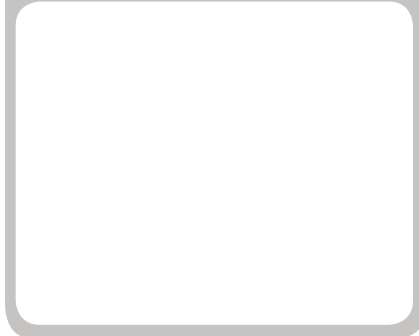
Your WHY must be big enough to get you out of bed at 4:30 a.m. to work out three times a week and meal prep even when you don't want to.

When your WHY is meaningful, you will not fail because you won't allow yourself to quit. Complete this 5 WHY exercise to help solidify your WHY.

1 WHY ARE YOU DOING THE FIT BODY TRANSFORMATION CHALLENGE?



2 WHY IS IT IMPORTANT TO YOU?



3 WHY IS NUMBER 2 IMPORTANT TO YOU?



4 WHY IS NUMBER 3 IMPORTANT TO YOU?



5 WHY IS NUMBER 4 IMPORTANT TO YOU?



At this point, you should uncover your real WHY!

VISION

The Law of Attraction states: what we think about, we attract into our life. If you allow negative thoughts to guide your actions, you'll likely continue to attract negative people and behavior into your life. Conversely, if you focus on positive thoughts and set goals that will improve your life, you'll find a way to act to achieve them. But you can't just think about your goals. You have to create an action plan to achieve them.

WHAT DOES YOUR ENVISIONED LIFE LOOK LIKE?

MY LIFE IS:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.[illegible]

HOW DOES LIFE FEEL?

How happy are you? how's your confidence and energy?

MY LIFE IS:

[illegible]

“THE DREAMS OF
TOMORROW ARE
achieved
BY TODAY’S ACTION.”

THIS WEEK: HABITS, RITUALS, ROUTINES, PROCESS

WEEK 1

MEAL 1



P
C
F
V

MEAL 2



P
C
F
V

MEAL 3



P
C
F
V

MEAL 4



P
C
F
V

MEAL 5



P
C
F
V

MEAL 6



P
C
F
V

P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOU DETERMINE YOUR HABITS, AND YOUR HABITS DETERMINE YOUR FUTURE.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

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IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY, I'M GRATEFUL FOR...

MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“MOTIVATION GETS YOU STARTED;
HABITS *keeps you going.*”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



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MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“HABITS ARE THE COMPOUND INTEREST
OF *self-improvement*.”

- JOHN MAXWELL

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“HABITS CHANGE INTO CHARACTER.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“HABITS ARE NOT ABOUT HAVING SOMETHING;
THEY’RE ABOUT *becoming someone.*”

- JAMES CLEAR

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“YOUR HABITS ARE THE FOUNDATION OF YOUR SUCCESS.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“ FOCUS ON THE *one reason why,*
NOT THE MILLION REASONS WHY NOT.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT































HOW DID TODAY GO? 1= Awful 10= Amazing

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MY WHY IS

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| WATER |  |  |  |  |  |  |  | 7 |
| NUTRITION |  |  |  |  |  |  |  | 7 |
| _____ | | | | | | | | NO POINTS |
| _____ | | | | | | | | NO POINTS |
| WEEKLY HABITS WORK OUT |  |  |  |  |  |  |  | |
| | | | BONUS POINTS! | | | | | |
| | | | | MEAL PLAN |  | MEAL PREP |  | 5 |

NON-SCALE VICTORY

LESSON LEARNED

NEXT WEEK I WILL

MY WEEKLY SCORE IS

26

WEEK 1 HOMEWORK

Create your perfect week:
Read today’s email, then use the space below to plan your perfect week!

WHEN I WILL MEAL PREP _____

WHEN I WILL GROCERY SHOP _____

WHEN I WILL WORK OUT _____

OTHER NON-NEGOTIABLE COMMITMENTS _____

“A MAN WITHOUT A
vision
FOR HIS FUTURE ALWAYS
RETURNS TO HIS PAST.”

-JAMES CLEAR

THIS WEEK: CREATE A VISION

WEEK 2

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOUR VISION IS LIKE A GPS; IT LEADS YOU TO YOUR DESTINATION.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY, I'M GRATEFUL FOR...

MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“MAKE YOUR *vision so clear* THAT EXCUSES BECOME IRRELEVANT.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“CLARITY OF VISION CREATES
CLARITY OF *priorities*.”

- JOHN MAXWELL

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“GREATNESS STARTS WITH A CLEAR VISION OF THE FUTURE.”

- SIMON SINEK

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“A MAN WITHOUT A VISION FOR HIS FUTURE
ALWAYS *returns to his past.*”

- JAMES CLEAR

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“YOUR PAST DOESN'T DICTATE
your future.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“CREATE THE HIGHEST, GRANDEST VISION POSSIBLE FOR YOUR LIFE, BECAUSE YOU BECOME WHAT YOU BELIEVE.”

- OPRAH WINFREY

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT































HOW DID TODAY GO? 1= Awful 10= Amazing

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TODAY, I'M GRATEFUL FOR...

MY WHY IS

| DAILY HABITS | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---------------|---|---|---|---|---|---|---|---|
| SLEEP |  |  |  |  |  |  |  | 7 |
| WATER |  |  |  |  |  |  |  | 7 |
| NUTRITION |  |  |  |  |  |  |  | 7 |
| _____ | | | | | | | | NO POINTS |
| _____ | | | | | | | | NO POINTS |
| WEEKLY HABITS | | | | | | | | |
| WORK OUT |  |  |  |  |  |  |  | |
| | BONUS POINTS! | | | MEAL PLAN | |  | MEAL PREP |  |
| | | | | | | | | 5 |

NON-SCALE VICTORY

LESSON LEARNED

NEXT WEEK I WILL

MY WEEKLY SCORE IS

26

WEEK 2 HOMEWORK

Read today's email, then fill out your postcard below.

GREETINGS FROM THE FUTURE!



“IN LIFE,
YOU ONLY GET WHAT YOU
THINK YOU
ARE *worth*
AND WHAT YOU THINK
YOU *deserve.*”

THIS WEEK: CHANGE YOUR IDENTITY

WEEK 3

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOUR SUCCESS IN LIFE WILL NEVER EXCEED YOUR IDENTITY.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

1 2 3 4 5 6 7 8 9 10

IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY, I'M GRATEFUL FOR...

MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“LIFE ISN'T ABOUT FINDING YOURSELF;
IT'S ABOUT *creating yourself.*”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

1 2 3 4 5 6 7 8 9 10

IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT
CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY, I'M GRATEFUL FOR...

MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOU BECOME WHAT YOU *believe*.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

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IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY, I'M GRATEFUL FOR...

MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“YOUR REALITY IS A REFLECTION OF YOUR STRONGEST BELIEFS.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“IN LIFE, YOU ONLY GET WHAT YOU THINK YOU ARE WORTH AND WHAT YOU THINK *you deserve.*”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“YOU ARE WHAT YOU *consistently* DO.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“OPTIMISM IS THE ABILITY TO FOCUS ON WHERE WE’RE GOING, NOT WHERE WE’RE COMING FROM.”

- SIMON SINEK

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT































HOW DID TODAY GO? 1= Awful 10= Amazing

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|---------------|---|---|---|---|---|---|---|-----------|
| SLEEP |  |  |  |  |  |  |  | 7 |
| WATER |  |  |  |  |  |  |  | 7 |
| NUTRITION |  |  |  |  |  |  |  | 7 |
| _____ | | | | | | | | NO POINTS |
| _____ | | | | | | | | NO POINTS |
| WEEKLY HABITS |        | | | MEAL PLAN | | MEAL PREP | | |
| WORK OUT | BONUS POINTS! | | |  | |  | | 5 |

NON-SCALE VICTORY

NON-SCALE VICTORY

LESSON LEARNED

NEXT WEEK I WILL

MY WEEKLY SCORE IS

26

WEEK 3 HOMEWORK

Read today’s email, then fill out your homework below.

| LIE I TELL MYSELF | ➡ | TRUTH TO REPLACE IT |
|-------------------|---|---------------------|
| <hr/> | ➡ | <hr/> |
| <hr/> | ➡ | <hr/> |
| <hr/> | ➡ | <hr/> |
| <hr/> | ➡ | <hr/> |
| <hr/> | ➡ | <hr/> |

“IF YOU FIGHT FOR YOUR
limitations,
YOU GET TO
KEEP THEM.”

-JIM KWIK

THIS WEEK: CHANGE YOUR STORY

WEEK 4

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“CHANGING YOUR STORY STARTS BY CHANGING
WHAT COMES AFTER YOUR “BUT.””

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MEAL 1



MEAL 2



MEAL 3



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YOU GET TO *keep them.*”

-JIM KWIK

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

1 2 3 4 5 6 7 8 9 10

IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT
CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY, I'M GRATEFUL FOR...

MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“Seek progress, **NOT PERFECTION.**”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“WHERE YOUR FOCUS GOES,
YOUR ENERGY FLOWS.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOU CAN'T CHANGE THE PAST, BUT YOU *can control* THE FUTURE.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“SET YOUR INTENTIONS TO WIN,
one day at a time.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“MAKE EACH DAY YOUR MASTERPIECE.”
- JOHN WOODEN

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT































HOW DID TODAY GO? 1= Awful 10= Amazing

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IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT
CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY, I'M GRATEFUL FOR...

MY WHY IS

| DAILY HABITS | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---------------------------|---|---|---|---|---|---|---|-----------|
| SLEEP |  |  |  |  |  |  |  | 7 |
| WATER |  |  |  |  |  |  |  | 7 |
| NUTRITION |  |  |  |  |  |  |  | 7 |
| _____ | | | | | | | | NO POINTS |
| _____ | | | | | | | | NO POINTS |
| WEEKLY HABITS WORK OUT |  |  |  |  |  |  |  | |
| | | | BONUS POINTS! | | | | | |
| | | | | MEAL PLAN |  | MEAL PREP |  | 5 |

NON-SCALE VICTORY

LESSON LEARNED

NEXT WEEK I WILL

MY WEEKLY SCORE IS

26






WEEK 4 HOMEWORK

Read today's email, then fill out your homework below.

I HAVE TO



I GET TO

| | | |
|-------|---|-------|
| <hr/> |  | <hr/> |
| <hr/> |  | <hr/> |
| <hr/> |  | <hr/> |
| <hr/> |  | <hr/> |
| <hr/> |  | <hr/> |

“IF YOU QUIT
— *once* —
IT BECOMES A
HABIT. NEVER
QUIT!”

-MICHAEL JORDAN

HALFWAY

We're halfway through the challenge and today is the perfect day to recommit to your goals. Remember, people don't get burned out because of what they do, people get burned out because they forget WHY they do it. Remind yourself every day WHY you're doing this challenge. If you're struggling with anything, reach out to your coach. And, be sure to complete the halfway survey.

“TALK TO
yourself
THE WAY YOU WOULD
TALK TO THE ONES
you love.”

THIS WEEK: MASTERING SELF-TALK

WEEK 5

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“WHETHER YOU THINK YOU CAN OR YOU CAN'T, YOU'RE RIGHT.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“THE WORDS YOU USE WILL
BECOME *your destiny.*”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“TALK TO YOURSELF THE WAY YOU
WOULD TALK TO THE ONES *you love.*”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOU ACHIEVE WHAT YOU BELIEVE.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO?

1= Awful 10= Amazing

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IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

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MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOU ARE CONFINED ONLY BY THE WALLS
YOU *build yourself.*”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

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MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“YOUR REALITY IS A REFLECTION OF YOUR
strongest belief.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOUR BRAIN IS LIKE A SUPER COMPUTER, AND YOUR SELF-TALK IS THE PROGRAM YOU WILL RUN.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT





























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| WATER |  |  |  |  |  |  |  | 7 |
| NUTRITION |  |  |  |  |  |  |  | 7 |
| _____ | | | | | | | | NO POINTS |
| _____ | | | | | | | | NO POINTS |
| WEEKLY HABITS WORK OUT |  |  |  |  |  |  |  | |
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| | | | | MEAL PLAN |  | MEAL PREP |  | 5 |

NON-SCALE VICTORY

LESSON LEARNED


NEXT WEEK I WILL

MY WEEKLY SCORE IS

26

WEEK 6 HOMEWORK

Read today's email, then fill out your homework below.



BREAK FREE FROM THE BOX

Check off the box once you've completed the exercise.

I AM

105

“WE CANNOT
become
WHAT WE WANT BY
REMAINING THE WAY
WE ARE.”

THIS WEEK: STRUCTURE=FREEDOM

WEEK 6

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“ON THE OTHER SIDE OF
FEAR IS FREEDOM.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“DECIDING IS *freedom*.
INDECISION IS TORTURE.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“THE SIMPLE THINGS YOU DO *consistently* WILL ALWAYS BEAT THE COMPLICATED THINGS YOU DO SPORADICALLY!”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“THE ONLY WAY TO CONTROL FUTURE OUTCOMES IS BY CONTROLLING WHAT YOU DO TODAY.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“SUCCESS LIES IN YOUR *daily routine.*”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“WE CANNOT BECOME WHAT WE WANT
BY *remaining* THE WAY WE ARE.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

HOW DID TODAY GO? 1= Awful 10= Amazing

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IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT
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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“EITHER YOU RUN THE DAY, OR THE DAY RUNS YOU.”
-JIM ROHN

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT





























HOW DID TODAY GO? 1= Awful 10= Amazing

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MY WHY IS

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|---------------|---|---|---|---|---|---|---|-----------|
| SLEEP |  |  |  |  |  |  |  | 7 |
| WATER |  |  |  |  |  |  |  | 7 |
| NUTRITION |  |  |  |  |  |  |  | 7 |
| _____ | | | | | | | | NO POINTS |
| _____ | | | | | | | | NO POINTS |
| WEEKLY HABITS | | | | | | | | |
| WORK OUT |  |  |  |  |  |  |  | |
| | BONUS POINTS! | | | | | | MEAL PLAN | |
| | | | | | | | MEAL PREP | 5 |

NON-SCALE VICTORY

LESSON LEARNED


NEXT WEEK I WILL

MY WEEKLY SCORE IS

26

WEEK 7 HOMEWORK

Read today’s email, then fill out your morning and evening routines below.



MORNING ROUTINE

WAKE UP TIME: _____

IMMEDIATELY AFTER WAKING, I WILL: _____

DURING THE FIRST HOUR OF MY DAY, I WILL: _____



EVENING ROUTINE

BED TIME: _____

90 MINUTES BEFORE BED: _____

60 MINUTES BEFORE BED: _____

30 MINUTES BEFORE BED: _____

“SELF-CONFIDENCE
COMES FROM
keeping promises
TO YOURSELF.”

THIS WEEK: CONQUERING SELF-SABOTAGE

WEEK 7

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOU CAN'T COMPARE YOUR CHAPTER ONE TO SOMEBODY ELSE'S CHAPTER EIGHT.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“NO ONE CAN MAKE YOU FEEL INFERIOR
WITHOUT *your consent.*”

-ELEANOR ROOSEVELT

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOU ARE A VICTIM OF THE RULES
YOU *choose* TO LIVE BY.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“OUR GREATEST FEARS ARE OUR GREATEST WASTE OF TIME.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“ONE OF THE BEST THINGS YOU CAN DO TO IMPROVE THE WORLD IS TO *improve yourself.*”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“YOUR *attitude* WILL DETERMINE YOUR ALTITUDE.”
-ZIG ZIGLAR

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

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MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“SELF-CONFIDENCE COMES FROM KEEPING PROMISES TO YOURSELF.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT































HOW DID TODAY GO? 1= Awful 10= Amazing

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| SLEEP |  |  |  |  |  |  |  | 7 |
| WATER |  |  |  |  |  |  |  | 7 |
| NUTRITION |  |  |  |  |  |  |  | 7 |
| _____ | | | | | | | | NO POINTS |
| _____ | | | | | | | | NO POINTS |
| WEEKLY HABITS WORK OUT |  |  |  |  |  |  |  | |
| | | | BONUS POINTS! | | | | | |
| | | | | MEAL PLAN |  | MEAL PREP |  | 5 |

NON-SCALE VICTORY

LESSON LEARNED

NEXT WEEK I WILL

MY WEEKLY SCORE IS

26

WEEK 8 HOMEWORK

Read the blog post from today's email and make your NOT-to-do list.



NOT-TO-DO LIST

I WILL NOT

“THE BEST
preparation
FOR TOMORROW IS DOING
YOUR BEST TODAY.”

-H. JACKSON BROWN, JR.

THIS WEEK: LIFE BEYOND THE CHALLENGE

WEEK 8

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“LIFE DOESN'T GET BETTER BY CHANCE;
IT GETS BETTER BY CHANGE.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

*“Persistence guarantees
THAT RESULTS ARE INEVITABLE.”*

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“LIFE IS A MATTER OF CHOICES, AND EVERY CHOICE YOU MAKE *makes you.*”

- JOHN MAXWELL

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“CREATE HEALTHY HABITS,
NOT RESTRICTIONS.”

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“*Discipline* IS THE BRIDGE BETWEEN GOALS AND ACCOMPLISHMENT.”

- JIM ROHN

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT

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MY WHY IS

MEAL 1



MEAL 2



MEAL 3



MEAL 4



MEAL 5



MEAL 6



P= PROTEIN | C= CARB | F= FAT | V= FREE VEGETABLES

“THE BEST PREPARATION FOR
TOMORROW IS DOING *your best today.*”

- H. JACKSON BROWN, JR.

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



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MEAL 3



MEAL 4



MEAL 5



MEAL 6



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“I’M HERE TO BUILD SOMETHING FOR THE LONG TERM. ANYTHING ELSE IS A DISTRACTION.”

- MARK ZUCKERBERG

DAILY HABITS

Check off the habits you complete



WATER



SLEEP



NUTRITION



WORK OUT































HOW DID TODAY GO? 1= Awful 10= Amazing

1 2 3 4 5 6 7 8 9 10

IF TODAY DIDN'T GO AS WELL AS YOU WOULD LIKE, WHAT CAN YOU DO TOMORROW TO SET YOURSELF UP FOR SUCCESS?

TODAY, I’M GRATEFUL FOR...

MY WHY IS

| DAILY HABITS | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---------------------------|---|---|---|---|---|---|---|-----------|
| SLEEP |  |  |  |  |  |  |  | 7 |
| WATER |  |  |  |  |  |  |  | 7 |
| NUTRITION |  |  |  |  |  |  |  | 7 |
| _____ | | | | | | | | NO POINTS |
| _____ | | | | | | | | NO POINTS |
| WEEKLY HABITS WORK OUT |  |  |  |  |  |  |  | |
| | | | BONUS POINTS! | | | | | |
| | | | | MEAL PLAN |  | MEAL PREP |  | 5 |

NON-SCALE VICTORY

LESSON LEARNED

NEXT WEEK I WILL

MY WEEKLY SCORE IS

26

WEEK 9 HOMEWORK

Read today's email and create your 1-year plan:



1-YEAR PLAN

IN THE LAST 8 WEEKS, I'VE LOST...



TRACKING YOUR PROGRESS

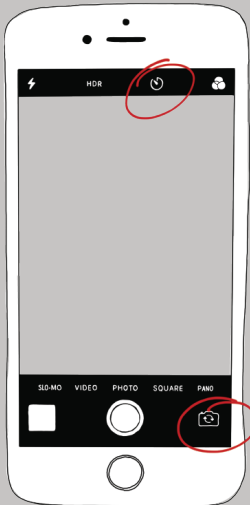
SOMETIMES, THE SCALE DOESN'T ALWAYS REFLECT THE PROGRESS YOU'RE MAKING SO IT'S IMPORTANT TO MEASURE YOUR SUCCESS IN OTHER WAYS. BE SURE TO TAKE YOUR PICTURES AT THE BEGINNING AND END OF THE CHALLENGE (NO ONE NEEDS TO SEE THEM!) AND RECORD YOUR MEASUREMENTS EVERY WEEK. THE FOLLOWING PAGES SHOW YOU HOW.

HOW TO TAKE PROGRESS PICTURES

Be sure to take your photos as shown here, standing against a neutral background or door. We recommend that women wear a sports bra or tight-fitting tank top and shorts or a bikini. Men, a pair of workout shorts, no top.

DON'T HAVE SOMEONE TO TAKE PHOTOS FOR YOU?

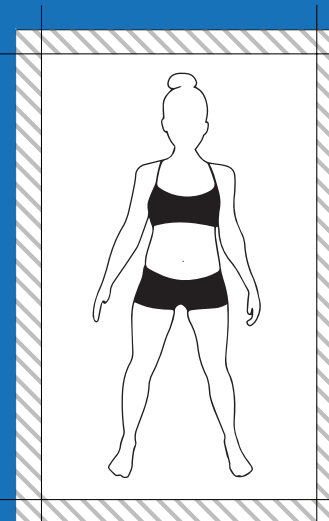
Follow these steps to set a timer on your iPhone



STEP 1: Touch the icon to open the menu and choose 10s.

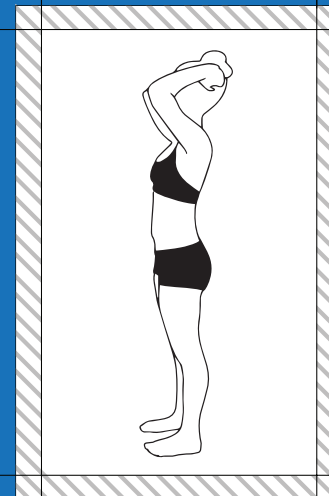
STEP 2: Touch the icon to flip the camera towards you.

Set the phone on a dresser/shelf, with a stack of books to prop it up.



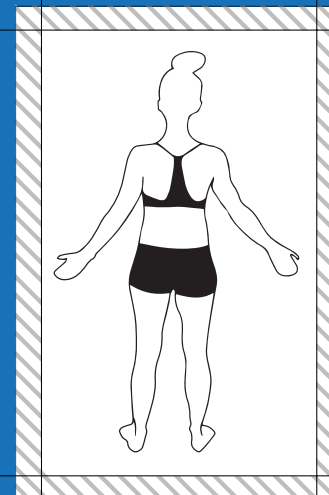
FRONT

Stand with your feet shoulder width apart. With your shoulders rolled back, your arms should be inline with your legs and slightly away from your body.



SIDE

Stand with your feet shoulder width apart. Turn to the side (same side each photo set you take) and place your hands behind your head.



BACK

Stand with your feet shoulder width apart. Face the wall, roll your shoulders back, and slightly bring your hands away from your body.

HOW TO TAKE PROPER MEASUREMENTS

Every week, you'll submit your measurements to your coach. Be sure to measure your chest, waist, belly button, hips, arms and legs as shown to the right.

- Make sure your measuring tape is taut but not too tight.
- If you're taking your own measurements, wrap the measuring tape around yourself and stand in front of a mirror to make sure the tape is straight across your backside.

CHEST

Measure around your chest, inline with your nipples.

NATURAL WAIST

Measure around your waist. Stand straight, and lean slightly to the right. Where you naturally bend is your natural waist.

BELLY BUTTON

Measure around your body inline with your belly button.

ARMS

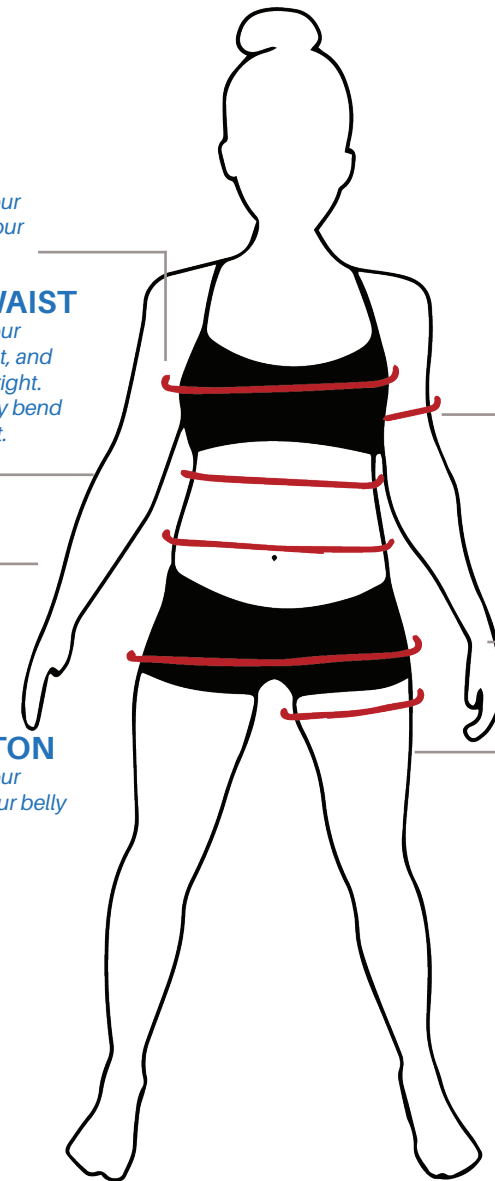
Measure around the arms, at the midpoint between your elbow and shoulder.

HIPS

Measure around your body at the widest part of your hips.

LEGS

Measure around your legs, about an inch below your butt.



MEASUREMENT TOTALS

Record your measurements for the duration of the challenge.

WEEK 1

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 6

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 2

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 7

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 3

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 8

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 4

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 9

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 5

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEK 10

TOTAL INCHES LOST

TOTAL POUNDS LOST

WEEKLY MEASUREMENTS

| | WK 1 | WK 2 | WK 3 | WK 4 | WK 5 | WK 6 | WK 7 | WK 8 | WK 9 | WK 10 |
|---------------|------|------|------|------|------|------|------|------|------|-------|
| CHEST | | | | | | | | | | |
| NATURAL WAIST | | | | | | | | | | |
| BELLY BUTTON | | | | | | | | | | |
| HIPS | | | | | | | | | | |
| ARM X2 | | | | | | | | | | |
| LEG X2 | | | | | | | | | | |

**FIT BODY
BOOT CAMP**

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YOUR HABITS ARE THE FOUNDATION OF YOUR SUCCESS. LIFE IS A MARATHON, NOT A SPRINT. SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT. YOU CAN'T FAIL IF YOU DON'T GIVE UP. YOU ACHIEVE WHAT YOU BELIEVE. LITTLE BY LITTLE, A LITTLE BECOMES A LOT. YOUR PAST DOESN'T DICTATE YOUR FUTURE. FIND YOUR WHY, AND YOU'LL FIND YOUR WAY. GREATNESS STARTS WITH A CLEAR VISION OF THE FUTURE. LONG TERM CONSISTENCY TRUMPS SHORT-TERM INTENSITY. LIFE DOESN'T GET BETTER BY CHANCE; IT GETS BETTER BY CHANGE. THE BEST PREPARATION FOR TOMORROW IS DOING YOUR BEST TODAY. CREATE HEALTHY HABITS, NOT RESTRICTIONS. TO GET LEVEL 10 RESULTS, YOU HAVE TO BE WILLING TO PUT IN LEVEL 10 EFFORT. SMALL STEPS COMPLETED CONSISTENTLY OVER TIME WILL CREATE A RADICAL DIFFERENCE. CHANGING YOUR STORY STARTS BY CHANGING WHAT COMES AFTER YOUR "BUT." OPTIMISM IS THE ABILITY TO FOCUS ON WHERE WE'RE GOING, NOT WHERE WE'RE COMING FROM. MOTIVATION GETS YOU STARTED; HABIT KEEPS YOU GOING.