

FIT FARM



• CHALLENGE YOUR LIMITS •

FITNESS JOURNAL





THIS BOOK BELONGS TO

NAME: _____

PHONE: _____

EMAIL: _____

ADDRESS: _____

FIT FARM CONTACTS

DEN MOTHER: _____

TRAINER: _____

HOUSEKEEPING: _____

EMERGENCY: _____





O U R M I S S I O N

**A COMMITMENT
TO AWAKEN
TO INSPIRE
TO YOU**

MY GOALS



PERSONAL

PROFESSIONAL

FINANCIAL

MY GOALS

FAMILY

RELATIONSHIP

SPIRITUAL



ARRIVING AT THE FARM

Styku Image

Styku Image

TESTING

Weight

RMR

Body Fat

MEASUREMENTS

Neck

Biceps

Chest

Waist

Hips

Thighs

BENCHMARKS

Burpees

Sit-ups

Push-ups

1 Mile

3 Miles

30/10

MY ROCK-OUT

Styku Image

Styku Image

TESTING

Weight

RMR

Body Fat

MEASUREMENTS

Neck

Biceps

Chest

Waist

Hips

Thighs

BENCHMARKS

Burpees

Sit-ups

Push-ups

1 Mile

3 Miles

30/10



WHAT TO EXPECT

BREAKTHROUGHS

Having a breakthrough is the silver lining of a breakdown. You will do things you never thought you could do while at Fit Farm. Whether that's one push-up or 100, you'll never forget the moment you surpassed your own expectations.

BREAKDOWNS

It's pretty much guaranteed you'll hit a wall while you're here. (Not literally, we hope!) But hey, we're all human. The first week is the hardest—as your body is going through so many changes, sometimes it takes your brain a little longer to catch up (or vice-versa!) It's okay to put your headphones on and take a walk down the driveway by yourself. We encourage you to take the time you need to recharge mentally (our personal favorite is a massage!

NEW HABITS

You'll notice yourself picking up little healthful habits during your journey here. Whether stretching before bed, better posture, or just remembering to floss every day, be proud of yourself!

SUPPORT

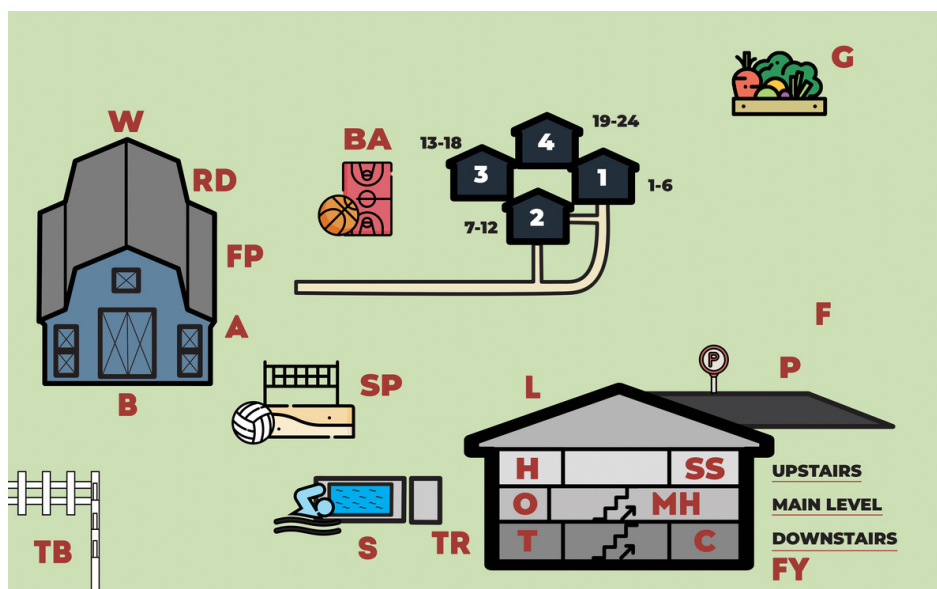
Turns out we love to party- give us a reason! We will celebrate the small wins just as hard as the big ones. If you feel like one of your goals isn't working out the way you thought, tell us and we will work out a plan together and support you as a team.

SORENESS

It's normal to be sore for the first few days you are here. Rest assured, it will ease up and you'll become much more acclimated to the increase in activity. Make sure you take hot-cold-hot showers, NSAIDs, and BCAAs to help in your recovery process.

GETTING AROUND

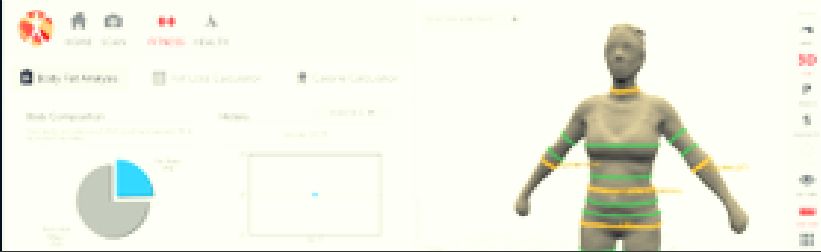
FIT FARM MAP



A Side Rooms face the pond (West)

B Side Rooms face away from the pond (East)

A: Arena	G: Garden	S: Swimming Hole
B: Brawl Box	H: Hay Loft	SS: Sore Slab
BA: Basketball	L: Lodge	SP: Sand Pit
C: Corral	MH: Mess Hall	T: Trainers' Office
F: Fire Pit	O: Office	TB: Tackle Box
FP: Fit Pit	P: Parking/Check-in	TR: Terrace
FY: Farm Yard	RD: Rodeo	W: Whippy Barn



BODY FAT TESTING



BMI (BODY MASS INDEX)

- Military metric for pilots
- Muscular people can be considered obese
- Doesn't account for body composition



THE SCALE

- Only considers weight and not body composition
- Practical for progress and weight-loss goals



STYKU

- 600 data points for measuring size, composition
- Avatar image of YOUR body to show YOUR measurements
- Algorithm based on age, height



HYDROSTATIC DUNK TANK

- Measures lean muscle, fat underwater by using water displacement
- Ultra-accurate 10-minute process in your bathing suit
- Available at Fit Farm as an A la Carte

"The older you get, the tougher it is to lose weight, because by then your body and your fat are really good friends." - Bob Hope

R M R

R M R V S . M E T A B O L I S M

We all hear about our metabolism but very few are familiar with the resting metabolic rate (RMR). Knowing your RMR is an important element in understanding how these two topics impact your body.

- Metabolism = the conversion of food to energy
- Resting Metabolic Rate - the measure of how much food (energy) is required to maintain basic body functions such as heartbeat, breathing, and maintenance of body heat while you are in a state of rest. That energy is expressed in calories per day. In other words, RMR shows how many calories you burn at rest, doing nothing more than sitting in a chair.

LOW TECH SOLUTION

Male Equation: $66 + (6.2 * \text{weight}) + (12.7 * \text{inches}) - (6.76 * \text{age}) = \text{RMR}$

Female Equation: $655.1 + (4.35 * \text{weight}) + (4.7 * \text{inches}) - (4.7 * \text{age}) = \text{RMR}$

HIGH TECH: METACHECK - RMR TESTING

Accurate within 3% (2.85% Standard Deviation). There is a direct correlation between oxygen consumed and calories burned (4.813 calories for every mL of oxygen consumed), an accurate measurement of oxygen consumption is an effective measurement of calorie consumption.

Data Points

- RMR: Idle state of your body
- Lifestyle & Activity: Basic living based on algorithm
- Light :30 exercise
- Time to reach goal weight (RMR + Life) / adding :30 exercise
- Comparison to 'normal' / low-tech method
- Calorie Target Zones: Maintenance/Weight Loss/Medical(!!)

Learnings

- 1lb of muscle = 80-100 calories.
- RMR may go down as you lose weight
- RMR may go up as you gain lean muscle
- Strength training sustains bone density and prevents osteoporosis

FITNESS TRACKER

WHY A FITBIT?

1. We can easily track calories and heart rate without additional devices
2. It's easy to use when you return home to maintain your fitness journey
3. Fitbit has multiple devices to assist with your fitness plan; weight scale, food scale, meal plans, etc.
4. Fitbit has an awesome community while at the Farm and when you return home

Before you put on your Fitbit tracker and get moving, you must pair (connect) it to your mobile device or computer. Pairing your tracker makes sure it can transfer data back and forth with Fitbit (known as syncing). Your tracker data syncs to your Fitbit dashboard, which is where you can see your stats, analyze historical trends, set goals, review your exercise history, log food and water, challenge friends, and much more.

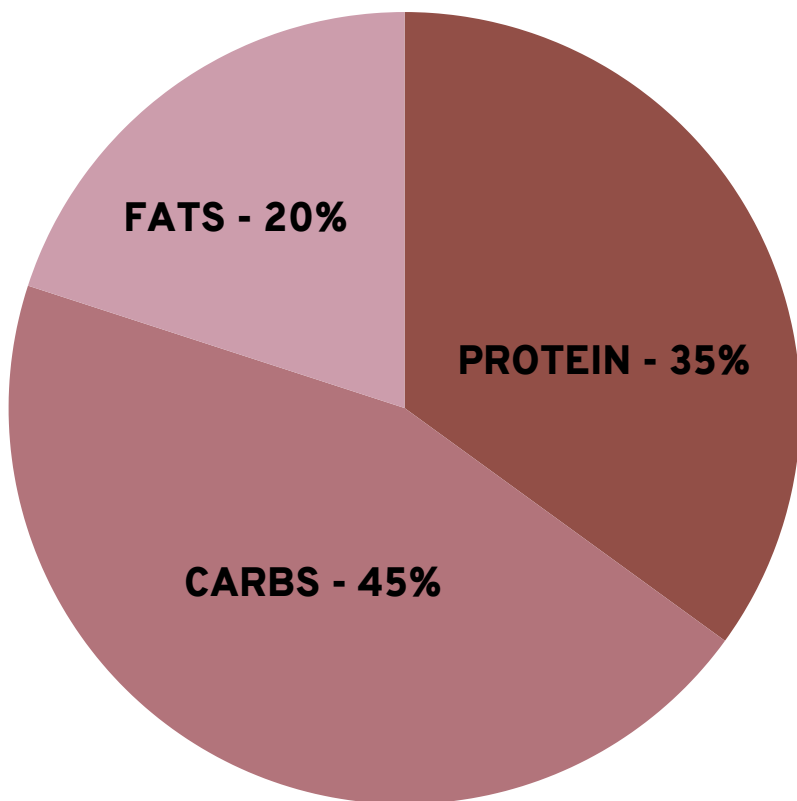
Any fitness tracker that tracks heart rate and calories will work (ie Apple Watch).

SETUP YOUR FITBIT

1. Find the Fitbit app in one of these locations, depending on your device:
2. The Apple App Store for iOS devices such as iPhones and iPads.
3. The Google Play Store for Android devices such as the Samsung Galaxy S5 and Motorola Droid Turbo.
4. The Windows Store for Windows 10 mobile devices such as the Lumia phone or Surface tablet.
5. Install the app. Note that you'll need an account with the applicable store before you can download even a free app such as Fitbit.
6. When the app is installed, open it and tap Join Fitbit to get started. You'll be guided through the process of creating a Fitbit account and connecting ("pairing") your tracker to your mobile device. Pairing makes sure the tracker and mobile device can communicate with one another (sync their data).
7. Note that the personal information you're asked for during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. The information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

NUTRITION

Studies have shown the number one nutritional problem in the US is portion control. Second, extreme dieting and exercise. The body will find a way to return to baseline within 6 months. Treat your body well, it is the only one you get. We have provided guidance to help you maintain and enjoy your culinary experience.





WORKING WITH A NUTRITIONIST

A Nutritionist can be a great resource as you work through your wellness journey. They can give you advice on specific food and eating to make sure you have a healthy, nutritious diet to keep your digestive system and body running smoothly. Mindful eating can be an emotional journey so not only do they provide you with information for your dietary needs but also the support needed to make the changes you want in your life.

NOT SURE IF A NUTRITIONIST COULD HELP? ASK YOURSELF THE FOLLOWING:

- | | | |
|-----|----|---|
| Yes | No | Irregular with bowel movements |
| Yes | No | Tried “Every” diet out there |
| Yes | No | Food allergies (nuts, dairy, shellfish, etc.) |
| Yes | No | Food allergy intolerances |
| Yes | No | Recent medical diagnosis with food restrictions |
| Yes | No | Vegetarian, gluten free, or vegan dietary restrictions |
| Yes | No | Take vitamins, protein powders or other supplements regularly |
| Yes | No | Eat due to emotions, stress or boredom |
| Yes | No | Serious changes to hunger levels |
| Yes | No | Diagnosed with high cholesterol, high blood pressure or type 2 diabetes |
| Yes | No | Feel nauseas when consuming food prior to exercise |
| Yes | No | Training for an upcoming event and need specific meal plan |
| Yes | No | New season in life has me off track |
| Yes | No | Prone to injuries or stress fractures |
| Yes | No | Constantly think about food (yes, call me obsessed!) |
| Yes | No | Want to have a child or recently had a child. |
| Yes | No | Feel a lack of energy during the day regardless of activity |
| Yes | No | Eat fast food/pre-cooked meals at least 3 x’s per week |

If you have any concerns, check with Fit Farm's Nutritionist about recommended next steps.

WORKING WITH A PERSONAL TRAINER

Working with a personal trainer can be a benefit whether you are just starting your fitness journey or trying to reach new heights. A personal trainer provides ongoing education, motivation, accountability, a personalized plan, challenges, a variety of workouts, goal setting, and better results.

NOT SURE IF A PERSONAL TRAINER COULD HELP? ASK YOURSELF THE FOLLOWING:

- Yes No Are you motivated on your own to work out?
- Yes No How likely are you to continue what you've done here on the farm at a gym or your own house?
- Yes No Do you feel that you work harder if there is someone to push you?
- Yes No Do you feel confident enough to build a workout by yourself that will help you to continue your goals?
- Yes No Would it be better for your time management to have a scheduled workout with a personal trainer?
- Yes No Do you feel a personal trainer will help you reach your goals faster?

QUESTIONS TO ASK A PERSONAL TRAINER

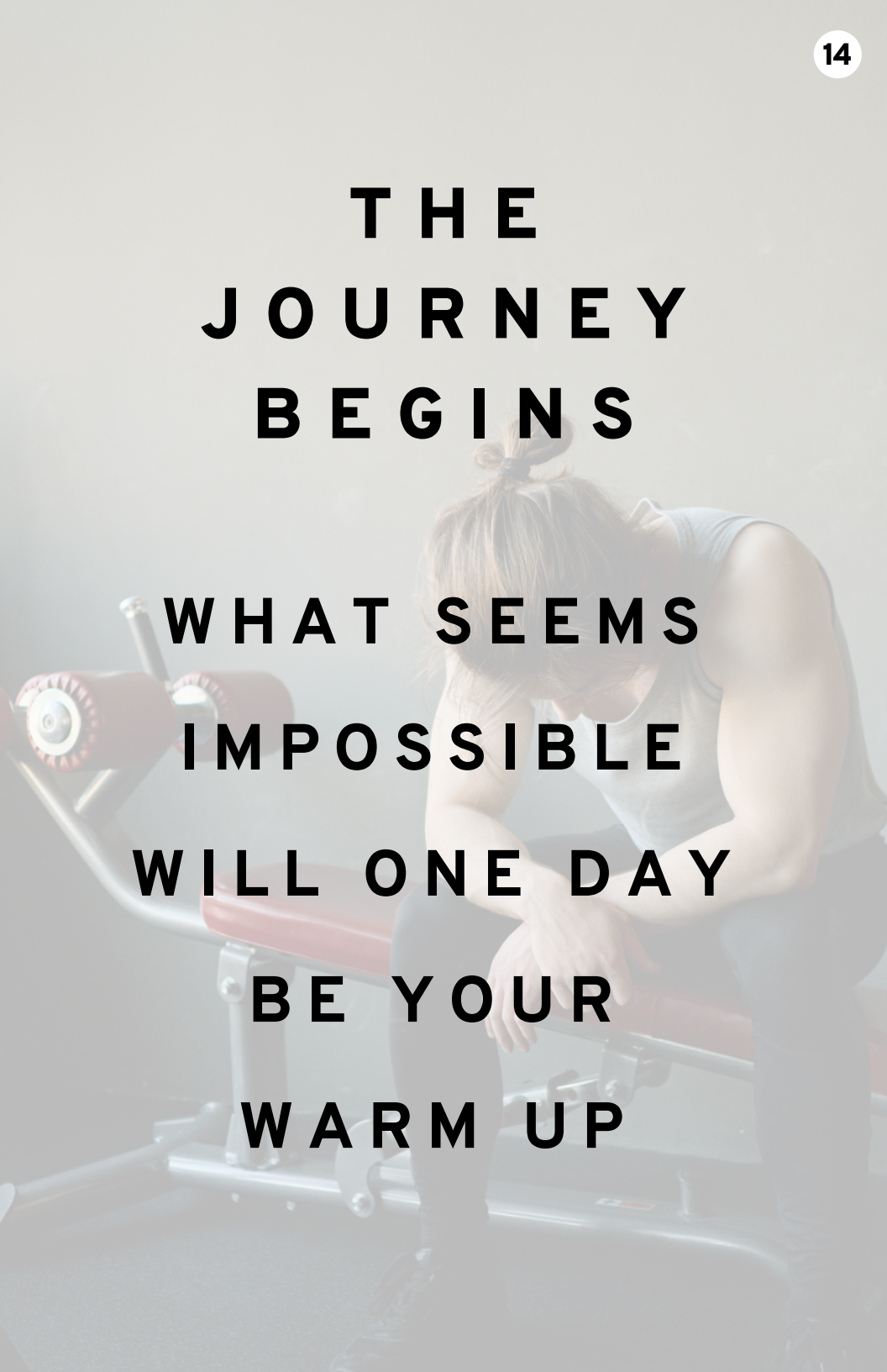
- 1.
- 2.
- 3.
- 4.

If you have any concerns, check with Fit Farm's trainer for recommended next steps.

NOTES

THE JOURNEY BEGINS

WHAT SEEMS
IMPOSSIBLE
WILL ONE DAY
BE YOUR
WARM UP

A woman with long brown hair tied in a bun is leaning over a red exercise machine in a gym. She is wearing a grey tank top and black leggings. The background is a light grey wall. The text is overlaid on the image in a bold, black, sans-serif font.

NUTRITION

Blend your food to ensure longer energy and a balanced approach to healthy nutrition. Real food for real life is key to sustainable change. Enjoy your wellness journey, any diet should not be extreme. Your body requires nourishment and consistency.

Your RMR increases by 80 calories with every pound of muscle you develop.

MACROS	TYPE	MEAL PLAN	SIZE	GRAMS
PROTEIN	MEAT/FISH	1250	3/4C	~30
		1500	1C	~35-40
		POWER UP	1C	~40

You need protein to build muscle. Red meat will be higher in protein and fat, 95% lean ground meat, Mix in egg whites when possible. Plain Greek yogurt is a great substitute for sour cream and creamy dressings - use extracts to flavor.

CARBS	STARCHY CARBS	1250	3/4C	~20*
		1500	3/4C	~30*
		POWER UP	1C	~40*

You need carbs for energy and brainpower. Quinoa and couscous have more protein (~3.5 grams) per 1/2c, brown rice & sweet potatoes are higher carbs w/ less protein.

CARBS	FRUITS	ALL	1/2C	~10*
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Change out and balance with starchy carbs. Freeze fruit and add to shakes or yogurt.

CARBS	VEGGIES	ALL	1C	~5
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Carrots, onions, string beans, beets etc. are all a bit higher in carbs. The sweeter the veg, the more likely it is higher in carbs.

Quick Note: Carbohydrates provide quick energy but only take ~30 minutes to break down. Protein synthesis burns calories during the process and takes ~ 60 minutes to break down, you will feel fuller longer. Your body requires protein to ensure you do not use your muscle for energy.

“Training gives us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body.” – Arnold Schwarzenegger

MACROS PER MEAL/SNACK

RED - 1250	RED	CAL	FAT	CARBS	PROTEIN
	BREAKFAST	315	7	35	27
	LUNCH	315	7	35	27
	SNACK	150	4	17	13
	DINNER	315	7	35	27
	SNACK	150	4	17	13
	TOTAL	1245	29	139	107
YELLOW - 1500	YELLOW	CAL	FAT	CARBS	PROTEIN
	BREAKFAST	401.5	12	44	32.5
	LUNCH	401.5	12	44	32.5
	SNACK	150	4	17	13
	DINNER	401.5	12	44	32.5
	SNACK	150	4	17	13
	TOTAL	1500	44	166	123.5
POWER-UP	POWER-UP	CAL	FAT	CARBS	PROTEIN
	BREAKFAST	485	11	54	42
	LUNCH	485	11	54	42
	SNACK	150	4	17	13
	DINNER	485	11	54	42
	SNACK	150	4	17	13
	TOTAL	1755	41	196	152

“No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn’t trying.” –Tony Robbins



STANDARD SERVING SIZES

*Not all restaurants have the same serving sizes. Learning portion sizes compared to common items will help you control your portions.

FOOD ITEM	SERVING SIZE	COMPARE TO
DAIRY		
Yogurt / Cottage Cheese	8 oz or 1 cup	Tennis Ball
Cheese	1.5 - 2 oz	Two Domino Pieces
Ice Cream	4 oz or 1/2 cup	1/2 Baseball
MEAT/PROTEIN		
Chicken, Fish or other Meat	3 oz	1 Deck or Playing Cards
Peanut Butter	2 tbsp	One Golf Ball
Egg	1 whole or 3 oz scrambled	
Beans	1/2 cup	1/2 Baseball
GRAINS		
Potato	1 med baked or 1/2 cup	Computer Mouse or Small Fist
Rice	1/2 cup	Cupcake Wrapper
Pasta (alone)	4 oz or 1/2 cup	Computer Mouse or Small Fist
Cereal	3/4 cup (granola 1/2 cup)	1/2 a Soup Bowl
Hot Cereal	1 cup	Baseball
SALADS		
Specialty Salad of the Week	1 oz (side)	3 oz Fills Bowl
	8 oz (entree)	8 oz Fills 9" Plate
SALADS		
Raw	1 cup or medium sized	Baseball
Steamed	1/2 cup	Bulb Part of Light Bulb
Stir-Fry	6 oz	Fills 1/2 or 9" Plate
FRUIT		
Canned	1/2 cup	Bulb Part of Light Bulb
Raw	Medium Sized	Baseball
MISC		
Wraps/Prep. Sandwiches	1 Portion as Prepared	
French Fries/Potato Wedges	3 oz	Bar of Soap or 1/4 of 9" Plate
Soup	6 oz	1 Soup Bowl
Casserole, Mixed Entree or Blended Pasta	8 oz or 1 cup	Baseball
Salad Dressing	2 Tbsp	Golf Ball
BEVERAGES		
Pop, Milk	8 oz or 1 cup	Fills Dining Room Cup - 1 "
Hot Beverage	4 oz	Fills Dining Room Coffee Cup
Juice	6 oz or 3/4 cup	Fills Dining Room Glass 2/3 Full

CARBS, PROTEIN, AND FAT

CALORIES PER GRAM

CARBS = 4

PROTEIN = 4

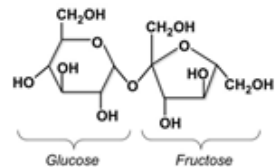
FAT = 9

It takes a reduction of 3500 calories to lose one pound of fat. The reduction can be obtained through diet, exercise, or a combination of both. Fat loss is not associated with a reduction in any one macronutrient, but an overall reduction in calories.

CARBOHYDRATES

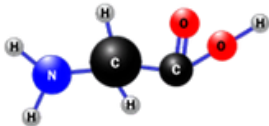
- 4 calories per gram
- Composed of carbon, hydrogen, and oxygen
- Simple carbohydrates/sugars found in fruits, juice, milk, yogurt, candy, soda, bread
- Complex carbohydrates found in pasta, vegetables, legumes
- Carbohydrates are a source of fuel, vitamins, minerals, and fiber

Sucrose, a disaccharide



The Committee on Dietary Reference Intakes AMDR (acceptable macronutrient distribution range) for carbohydrates is 45% to 65% of your dietary calories.

PROTEIN



- 4 calories per gram
- Composed of carbon, hydrogen, oxygen, and nitrogen
- Building blocks of proteins are called amino acids
- Food sources include meat, fish, poultry, eggs, milk, legumes, nuts, seeds, and even grains and vegetables
- Used by the body to build and repair tissues, making antibodies, enzymes, hemoglobin, and as a source of energy

FATS

- 9 calories per gram
- Composed of Carbon, Hydrogen, and Oxygen
- Building blocks are fatty acids (much more complex than complex carbohydrates)
- Saturated Fats (found in animal fats, tropical oils) are usually solid at room temperature.
- Unsaturated fats are liquid at room temperature.
- Polyunsaturated fat sources are vegetable and fish oils.
- Monounsaturated fat sources are olive oil, nuts, and seeds.
- Trans-fats are unsaturated fats that have been hydrogenated to behave like saturated fats in food preparation. Real saturated fats are healthier.
- Fats are used in the body as a source of fuel, cell membranes, hormones, insulation of nerve fibers, and are necessary to absorb fat-soluble vitamins (A, D, E, and K.)



MINDFUL EATING

HOW HUNGRY AM I?

Rate your hunger on a scale of 1-10 before you eat anything. Am I physically hungry for food? Is it food I need right now? Have a tool to manage your trigger moments. Is there an activity you enjoy that takes 10-15 minutes to challenge the desire to eat out of emotions? Take a bath, walk your dog, journal, etc.

BE ATTENTIVE

Do you eat in the car, at your desk, in front of the TV, or while doing other things? If so, this can cause you to be on autopilot. When possible sit somewhere quiet and give 100% to enjoying your food. Make sure it is a peaceful area.

BE AWARE OF YOUR THOUGHTS

Be present and aware of the thoughts you are having, without judgment. Negative thoughts can trigger overeating or shift into autopilot. Do you have self-sabotaging thoughts? If so remember this is conditioned thinking. Change a negative thought into a positive thought. "I have been eating crappy all day - I might as well keep eating."

THINK OF FOOD AS NUTRITIONAL

Instead of thinking of Food as Good or Bad - consider as nutritional or non-nutritional. Think of Food as Fuel.

KNOW YOUR PITFALLS

- ☐ The Meal Stuffer – eats to excess at meal times, cleans plate, takes second helpings, frequently feels uncomfortably full.
- ☐ The Snack Grazer – reaches for convenience foods throughout the day, more out of habit.
- ☐ The Party Binger – loses track of how much they've eaten in a high-distraction environment.
- ☐ The Restaurant Indulger – frequently goes to restaurants, often on an expense account, affluent gourmet.
- ☐ The Desktop/Dashboard Diner – speed eats while multitasking.

"There are no limits to what you can accomplish, except the limits you place on your own thinking." – Brian Tracy



DIFFUSING YOUR DIET DANGER ZONES

MINDFUL STRATEGIES TO OVERCOME YOUR PITFALLS

THE MEAL STUFFER

- Pre-plate your food in the kitchen
- Don't take seconds
- Use smaller plates and taller glasses
- Slow down
- Fraction plate approach: ½ vegetables, ¼ protein, ¼ starch (low GI)
- Less variety in each meal (Thanksgiving dangers!)
- Don't clean your plate (compost)
- Fruit as dessert

THE PARTY BINGER

- Move away from the food (buffet table/snack bowls) while talking.
- Put only two items on your plate per trip to the table
- Eat healthy foods first, or before you arrive.
- Arrive late/leave early
- Distract yourself with good conversation, put people first and food second
- Pre-plan activities/conversations

THE SNACK GRAZER

- Never eat directly from a package (use plates!)
- Eat at the table – make time for yourself!
- De-convenience convenience foods: keep them at the back of the cupboard/fridge
- Keep healthy foods in sight and unhealthy foods out of sight (or out of home!)
- Find healthy substitutes for the six C's (chips, cookies, chocolate, candy, cake, ice cream)
- Distract before snacking (maybe you're just bored)

THE RESTAURANT INDULGER

- Ask for the breadbasket to be removed
- Use rule of two: entrée and appetizer, drink, OR dessert
- Order to share: split an entrée, or split a dessert
- Ask for half the entrée to be put in a to-go box before it arrives at the table, appetizer, or child-size entrée
- Sit with the slowest eater
- Undress everything or use sauces that are "free" (lemon juice, hot sauce, mustard)
- Choose healthy options

THE DESKTOP / DASHBOARD DIVER

- Brown bag your meals with healthy options
- Pack balanced (protein/carb) snacks
- Chew gum
- Make food less accessible.
- Don't multi-task, give meals your attention
- Create food policies and trade-offs for yourself
- Replace high-calorie drinks with water

HEART RATE ZONES

TARGET HEART RATE ZONES

- The biggest mistake people make when doing their own cardio!
- What gets your Heart Rate elevated in Week 1 will not get your Heart Rate elevated in Week 2!

TARGET HEART RATE ZONES

BEATS PER MINUTE	AGE	20	25	30	35	40	45	50	55	60	65	70
	100%	200	195	190	185	180	175	170	165	160	155	150
	MAXIMUM EFFORT											
	90%	180	176	171	167	162	158	153	149	145	140	135
	ZONE 3 (ANAEROBIC)											
	80%	160	156	152	148	144	138	134	130	126	124	120
	ZONE 2 (MOST EFFICIENT BURNING FAT FOR FUEL)											
	70%	140	137	133	130	126	123	119	116	112	109	105
	ZONE 1 (FITNESS/FAT BURN)											
	60%	120	117	114	111	108	105	102	99	96	93	90

NOTES

BODY FAT

BODY FAT PERCENTAGE (BFP)

The body fat percentage (BFP) of a human or other living being is the total mass of fat divided by total body mass, multiplied by 100; body fat includes essential body fat and storage body fat. Essential body fat is necessary to maintain life and reproductive functions. The percentage of essential body fat for women is greater than that for men, due to the demands of childbearing and other hormonal functions. Storage body fat consists of fat accumulation in adipose tissue, part of which protects internal organs in the chest and abdomen. A number of methods are available for determining body fat percentage, such as measurement with calipers or through the use of bioelectrical impedance analysis.

The body fat percentage is a measure of fitness level, since it is the only body measurement which directly calculates a person's relative body composition without regard to height or weight. The widely used body mass index (BMI) provides a measure that allows the comparison of the adiposity of individuals of different heights and weights. While BMI largely increases as adiposity increases, due to differences in body composition, other indicators of body fat give more accurate results; for example, individuals with greater muscle mass or larger bones will have higher BMIs. As such, BMI is a useful indicator of overall fitness for a large group of people, but a poor tool for determining the health of an individual.

Source: https://en.wikipedia.org/wiki/Body_fat_percentage

BODY FAT CHART FOR MEN (%)

AGE	18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
	21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
	26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
	31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.4	25.5	26.3	27.0	27.5	28.0
	36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.5	26.5	27.4	28.1	28.6	29.0
	41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
	46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
	51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
	56 & up	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
		LEAN			IDEAL			AVERAGE					ABOVE AVERAGE					

BODY FAT CHART FOR WOMEN (%)

AGE	18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6
	21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
	26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
	31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	29.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
	36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
	41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
	46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
	51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
	56 & up	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
		LEAN			IDEAL			AVERAGE					ABOVE AVERAGE					

"STOP WISHING START DOING"

Setting SMART Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



You goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



How will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and timeframe** **realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.

WHAT IS YOUR SMART GOAL?

Does it meet the SMART goal requirements?

INCREASE THE LIKELIHOOD OF STICKING TO YOUR GOALS BY:

- Write it down!
 - Goals
 - Action Steps
- Tell Someone!
- Have an Accountability Partner



PLATEAU

PLATEAUS, PITFALLS, & PROACTIVITY

How do you reach a weight loss plateau?

- Calories in = calories out

How do you break a weight loss plateau?

- Change something up!

WHY DO YOU DROP OUT OF YOUR EXERCISE ROUTINE?

Use the list below to help you identify the reason why you drop out of our exercise and healthy eating routine.

1. Cross off any items on the list that are not struggles for you.
2. Think of the ways you have overcome those things that are or have been realistic obstacles to your success in the past.
3. Work together as a group to come up with other ideas or resources for overcoming your obstacles (life coach, accountability partner, etc.).

Ultimately, you have to own your solutions and master your own obstacles, but let's make a plan so that you can plan to win!

PROBLEM

SOLUTION

1. Not enough time
2. Lack of energy
3. Friends & family don't exercise
4. Boredom, lack of enjoyment
5. Lack of motivation
6. Lack of childcare
7. Lack of safe places
8. Lack of support
9. Lack of transportation
10. Insufficient programs
11. Work demands
12. Family demands
13. End of sports season
14. Bad weather
15. Stress

TIPS & TRICKS TO WORK INTO YOUR DAY

Take the stairs

Park far away

Carry groceries in multiple trips



CORE FIT FARM CLASS STYLES

HIIT(High-intensity interval training):

Designed to keep heart rate high during certain intervals, then bring back down into aerobic zone. Think cardio movement followed by a strength movement.

AMRAP(As many rounds or reps as possible):

This workout will have a certain number of reps assigned and you will do as many rounds from top to bottom as you can as many times as you can. This can include a cardio style or strength style workout.

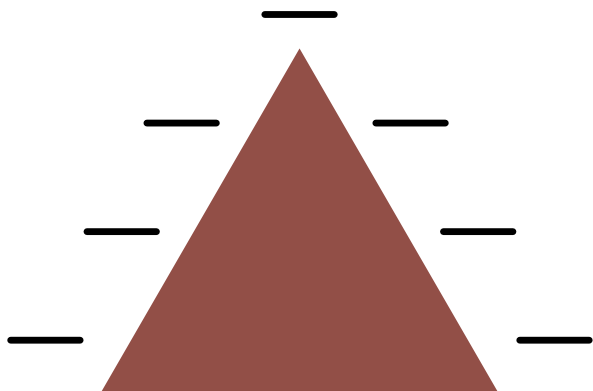
TABATA:

Traditional Tabata is each exercise is done for 20 secs on/10 secs off(rest) for 8 rounds totaling 4:00 minutes of work per exercise. The time can be increased up to a work effort time of one minute on. This can include cardio style or strength style workout. Heart rate will most likely be in the aerobic zone. Generally, pick 5-8 movements.

PYRAMID:

This workout has a pyramid diagram with lines going up and down to represent the number of reps for each exercise. You are to start at the bottom of one side, work your way to the top, then work back down the opposite side to complete. There may be movements writing in between the lines.

Starting at the bottom, the weights will be lighter as the rep count is lower. As rep counts build near the top, weights can decrease. Work down the opposite side in the same fashion. Generally 5-8 exercises are chosen for this type of workout. Strength style is most often used with cardio movements added in between the rounds, and also at the top and bottom of the pyramid. Heart rate can fluctuate between aerobic and anaerobic.

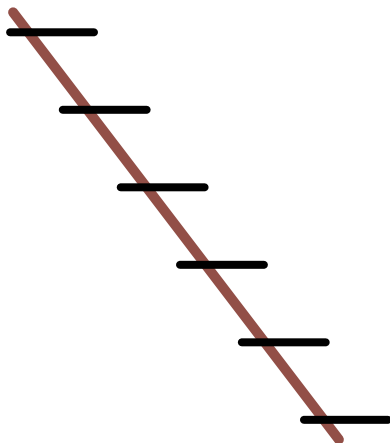


CORE FIT FARM CLASS STYLES

BAVARIAN:

This workout has a ladder diagram with rungs that represent the number of reps for each exercise. You can start at the top or the bottom, but only go one direction to complete. There may be extra movements written in between the rungs of the ladder or also at the top and bottom of the ladder.

Descend the ladder and increase weights as rep counts decrease. Ascend the ladder and decrease weights as the rep counts increase. Generally 5-8 exercises are chosen for this type of workout. Strength style is most often used with cardio movements added in between the rungs. Heart rate can fluctuate between aerobic and anaerobic.



NOTES:



COMPONENTS OF FITNESS

TYPE	DEFINITION/EXAMPLE
Cardiorespiratory	The ability of your cardiovascular and respiratory systems to deliver oxygen to your muscles during prolonged exercise. Examples:
Muscular Strength	The ability to carry out work against a resistance; the maximal force you can apply against a load. Examples:
Muscular Endurance	The ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. Examples:
Flexibility	The ability to move your joints through their full range of motion, unimpeded by excess tissue or neuromuscular tension. Examples:
Power	The ability to exert maximal force in as short a time as possible. Related to strength, in that it is proportional to the speed which you can apply the maximal force against a load. Examples:
Speed	The ability to move the body in one direction as fast as possible. Examples:
Agility	The ability to accelerate, decelerate, stabilize, and quickly change positions with proper posture. Examples:
Quickness	The ability to react and change position with a maximum rate of force production. (Speed + Agility) Examples:
Coordination	The ability to move two or more body parts under control, smoothly, and efficiently. Examples:
Accuracy	The ability to hit a target (ball, hole, pocket, pin, etc.) Examples:
Stability	The ability to utilize the body's structures in safe, efficient positional relationships for the functional demands imposed upon it. Examples:
Balance	Closely related to stability and coordination; the ability to stay upright and/or in control of bodily movement. Examples:

5 LOVE LANGUAGES - YOUR LOVE TANK

	WHAT IS IT	HOW TO EXPRESS	AFTER CONFLICT
WORDS OF AFFIRMATION Your Score: _____	Verbal compliments that express your love and appreciation	Brag to others about your spouse, write love letters	Speak words that build security and initiate a sincere apology
ACTS OF SERVICE Your Score: _____	Any act that eases the burden of responsibility	Wash the dishes, pamper your spouse, offer "let me do that for you:"	Make behavior changes requested through conflict
QUALITY TIME Your Score: _____	Focused and undivided attention spent together	Turn off electronics, go for a walk, plan date nights, start a hobby together	Make eye contact, active listening with empathy, don't interrupt
GIVING GIFTS Your Score: _____	Tangible symbols that reflect your thoughtfulness and effort	Make birthdays and anniversaries special, surprise them with their favorite treat	Give a small token of your love and an apology note
PHYSICAL TOUCH Your Score: _____	A non-sexual touch that reinforces your presence	Long hugs, gentle caressing, kissing, massages, hand holding	Hold each other without saying a word, cuddle together in the bed

Based on the "5 Love Languages" written by Dr. Gary Chapman

MEYERS BRIGGS ANSWER SHEET

The diagram shows a 70-cell grid with 7 columns and 10 rows. The first two columns are labeled A and B. The grid is divided into four groups of three columns each. Below the grid, four addition problems are shown, each corresponding to a group of columns. The problems are: E I, S N, T F, and J P. Each problem shows a plus sign, an equals sign, and a box for the answer.

DIRECTIONS FOR SCORING

1. Add down so that the total number of "A" answers is written in the box at the bottom of each column. Do the same for the "B" answers you have checked. Each of the 14 boxes should have a number in it.
2. Bring down each box as indicated by the arrows. Now add all the pairs of numbers and enter the total in the boxes at the bottom of the answer sheet.
3. Now you have four pairs of numbers. Circle the letter below the larger number of each pair. If the two numbers of any pair are equal, then circle neither, but put a large X below them.



MEYERS BRIGGS PERSONALITY TYPES

MY TYPE:

The Myers–Briggs Type Indicator is an introspective self-report questionnaire indicating differing psychological preferences in how people perceive the world and make decisions. The original versions of the MBTI were constructed by two Americans, Katharine Cook Briggs and her daughter Isabel Briggs Myers.

INTERACTION WITH WORLD

I Introverts often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.

E Extroverts are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.

ABSORPTION OF INFORMATION

S Sensors are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.

N Intuitives prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.

DECISION MAKING

T Thinkers tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.

F Feelers tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.

ORGANIZATION

J Judgers tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.

P Perceivers prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

NOTES: LUNCH & LEARN

TOPIC

AH HA'S

WHAT DO I NEED TO CHANGE

NOTES: LUNCH & LEARN

TOPIC

AH HA'S

WHAT DO I NEED TO CHANGE

NOTES: LUNCH & LEARN

TOPIC

AH HA'S

WHAT DO I NEED TO CHANGE

NOTES: LUNCH & LEARN

TOPIC

AH HA'S

WHAT DO I NEED TO CHANGE

NOTES: LUNCH & LEARN

TOPIC

AH HA'S

WHAT DO I NEED TO CHANGE

14 DAY PLAN

"YOUR BODY HOLDS
DEEP WISDOM.

TRUST IN IT.

LEARN FROM IT.

NOURISH IT.

WATCH YOUR LIFE
TRANSFORM AND BE
HEALTHY."





14 DAY PLAN

Some tips to work your grocery store, shop Amazon Prime, identify meals and snacks, and friendly restaurant/food delivery services.

TWO WEEK MEAL PLAN

Build Two Week Meal Plan	<input type="checkbox"/>
If You Don't Plan to Fix Meals, Find Local Food Delivery	<input type="checkbox"/>
Set-up Ordering on Amazon Prime for Food Delivery	<input type="checkbox"/>
Look Up Local Restaurants for "Out to Eat" Plan	<input type="checkbox"/>
Quick Buy Cheat Sheet When You Arrive Home	<input type="checkbox"/>

Daily exercises that you can do at home or on the road, gym memberships & personal training sessions pre-booked.

AT HOME, THE GYM, & PERSONAL TRAINING

Choose One 50 Minute Workout Per Day	<input type="checkbox"/>
Call Local Gym and Sign-up for Membership	<input type="checkbox"/>
Schedule 2 PT Sessions Per Week for 2 Weeks	<input type="checkbox"/>
Sign-up for a Local 5k/10k Event	<input type="checkbox"/>

14 DAY PLAN

RECOMMENDED ITEMS TO WORK WITH WHILE CONTINUING YOUR JOURNEY AT HOME

ITEMS FOR PURCHASE & DELIVERY

ITEM	DESCRIPTION	GENERAL STORE
TRX Cables	Suspension Cables	Yes
Aria Scale	Scale that syncs with your FitBit	Yes
Food Scale	Exact measurements of your protein carbs	Yes
Whippy Cards	For travel or with family and friends	Yes
Roller	Foam roller for stretching	No
Bands	Resistance training with no weights	Yes
Whippy Sticks	Jenga for a family workout tradition	Yes
Dumbbells	Two sets for at home workouts	No
Yoga Mat	If you don't have carpet in your home	No
Yoga Ball	Focus on abs and core	Yes

Whether a spouse, family member, friend or colleague, it's critical you make a commitment and find your 'person' to keep you on the plan, workout with you or both.

YOUR ACCOUNTABILITY PARTNER(S)

NAME	PHONE	ROLE

TYPES OF WORKOUTS & GYMS

[illegible][illegible]

“Strength does not come from physical capacity. It comes from an indomitable will.”
– Mahatma Gandhi

14 DAY PLAN - FITNESS



WEEK 1

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WEEK 2

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NOTES

FIT FARM MENU

Recommended items to work with while continuing your journey at home.

DAY	BREAKFAST	LUNCH	DINNER
WEEK 1			
SUNDAY	Pancakes	Cranberry Walnut Turkey Wrap	BBQ Kabobs
MONDAY	Frittata	Turkey Tacos	Cod, Green Beans, Couscous
TUESDAY	Yogurt, Muffin, Fruit	French Dip Sandwiches	Spicy Zucchini & Beef Chili
WEDNESDAY	Mexican Breakfast Wrap	Penne Pesto Pasta	Meatloaf, Sweet Potatoes and Beans
THURSDAY	Breakfast Sandwich	Sandwich	Parmesan Chicken
FRIDAY	Huevos Rancheros	Lemon Garlic Shrimp with Asparagus	Grilled Ginger Salmon
SATURDAY	Breakfast Sandwich	Stuffed Peppers	Pork Tenderloin with Bokchoy

WEEK 2			
SUNDAY	Coconut and Apple French Toast	Chicken Pot Pie Soup	Adobo Sirloin
MONDAY	Avocado Egg Sandwich	Greek Pita Pizza	Chili Relleno Casserole
TUESDAY	Eggs Benedict	Taco Salad	Curry Chicken
WEDNESDAY	Egg & Tomato Melt	Pat's Burgers	Plum Glazed Pork Chops
THURSDAY	Breakfast Sandwich	Sandwich	Lemon Cod
FRIDAY	English Muffin and Eggs	Tuna Melt	Stir Fry
SATURDAY	Quiche	Classic Cobb Salad	Muffalata with Olive Salad

COMMON FOODS - MACROS

Recommended items to work with while continuing your journey at home.

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
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PROTEINS - BEEF, PORK, FISH, POULTRY

Chicken Breast, boneless/skinless	1 oz	47	7.09	0	1.9
Chicken Thigh, boneless/skinless	1 oz	37.5	5	0	2
Ground Turkey, breast	1 oz	32.5	6.75	0	0.375
Ground Turkey	1 oz	42.5	5.25	0	2
Turkey Bacon	1 slice	45	5	1	2.5
Sirloin Steak	1 oz	35	6.41	0	0.85
Ground Beef, 85%	1 oz	60	5.2	0	4.2
Pork Tenderloin	3 oz	102	17.85	0	0.91
Canadian Bacon	1 piece	43	9	0	1.94

GRAINS AND PASTA

White Rice	1/2 c	102	2	22	0.22
Brown Rice	1/2 c	160	4	35	1.5
Quinoa	1/4 c	56	2	9.8	1
Couscous	1/4 c	60	2	12	0
Pasta, whole grain	1/3 c	100	5	20	1
Oatmeal	1/2 c	72.5	3.03	28	3
English Muffin, multi-grain	1 whole	100	5	20	1
Pita Bread	1 whole	70	6	10	2
Sandwich Flat	1 whole	100	4	21	1.5
Whole-Grain Bread, thin	1 slice	60	4	11	0.5
Crescent Roll, reduced fat	1 piece	100	1	12	4.5

“Nothing will work unless you do.” – Maya Angelou

COMMON FOODS - MACROS

Recommended items to work with while continuing your journey at home.

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
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DAIRY AND EGGS

Almond Milk, unsweetened	1/4 c	8	0.2	0.2	0.6
Almond Milk, unsweetened vanilla	1/4 c	7.5	0.25	0.25	0.625
Milk, 2%	1/4 c	30	2	3	1.25
Yogurt, low-fat, plain Greek	5.3 oz	80	15	6	0
Yogurt, low-fat, vanilla Greek	5.3 oz	120	15	14	0
Cottage Cheese, low-fat, 2%	1/4 c	40	5.5	1.5	1.25
Cottage Cheese, 1%	1/4 c	40.74	7	1.53	0.6
Cheddar Cheese	1 tbs	37	2.29	0.12	3.04
Mozzarella Cheese	1 tbs	21	2	0.27	1
Feta Cheese	1 tbs	45	2.42	0.7	3.26
Parmesan Cheese	1 tsp	10	2	0	0.75
Pepper Jack Cheese	1/4 c	52.5	3.5	0.25	4.25
Egg, large whole	1 whole	74	6.29	0.38	4.37
Egg, 50/50 whole and white	1/4 c	25	5	1	0
Sour Cream, lite	1 tbs	20	2	1	0
Sour Cream, Greek yogurt	2 tbs	20	3	1	0.5

BEANS AND LEGUMES

Black Beans	1/4 c	54	3.5	10	0.4
Garbanzo Beans (Chickpeas)	1/4 c	60	3	10	2
Pinto Beans	1/4 c	51	0.5	9.5	0.5
Kidney Beans	1/4 c	76.75	5.5	14	0.3
Black-Eyed Peas	1/4 c	40	2.5	7.5	0

NUTS

Almonds	20 whole	116	4	4	9.2
Walnuts	1 tbs	25	0.5	0.5	2.5
Pine Nuts	2 oz	380	8	7	38
Pistachios	1/4 c	180	6	8	14

"The difference between the impossible and the possible lies in a person's determination."

— Tommy Lasorda



COMMON FOODS - MACROS

Recommended items to work with while continuing your journey at home.

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
FRUITS AND VEGETABLES					
Apple	1 slice	15	0.07	4	0.05
Asparagus	1/4 c	13	1.5	2.6	0.08
Avocado	1 tbs	23	0.25	1.25	2
Banana	x-small	72	0.9	18.5	0.3
Bell Pepper	1 med	30	1	7	0
Blackberry	1/4 c	15.25	0.5	3.45	0.157
Blueberry	1/4 c	20.5	0.25	5.25	0.125
Bok Choy	1/4 c	2.5	0.25	0.5	0
Broccoli	1/4 c	6	0.3	0.9	0.1
Cantaloupe	1/4 c	21.45	0.6	4.8	0.055
Carrots	1/4 c	13	0.03	3	0.1
Coconut, unsweetened shredded	1 tbs	70	0	3	2.5
Corn	1/4 c	36	1.25	8.55	0.3
Cucumber	1 c	16	0.68	3.6	0.12
Eggplant	1/4 c	5	0.2	1.15	0.04
Green Beans	1/4 c	8.5	0.5	2	0.03
Mushroom, white	1/4 c	3.75	0.54	0.57	0.06
Onions	1/4 c	16.75	0.37	4	0.03
Pineapple	1 slice	80	0.46	22	0.2
Potatoes, red	1/4 c	27	0.7	5.5	0.5
Potatoes, sweet	1/4 c	57	1	1.3	0.035
Spinach	1/2 c	7	0	1	0.8
Squash	1/4 c	5	0.2	1.15	0.04
Strawberry	1/4 c	18.9	0.4	4.2	0
Tomato	1/4 c	8	0	1.75	0.04
Watermelon	1/4 c	160	2	42	0
Zucchini	1/4 c	5	0.04	1.15	0.2

“Today’s accomplishments were yesterday’s impossibilities.” – Robert H. Schuller

COMMON FOODS - MACROS

Recommended items to work with while continuing your journey at home.

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
HEALTHY SNACK OPTIONS					
Skinny Popcorn	1 pkg	100	1	9	6
Low-Fat String Cheese	1 stick	50	6	0	2.5
Oikos Triple, Vanilla	5.3 oz	120	15	14	0
Hummus	1 tbs	27	0.73	3.02	1.29
PB Fit Peanut Butter	2 tbs	50	6	4	1.5
Whole Wheat Crackers	1 piece	15	0.5	3	0
Whole Grain Pita Pockets	1 whole	70	6	10	2
Hard Boiled Eggs	1 whole	7	6.26	0.56	5.28
Almonds (20)	20 pcs	116	4	4	9.2
Edamame - shelled	3/4 c	140	12	11	5
Raisins-Craisins	1 tsp	8	0	2.2	0
Foil Pouches - Tuna and Salmon	1 pouch	70	17	0	0.5
Bell Peppers	1 medium	30	1	7	0
Carrots	1/4 c	13	0.03	3	0.1
Snap Peas	3/4 c	30	1	4	0
Baby Spinach	1/2 c	7	0	1	0.8
Fruit, Mix	1/2 c	40	0	10	0
Beef Jerky (low sodium/fat)	2 pcs	160	13	4.5	10
Cottage Cheese	1/2 c	90	13	5	2.5
Fit Farm Shake	1 serving	145	15.3	17.3	2.6
Quest Bar, Mixed Berry Bliss	1 bar	200	20	22	8
Pure Protein Bar, Choco Deluxe	1 bar	180	4.5	178	21
Rice Cakes	1 large	35	1	7	0

"To give anything less than your best is to sacrifice the gift." – Steve Prefontaine



NOTES ABOUT FIT FARM MEALS

MEALS	NOTES
DAY 1 _____	
DAY 2 _____	
DAY 3 _____	
DAY 4 _____	
DAY 5 _____	
DAY 6 _____	
DAY 7 _____	

INSPIRATION

SHOPPING LIST

[illegible]



FIT FARM AFTERBURN PROGRAM

Fit Farm Aftercare has been designed to provide ongoing assistance and coaching as you leave the Farm. We understand your journey is not complete and the next phase is often the most difficult.

Arriving home includes many challenges, having confidence in the next step is our goal.

Our certified trainers will help you navigate challenges and help you build great habits. Every week they will focus on; nutrition, life coaching, and fitness goals.

WHAT TO EXPECT

There is a weekly 50-minute call; approximately 20 minutes of nutrition and food planning, 20 minutes of life coaching, and 10 minutes of fitness. There are set topics for each area while also understanding and adjusting to meet you where you are in your personal journey.

- Monday: Work out with your trainer: (10-minute HITT class)
- Wednesday: Accountability check-in, show and tell.
- Friday: Accountability check-in, preparing for the weekend.
- 3 week assessment: Winners know the score (in journal)

PROGRAMS

We offer three durations of the program. The program is broken into 3-week increments to ensure there are milestones and progression topics and goals.

WEEKS	PROGRAM
3	Create Great Habits
6	Navigate the Road
16	Change Your Life

FIT FARM AFTERBURN PROGRAM

GETTING STARTED

Step 1 - During 14 Day Plan

- Choose your program: 3-week segments
- Choose your trainer
- Liability form

Step 2 - Arriving Home, 1st Call

- Set up weekly schedule
- Blood test (in journal)
- Meal planning for week (in journal)
- Baseline assessment (in journal)
- Questionnaire for trainer
- Letter to yourself

SAMPLE SCHEDULE

SEGMENT	WEEK	NUTRITION	LIFE COACHING
1	1	Portions, Meal Prep	Consistency
	2	Dining Out, Meal Choices	SMART Goals, Setting Expectations
	3	Macro's, Supplements	Habits, Test
2	4	What's Your Food Weakness	Fear, Worst Enemy
	5	Sugar Dependency	The Why Behind the Fear
	6	Eat This Not That	Action Steps
3	7 - 9	Personalized to Fit Your Journey	Happiness, Achieve Purpose
4	10 - 12	Personalized to Fit Your Journey	6 Month Plan
5	12 - 15	Personalized to Fit Your Journey	1 - 3 Year Plan
6	16	Personalized to Fit Your Journey	Wrap-up Week

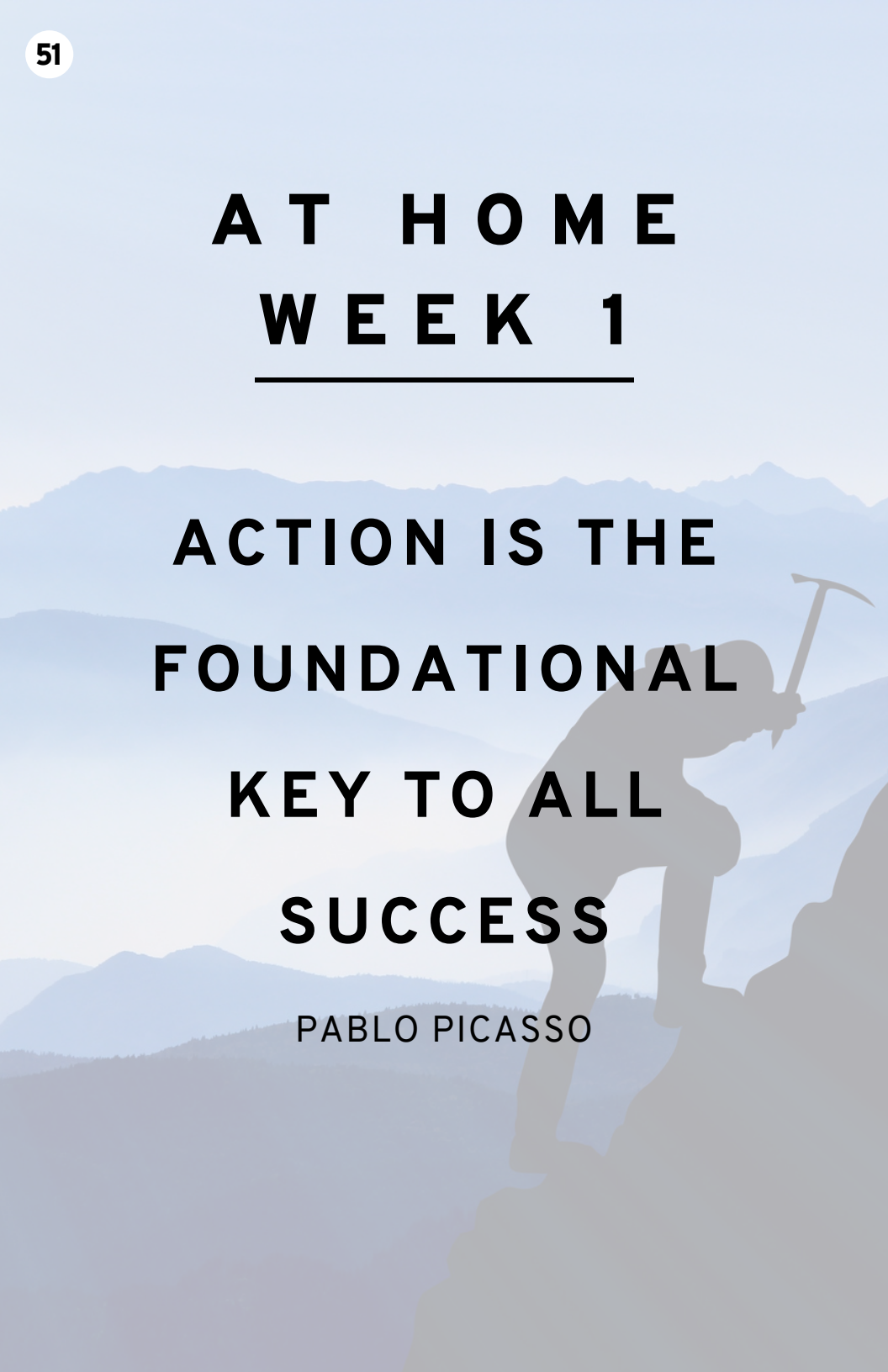
The Fitness plan is based on the client's goals. Workouts, Nutrition, Life Coaching, and check-ins will be customized per client to ensure individual journeys are successful. This is a continuation of your Fit Farm experience. This is your journey and we can only assist and help you through the stages. Your commitment and dedication will ultimately lead to your new lifestyle and goals.

"A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power." — Brian Tracy

AT HOME **WEEK 1**

**ACTION IS THE
FOUNDATIONAL
KEY TO ALL
SUCCESS**

PABLO PICASSO



TRACK YOUR PROGRESS

	1 MILE	PUSH-UPS	SQUATS	SIT-UPS	JUMPING JACKS	MTN CLIMBERS	DIPS	RUSSIAN TWISTS	BURPEES
WK 1									
WK 2									
WK 3									
WK 4									
MONTH TOTAL									
WK 5									
WK 6									
WK 7									
WK 8									
MONTH TOTAL									
WK 9									
WK 10									
WK 11									
WK 12									
MONTH TOTAL									
Q TOTAL									

DAILY RECORD

TODAY I FELT _____ ENERGY LEVEL _____

DIETARY RESTRICTION _____

LAST NIGHT I SLEPT _____ WATER INTAKE _____

NOTES

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
BREAKFAST					
Breakfast Total					
Breakfast Goal					
LUNCH					
Lunch Total					
Lunch Goal					
Snack					
Snack Goal					
DINNER					
Dinner Total					
Dinner Goal					
Snack					
Snack Goal					
Today's Total					
Today's Goal					



DAILY RECORD

TOTAL WORKOUT TIME: _____

CALORIES BURNED: _____

ENERGY



CHALLENGED



ENJOYED



HIT GOAL



NOTES

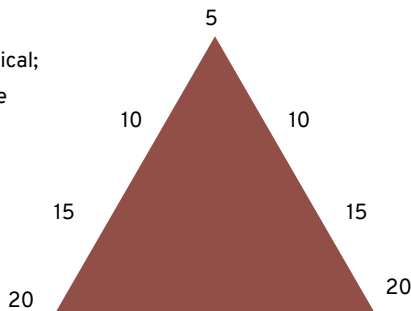
WORKOUT - BASELINE: 1 MILE RUN

Record your time for your weekly 1 mile run.

WORKOUT - PYRAMID

Do cardio for designated distance, then complete each exercise the number of times listed for each round. Repeat.

- Cardio: Run .25 mile on treadmill or elliptical; or 0.50 mile on stationary/recumbent bike
- Push-ups
- Jump Squats
- Band Pull Apart
- Glute Bridge
- Mountain Climbers



DAILY RECORD

TODAY I FELT _____ ENERGY LEVEL _____

DIETARY RESTRICTION _____

LAST NIGHT I SLEPT _____ WATER INTAKE _____

NOTES

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
BREAKFAST					
Breakfast Total					
Breakfast Goal					
LUNCH					
Lunch Total					
Lunch Goal					
Snack					
Snack Goal					
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Dinner Total					
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Snack					
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DAILY RECORD

TOTAL WORKOUT TIME: _____

CALORIES BURNED: _____

ENERGY



CHALLENGED



ENJOYED



HIT GOAL



NOTES

WORKOUT - BASE LINE

Do each exercise for designated time and see how many you can do:

Push-ups (1 min) _____

Jump Jacks (2 mins) _____

Russian Twists (1 min) _____

Bodyweight Squats (2 mins) _____

Mountain Climbers (1 min) _____

Burpees (1 min) _____

Sit-Ups (1 min) _____

Dips (1 min) _____

WORKOUT - CARDIO BLAST / INTERVALS

EQUIPMENT NEEDED: Treadmill

ROUTINE: To start choose a speed you feel comfortable running at for approximately 5 mins. Then proceed to add at least 1.5-2.5mph to your speed on the treadmill after 10 rounds. REPEAT

EXERCISE	SPEED	TIME ON	TIME OFF
10 Rounds	Start	30	30
10 Rounds	+ 1.5 to 2.5	20	20
10 Rounds	+ 1.5 to 2.5	10	10

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NOTES

WORKOUT

TRACK YOUR PROGRESS

A blurred, low-angle shot of a person's legs and feet running on a paved surface, wearing athletic shoes. The image is heavily blurred to convey a sense of motion and speed. The runner is wearing dark-colored athletic shoes with light-colored accents. The background is a light-colored, textured surface, likely a paved path or road.

AT HOME WEEK 2

**IF SOMETHING
STANDS BETWEEN
YOU AND YOUR
SUCCESS, MOVE IT.
NEVER BE DENIED.**

DWAYNE 'THE ROCK' JOHNSON

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HIT GOAL



NOTES

WORKOUT

TRACK YOUR PROGRESS

TRACK YOUR PROGRESS

DATE	GOAL	ENERGY	FITNESS CLASSES	RMR	MEAL PLAN	CALORIES W/O EXERCISE	FITBIT CALORIES	FITBIT RMR PRESET	TOTAL CALORIES	
						=	+	-	=	
				-		=	+	-	=	
				-		=	+	-	=	
				-		=	+	-	=	
				-		=	+	-	=	
				-		=	+	-	=	
				-		=	+	-	=	
WINNERS KNOW THE SCORE!						TOTAL CALORIES FOR WEEK				/ 3500 =
						ACTUAL WEIGHT LOSS				-
						DIFFERENCE IN PROJECTION				=

It's important to understand your successes and calculate your journey. Every individual has a unique metabolic formula and we are here to help you understand how to work your body MATH: *1 pound of Muscle= 80/100 increase of RMR (Example: increase muscle mass by 5 pounds = 400 increase in RMR).

EXERCISES BY MUSCLE GROUP

DELTOIDS

(Shoulder Muscles)

- Push Ups
- Shoulder Press
- Dumbbell Front Raises
- Seated/Standing Military Press

CHEST

(Pectorals)

- Barbell Bench Press
- Flat Dumbbell Fly
- Weighted Dips

BICEPS

(Brachialis, Longhead, Short Head)

- Concentration Curls
- Barbell Curls
- Chin Ups

FOREARMS

(Brachioradialis, Flexor carpi, Extensor carpi)

- Farmer's Walk
- Towel Pull Up

SIDE ABS

(Obliques)

- Russian Twists
- Wood Chop

ABDOMINALS

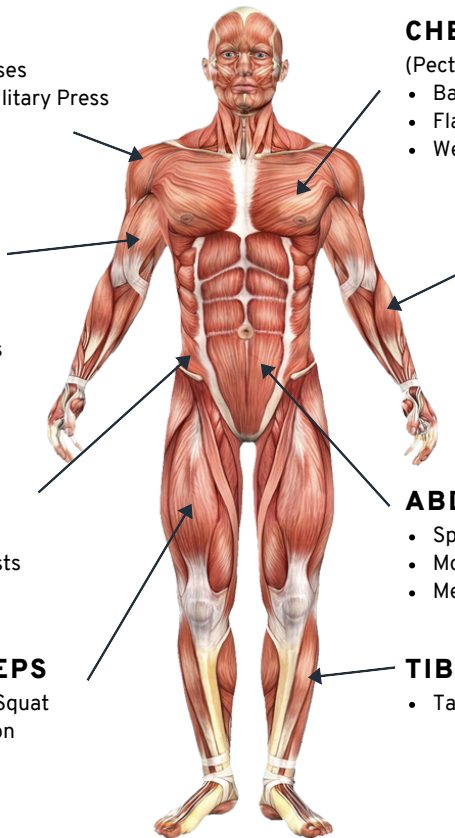
- Spiderman Plank Crunch
- Mountain Climbers
- Medicine Ball V-Up

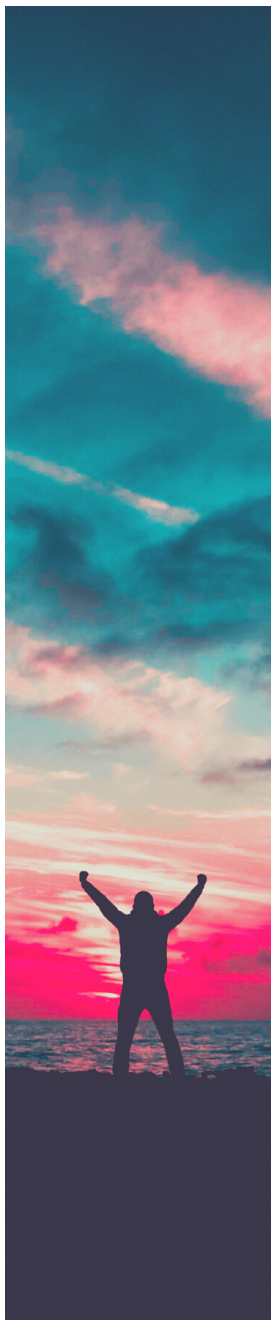
QUADRICEPS

- Barbell Full Squat
- Leg Extension
- Leg Press

TIBIALIS ANTERIOR

- Ta Raises





FIT FARM



• CHALLENGE YOUR LIMITS •

ALUMNI BENEFITS

Welcome to the Fit Farm at Rock Springs Alumni Family! We hope you have found your experience to be fulfilling and are on your way to achieving your set goals.

We encourage you to continue to find ways to care for yourself. We would love to be a continued part of your wellness journey by offering you these Alumni Benefits.

-
- 10% discount on future stays
 - Fit Farm's Aftercare Program
 - \$250.00 referral bonus or share your Alumni Discount with a friend
 - Advance invitation to special events
 - Alumni Rock Out Benefits based on number of total weeks stayed