

Cr8 Health & Fitness & Get Fit NH Bootcamp present...

21 Day “Steps To Success” Quick Start Fitness Guide



Notice

This manual is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment or professional nutrition advice. Do not start any nutrition program, including this one, without a physician's or registered dietician's approval. The use of this program is at the sole risk of the reader. The author is neither responsible or liable for any harm or injury resulting from the use of any of the information in this guide.

21 Day “Steps To Success” Fitness Guide

You took your initial “Step To Success” when you invested in yourself by enrolling in one of our fitness programs. While you work hard to train your body in the gym under your coaches supervision, we know that what you do outside gym that will make all the difference. These “Steps To Success” will ensure you get off on the right foot and will help you make the changes necessary to support and maintain your healthy lifestyle. Please talk to your coach if you have any questions about this guide and how and why it fits into your overall program.

Step 1: Complete Your First Month Goal Assessment Worksheet

Be specific – “Losing weight” is not a goal. “I will lose 10 pounds by August 30 by complying with the Steps to Success Guide” is a good example of goal setting.

Step 2: Record Your Beginning Measurements

Record you starting weight and waist size at your umbilical. Remember that we are primarily concerned about body composition, not your scale weight. Measure your progress by how many inches you are losing and how your clothes fit, not on what the scale says.

Step 3: Talk To Someone Significant About Your Goals

This is crucial for all of us, but it especially important that you share your goals with those in your household. If they understand why you are making changes that support a healthy lifestyle they are more likely to be supportive of you, and that support is critical. Be careful of making wholesale household changes without everyone in the house being on board. It is possible to eat differently from the rest of the family, but it is more challenging. Besides, if it’s not good for you, it’s not good for them either. If you live by yourself, share your goals with someone who will hold you accountable and encourage you, not take you to the dairy freeze when you have a challenging day.

Step 4: Train Every Day You Are Scheduled

No real explanation required. If you are supposed to train that day – train!

Step 5: Complete Nutrition Logs Every Day For 21 Days

Studies show it takes 21 days to make or change a habit. By logging your food intake every meal and every day for 21 days, you can’t hide from what you are really putting in your mouth. The average person underestimates their daily calorie intake by 25%, and logging what and when you eat will reveal eating patterns that may need to altered.

Step 6: Complete The “Carbohydrate Changeover”

Carbohydrates are not evil, but some carbohydrate choices are far superior to others. By switching carbohydrate sources to low glycemic, high fiber choices, we are putting our body in prime fat burning mode without compromising nutritional quality.

Step 7: Maintain Nutrition Compliance

Refer to the attached guidelines and compliance chart. Compliance should gradually increase as you build new habits and complete the “Carbohydrate Changeover”.

- Week 1: 70%
- Week 2: 80%
- Week 3: 90%

Step 8: Perform Non-Training Day Activities

Injury prevention is crucial to your long term success. If you are injured, you cannot train. When you can’t train, nutrition compliance becomes more challenging, and a downward spiral can begin. Spending 30 minutes a day on your non-training days stretching, foam rolling, or self-massage will help maintain tissue quality, keep joints moving freely, and reduce soreness.

If you are training at bootcamp 4 times a week, perform one of these activities Wednesday and Saturday, and take Sunday completely off. Clients training 2-3 times a week should perform these activities at least 3 times weekly.

Additional Resources Online

The following documents are available online for you to download and copy:

21 Day “Steps To Success” Checklist
Goals Sheets
Measurement Chart
Food Log
Nutrition Compliance Checklist

21 Day “Steps To Success” Checklist

Step 1: Complete Your First Month Goal Assessment Worksheet

Date Completed: _____

Step 2: Record Your Beginning Measurements

Bodyweight: _____

Waist Measurement: _____

Date Completed: _____

Step 3: Talk To Someone Significant About Your Goals

Name of person you spoke with about your goals: _____

Date Completed: _____

Step 4: Train Every Day You Are Scheduled

Did I train every day I was scheduled? (circle)

Week 1: Y / N Number of days: _____

Week 2: Y / N Number of days: _____

Week 3: Y / N Number of days: _____

Step 5: Complete Nutrition Logs Every Day For 21 Days

Week 1: Days Completed: (circle) 1 2 3 4 5 6 7

Week 2: Days Completed: (circle) 1 2 3 4 5 6 7

Week 3: Days Completed: (circle) 1 2 3 4 5 6 7

Step 6: Complete The “Carbohydrate Changeover”

Week 1: Change Completed: (circle) Y / N Date: _____

Week 2: Change Completed: (circle) Y / N Date: _____

Week 3: Change Completed: (circle) Y / N Date: _____

Step 7: Maintain Nutrition Compliance

Week 1: Compliance %: _____ Date: _____

Week 2: Compliance %: _____ Date: _____

Week 3: Compliance %: _____ Date: _____

Step 8: Perform Non-Training Day Activities

Week 1: Days Completed: (circle) 1 2 3

Week 2: Days Completed: (circle) 1 2 3

Week 3: Days Completed: (circle) 1 2 3

Step 1 Worksheet: Goals Assessment

Name: _____

Date: _____

What do I want to accomplish in my fitness program (nutrition, exercise, and mindset)?
The following are my outcome goals for the next four weeks:

Why do I want to accomplish these goals?
These goals are important to me because:

I'll do just about anything to reach my goals but this:
(Be as specific as possible)

When I reach these goals, what will I do for myself and how will I feel?

My past record of attaining my fitness goals is:

At the end of four weeks:

Did I reach my specific goal for this period?

What are the reasons I did or did not reach my goal?

What did I learn this month?

What will I do better next month?
(complete sheet for next 4 weeks)

Step 5 Worksheet: Nutrition Log

Date: _____

Time to Sleep: _____

Time Awake: _____

Total Sleep Time: _____

Breakfast	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Morning Snack	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Lunch	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Afternoon Snack	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Lunch	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Evening Snack	Food/Beverage	Preparation	Portion/Size
Time:			
Location:			
Hunger:			

Notes:

Preparation - toasted, grilled, fried, etc.

Portion/Size - 1/2 cup, 1 slice, 4 oz., 1 tbl.

Hunger scale - 1 to 5, with 5 being hungriest

Step 6: The Carbohydrate Changeover

The main goal of the Carbohydrate Changeover is to stabilize blood sugar and keep our body from “crashing”. We accomplish this by reducing, then avoiding refined carbohydrates. When we eat refined carbohydrate, our body releases insulin so our blood sugar doesn’t go sky high. The more refined carbs, the more insulin is released. We eat more because we are hungry again, and on and on it goes. The other factor is that insulin is known as the “storage hormone”, and what it stores is fat! This is one cycle we absolutely have to break to lose bodyfat.

The carbohydrate changeover plan will help you stabilize your blood sugar and set your body up to burn the unwanted fat.

Week 1: Change from White (starches) to Dark (whole grains)

Examples of White	Examples of Dark
White Bread	100% Whole Wheat
White Potatoes	Rolled Oats
White Rice	Steel Cut Oats
White Pasta	Quinoa
Hamburger and Hot Dog Buns	Sweet Potatoes
Flour Tortillas	Brown Rice
Bagels	Spelt
Boxed Cereals	
Muffins	
Donuts	

Week 2: Change Refined Sugars to Natural Sugars

Example of Refined Sugar	Examples of Natural Sugar
White Sugar	Raw Honey
Brown Sugar	Pure Maple Syrup
Corn Syrup	Molasses
High Fructose Corn Syrup	Stevia
Sucrose	
Dextrose	
Fructose	

Week 3: Limit all whole grain starch and natural sugars to within 1-2 hours post-workout or immediately after waking for breakfast.

Copy and paste this link into your browser for an outstanding article on sugars and why you need to reduce and/or avoid them. <http://westonaprice.org/transition/sugars.html>

Step 7 Guide: Nutrition Compliance

1) Eat every 2-3 hours

Does not have to be full meals, but should comply with guidelines.

2) Ingest complete, lean protein each time you eat.

Yes examples – turkey, chicken, fish, lean cuts red meat, lowfat yogurt/cottage cheese.

Eggs use a 1:1 whole/white ratio

No examples – sausage, bacon, ground beef under 93%

3) Ingest vegetables every time you eat.

Yes – even breakfast

4) If want to eat a carbohydrate that's not a fruit or a vegetable (this includes things like things rice, pasta, oats, quinoa, etc), you can – but limit it to breakfast/resistance exercise.

5) Don't neglect the fats. A good percentage of your diet (25-35%) should come from fat.

Just be sure it's the right kind. Strive for an even ratio of:

Saturated – usually get enough from animal protein

Monounsaturated – olives, olive oil, mixed nuts

Polyunsaturated – fish oil, flaxseed oil, mixed nuts

6) Don't consume calorie containing drinks (including fruit juice).

My personal choices – water and green tea

7) Focus on whole foods.

Stay away from the breakfast bars and don't rely on meal replacement shakes

8) Develop food preparation strategies.

Have a plan in place before it's time to eat. Get used to preparing meals ahead of time if you eat at places other than home.

9) Balance daily food choices with healthy variety.

Don't get stuck in a rut and eat the same things every day. Make it a goal to try a new veggie at least once a week.

10) Have 10% foods. These are foods that may not adhere to the guidelines, but that you can eat 10% of the time. 100% nutritional discipline is not necessary for progress – but you need to be honest with yourself. If you are eating 5 meals a day over 7 days in a week, that is 35 meals. 10% of 35 is between 3 and 4 meals a **week** where you are allowed to “break the rules”. Track progress on your chart on a daily basis.

(Adapted from Dr. John Berardi – “Precision Nutrition”. See me if you are interested in further info from this resource)

Step 7 Worksheet: Nutrition Compliance

Week of: _____

Meal #	Mo.	Tu.	We.	Th.	Fr.	Sa.	Su.	Weekly
1								
2								
3								
4								
5								
6								
Target	6	6	6	6	6	6	6	42
# Compliant Meals								
# Non-Compliant Meals								
# Missed Meals								
% Compliance								

Week of: _____

Meal #	Mo.	Tu.	We.	Th.	Fr.	Sa.	Su.	Weekly
1								
2								
3								
4								
5								
6								
Target	6	6	6	6	6	6	6	42
# Compliant Meals								
# Non-Compliant Meals								
# Missed Meals								
% Compliance								

Week of: _____

Meal #	Mo.	Tu.	We.	Th.	Fr.	Sa.	Su.	Weekly
1								
2								
3								
4								
5								
6								
Target	6	6	6	6	6	6	6	42
# Compliant Meals								
# Non-Compliant Meals								
# Missed Meals								
% Compliance								

Compliant Meal
Non-Compliant Meal
Missed Meal

C
N
X