



Metabolism Reset

Challenge



Finding Your Why & Think Yourself Thin

Turn this in to your trainer or post it in the Private Member's only page for added accountability

Any Unwritten Goal Is Simply a Wish!

Start Date: _____

End Date: _____



Step 1: Describe Your Specific Goal:

(ex: I will lose 10 lbs. in xx days or lose 2 inches off my hips in 42-days or get into my size 25 jeans)

What do you WANT for your body but don't have? (Achievement goals)

These are things that make you happy on a deeper level, not just give you pleasure or make you feel better in the short-term.

1. _____
2. _____
3. _____

Step 2: Start Your Engines!

What ONE thing will I do for EACH goal in the next month? (habit goals)

Write out just ONE action that you will complete towards EACH goal in the NEXT WEEK. This is the FIRST STEP. Break the action down into a smaller step or action until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of ONE.

GOAL 1 Action:

By : _____



GOAL 2 Action:

By : _____

GOAL 3 Action:

By : _____

Step 3: Who's on my TEAM?

(My help & support: Friends, Family, Fellow Group PT Members , Co-Workers, etc.)

1. _____ HOW Can they help?

2. _____ HOW Can they help?

3. _____ How Can They help?



Step 4: Reward (Pick an award for the end of the program)

Deadline: _____

Signature_____

Witness*:_____

*Share with someone else to be accountable- it helps! Be sure to view this AM and PM throughout the program.



Your Future Vision, finding your “Why”

Keeping Yourself Motivated Even When You Don't Want To!!!

It's easy to do stick with your food and exercise when it's new and exciting!! Then come the plateaus, challenges, lapses and set backs. You find your self losing motivation as the reasons you first began your program fade from your memory. That's the purpose of this little "mental exercise", to keep your "why's" fresh in the forefront of your mind on a daily basis as you learn to develop the healthy habits that will have you living in the body of your dreams. If your "why's" are strong enough, you will always find the "how"!!!

Answer these questions and print this out to look at every day as you face the challenges that are keeping you from the body of your dreams. I also recommend that you find a picture of yourself that represents a time when you felt this way in your life. Conversely you can use a "before" picture to represent all that is keeping you from feeling these wonderful feelings.

What are the benefits that you anticipate with the achievement of your fitness goals?

What activities will you really enjoy participating in?

What Types of clothes will be wearing?

How will you look and feel?

Where will you feel more comfortable/confident?

What are you looking forward to most?

How will living with your new, healthy, trim energetic body make you feel about yourself?



Think Yourself Thin!

Have you ever caught yourself asking like “why am I so fat” or “why can’t I lose weight”? If you answered yes, you are not alone. Your brain is amazing and will come up with answers to questions you ask it even if the answers may not be helpful in getting you to your goals. If you ask a question like “why can’t I ever follow through?” your brain will come up with an answer like “because you are are lazy”.

One of the easiest ways to think yourself thin is to set your mind up for success. I’ve used this technique with clients for 15 years and am always amazed at the difference in their mindset.

Pick a few or pick them all and develop the habit of reciting them every day and come up with 1 or 2 answers for each. I suggest you do it first thing in the morning since it doesn’t take any extra time. Invariably, you are asking yourself questions while you are showering, brushing your teeth or putting on make up. Why not direct your brain towards the body you want? Before you know it, your brain will automatically start to ask these questions without any conscious effort.

Do this exercise and I **guarantee** by the end of the 42 days you are thinking differently about weight loss, eating healthy and exercising and will achieve things with your body you never dreamed possible !

1. How can I find the time for the exercise and eating that will give me more energy, confidence and pride?
2. What can I do today to get my body healthy and give me energy for all that I want to do?
3. What would really nourish me and make me feel vibrant?
4. Will this cleanse me or clog me?
5. What have I already accomplished that makes me proud?
6. What type of body would I be living in if I knew I could not fail?
7. How can I more effectively produce my desired result?

And Questions To Ask When You May Be Starting To Falter

8. What's the ultimate price I will pay if I indulge now?
9. If I eat this what will I have to do to still reach my goals
10. Is it really worth it?
11. What result will this give me? Is it the result I want?
12. What can I learn from this?
13. How can I use this situation to do better in the future?
14. What's the ultimate price I will pay if I don't follow through?