

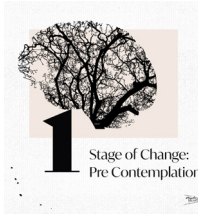
The 5 Day
UNLOCK YOUR MIND, UNLEASH YOUR BODY

Health and Healing Journey
- TO BECOMING FIT, WELL AND HEALTHY

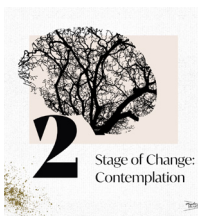
DAY 1

THE STAGES OF CHANGE

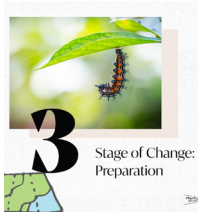




“Under the Radar” -a sense or a feeling, hasn't yet been identified. An interest, curiosity, a nag, that something has to change...



“Did you hear that?” -The sensed feeling noted in Stage 1 has definitely caught your attention. Curiosity turns into investigative action and the research pulls you in.



“Maybe? This!” - Now you are sucked in, most people overlook Stage 3 and do not take the time to read the how to manual. They skip important details and jump right to Stage 4, Action. After a few unguided attempts, the mental effort often costs more than willing to invest, pride gets in the way and lapsing occurs. Stage 3 aligns the mental and physical expectations. It sets up the timeline and vision to complete your goal. Creating the action plan for Stage 4.



“I've got this!?” -See it. Do it. Correct. Improve. Repeat for 6 months. This stage requires practice and repetition. This is intentional and committed action, tracking and analytics. Constant bringing forward to mind the vision and the message, management is changing. Stage 4 is following the plan and back up plans for moments of weakness. This stage takes 6 months of consecutive practice to complete. When new neural pathways have been established, you made it to stage 5!



“Keep Going” - Don't be fooled by the final stage of this behavior change model. Maintenance is ongoing. But as noted above, you have strong new neural pathways. This means it is time to make a new plan like in stage 3, put it into action like in stage 4 and you will never get bored with fitness again. Plan according to seasons.

PRO TIP:

As Adaptaion. Neural-plasticity increases - your body will come to rely on the repetition.

Be open to learning to love this process - 100 days. Let's go!

*To be noted: It is when you don't keep the pump primed or you let new neural pathways weaken that lapsing becomes dangerous and will have to repeat the grind all over again. Don't let the effort it took to get here, lay to waste!

For a Deep Dive on how to properly PREPARE You commitment and contract check out the supplemental video Module 2 from a previously unreleased course. Welcome To Your Body Life Systems. In this module i detail out some science on how the body gears up to make changes through the adaptation cycle.



Develop your WHIP Contract

Identify a behavior you would like to change. This could be adding to your routine or subtracting from your routine. Fill out the following contract.

Answering these questions honestly is the key making this system work. You are the only one that is going to see this. Bare all. **Print Name:** _____ **Start Date:** _____

Instructions are on page 2 and if you need more room, please use the back of the page to continue any discovery thoughts.

1. Personal Goal

2. Motivating Factors

3. Obstacles to Goal Achievement

4. For your top Identified Obstacles, now List 3 changes to make and reach your goal

5. Plan for Achieving this Goal

6. If I Need Help

7. Assessment Plan

8. Reward for Reaching Goal

Target date to reach this goal and why?

100 days from today: _____

Sign: _____

Today's Date: _____