

# KICKSTART GUIDE

Use this guide to help you set long-term and short-term goals, schedule workouts, and stay consistent! Also, be sure to try out our home workouts back on the webpage.

## 1. Set your goals.

What goals do you want to reach? (lose 20 lbs, be stronger, see more definition, etc.)

Now let's dig deep. Be honest with yourself.

Why do you want to lose the weight? How will it make you feel?

The deeper you can dig the more likely you are to stick to your program!

## 2. Set a realistic goal for the week.

How many days can you actually workout with your schedule?

Sample schedule:

2 Days: Monday & Thursday

3 Days: Monday, Wednesday, Friday

4 Days: Monday, Tuesday, Thursday, Friday

5 Days: Monday, Tuesday, Wednesday, Friday, Saturday

## 3. Schedule out your workout time.

Make it non-negotiable. You've spent too much time pushing away your health and fitness.

Now it's time to make it a priority for yourself.

### Tips to workout first thing in the morning:

Have a busy schedule? Maybe working out first thing in the morning is best. Even if it's 5:30am or 6am!

Not used to working out early but need/want to?

-Have your workout clothes laid out ahead of time for the morning.

-Make sure to get to bed early. 7-8 hours of sleep!

-Pick an alarm that's actually going to get you out of bed. Put your phone across the room so it forces you to get out of bed to turn it off.

-Once you're up, you're up! Start walking around. Splash some cold water on your face, drink a glass of water, change, and start stretching/warming up.

### Tips to workout after work:

Need to workout after work but struggle with energy?

-Get to it right away. No sitting down when you get home! Change and get started.

-If you're commuting home, drink some water and even have a small snack on your drive. Give yourself the hydration and fuel you need to workout.

-Set an alarm on your phone for your workout time. When it goes off, it's time to get to work.

-Remember how much better you'll feel once you finish the workout.

#### **4. Tips to staying consistent.**

Now that you've started your new routine, let's talk about how to keep it going. Consistency is the key to getting results. Use these tips to stay consistent.

-Check in with yourself every Sunday or Monday and set weekly goals that have nothing to do with bodyweight/aesthetics. Focus on setting weekly workout & nutrition goals. Like "I'm going to get my 3 workouts in this week" or "I'm only going to eat out once this week and it's going to be on Saturday".

-Track your progress:

-Take a progress photo of yourself once per month. Sometimes the scale won't show your progress!

-Weigh yourself as you feel comfortable. Daily, weekly, or bi-weekly.

Use the scale as a tool and not something you dread. Remember, sometimes the scale won't move as fast as we want (or if at all sometimes).

-Take notes on your workouts. How you feel, the weights you're using, how tough they are, etc. Then you'll be able to tell if you're getting faster or stronger.

-Be confident that you're becoming the person that you want to be.

Know that you're putting in the work to lose weight, get stronger, or accomplish whatever goal that you have. It takes a mindset shift to start new habits. Believe in yourself and believe that you are going to reach your goals!