

New School Fitness

21 Day Kickstarter



Welcome to New School Fitness

Health coaching with a focus on long term change

At New School Fitness, we're here to help you achieve long term success. No more diet plans you can't follow, unrealistic workout routines, or yo-yo weight changes. Your focus should be on creating a healthier, happier you, in ways that you can keep enjoying for the rest of your life.



Why 21 Days?

Make or break habits

Studies show that it takes 3 weeks to create, or break, a habit. That's why this method focuses on a 21 day track, broken into 3, manageable segments, to ensure at the end of this plan you're already well on the path to a healthier you.



Week 1- "What is Success" + Habits

- Find your definition of success
- Determine end goals and states
- Define habits that create those goals
- Develop starting habits for
 - Exercise
 - Nutrition
 - Recovery and Mental Health



What is Success?

- What does success mean to you?
- Examples:
 - Waking up each day feeling full of energy
 - Looking fit and lean
 - Being able to run around with your kids without pain

- Who do you emulate that is a good example of that success?
- Why do you look up to them?
 - Character?
 - Lifestyle?
 - Dedication?

- Now imagine yourself at that successful person
- What do you do on a daily basis to live that life?
 - Diet, sleep habits, work routine, family focus, removing vices, etc

Create a Plan

- Write out all the things you need to do every day to create that successful lifestyle
- Break down that list into 3 categories
 - Exercise
 - Nutrition
 - Lifestyle and Mental Health
- Determine one, easy habit to start with for each category
 - Make it the first step of a long term goal
 - Ex: "Wake up at 7am each day and spend 20 minutes for myself" instead of "Wake up at 5am and go for a 5 mile run"

Less Goals, More Habits

- By focusing on habits instead of goals, we can make actionable change now, instead of dreaming of a future, with no plan

- "I want to lose 20lbs" is a great goal with no plan
 - Leads to failure
- "I want to walk 3 miles every morning" is a great plan
 - Leads to goal, and then maintains it

1. Find goal
2. Establish habits
3. Focus on habits
4. Don't stress about goal

Be Specific

- "Fail to plan, plan to fail"

- Always list out
 - When (ex: 7am)
 - What (ex: Walk 2 miles)
 - Where (ex: My neighborhood loop)
 - Why (ex: That leads to long term goal of feeling better, more accomplished, and more energized every day)

- If you don't be specific, oftentimes you forget, or at the end of the day realize you don't have the time or resources to complete the routine

Week 2- Plan

- Once you've created some easy habits and routines, it's time to dive into the specifics
- Develop concrete plans for
 - Exercise
 - Nutrition
 - Lifestyle and Mental Health



Exercise

- What's the point?
 - Is it to accomplish something?
 - Is it for general health?
- What do you enjoy?
 - Forcing yourself to run isn't a good choice if you hate running
 - Determine what kind of exercise you'll actually stick with, not what is "best" in your mind

- Do you plan on working out in a gym or at home?
- Will you strength train?
 - Highly encouraged unless you feel incredibly uncomfortable in a gym setting.
 - In that case
 - Join a gym and just cardio for 2 weeks
 - Try a simple, at home routine (link) w/ cardio
- How often can you reasonably strength train?
 - 1-3 days per week- Full Body Routine
 - 4-6 days per week- Upper/Lower or Push/Pull
- Which days and at what times, and where will you go?
- Do you need to buy any equipment?

Cardio & Injuries

- Will you do cardio?
 - How much and what method?
 - Will it be dedicated, or just based on activity (ex: steps)

- Do you have any medical conditions or injuries that might affect training?
 - If so, how can you make adjustments?
 - I highly recommend at least talking to a medical or exercise professional if you feel unsure about any previous injuries or limitations to your ability to exercise
 - Doing the wrong exercises and getting injured will only lead to further negativity and a deeper relapse into an unhealthy lifestyle

Nutrition

- What's the point?
 - How have you handled nutrition in the past?
 - Do you have a healthy relationship with food?
- What do you enjoy?
 - Forcing yourself to a strict diet NEVER works long term
 - What foods are healthy that you like? Which do you like that are not healthy? Where is the balance you can see long term between the two?

- Step 1
 - Is it healthy?
- Step 2
 - How many calories do you need?
 - How many calories do you consume on average?
- Step 3
 - What are your macros?
 - What's your weekday vs weekend look like?
- Other Focuses
 - How much alcohol do you consume?
 - Are you going to limit it? If so, by how much long term? By how much in the short term?
 - What are your biggest "weaknesses"?
 - How can you allow yourself some wiggle room in order to enjoy these, or something similar?

**CALCULATING
CALORIES**

*Find your calorie count with this
eBook here!*



Lifestyle & Mental Health

- How do you rate your daily stress level?
 - Where does it come from?
 - How do you manage stress? In good or bad ways?
 - How would you like to be able to manage stress?
 - If applicable, do you see, or have you seen, a mental health professional?

- How much do you sleep every night?
 - Is it consistent?
 - Is it quality?
 - Is there anything you can do to improve it?

Week 3- Becoming Your Ideal Self

- At this point you've created a plan, and developed easy weekly habits
- Now it's time to really start focusing on your identity
- Are you headed in the right direction with who you want to become?



Staying on Track

- Each month, or every 4-6 weeks, do a self-evaluation!
- Are your habits moving you towards your end goals?
 - Again, make sure each habit has a purpose.
 - "It seems healthy" does not cut it! Why for you?
- What's the next step up? What can you turn your current habit into that will push you a little further?
 - Ex: 5 walks a week instead of 3, eat 120g of protein instead of just 3 times per day

- Exercise
 - Start small. It's better to shoot for 3 days a week than 5 in the beginning. Set the bar low, and raise it as you go!
- Nutrition
 - Follow the 80/20 rule- Stay healthy 80% of the time, let "less healthy" foods slide 20% of the time. Just be aware, less healthy foods usually have more calories, so don't go overboard with portions!
- Mental Health and Lifestyle
 - Go easy on yourself. You're in this for the long haul. If you miss a day, that's totally fine. The important thing is, you get right back on track. Not next Monday, not next month. Today!

Review

- Week 1- Define Success and Habits
 - What does success mean to you?
 - What does a successful you look like day to day?
 - What habits must you create to live that life?

- Week 2- Plan
 - How does exercise, nutrition, and lifestyle fit into that success?
 - What specifically do you have to do with each?

- Week 3- Your Ideal Self
 - Are your new habits sustainable?
 - Do they lead to the successful you in the long term?
 - Is there anything you need to change or build as you go?

More from New School Fitness

Work with a dedicated, private coaching team! www.newschoolfit.com

