



# IGNITE

THE FUNDAMENTALS TO  
CREATING AMAZING HEALTH  
AND FITNESS FOR YOUR LIFE  
**ONLINE PROGRAM**

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## Introduction

“Ignite” lays out all of the habits that one needs to develop for exceptional changes in their body, health, and mind. With the increasing demand of members at our gym, it takes a lot of time on both our coaches and the members end to first learn and then implement these techniques. The goal of this program is to create a simple, sustainable system that anyone can follow who truly desires to change their life, without being dependent on a coach. We will lay a “habit plan” together where you can score yourself every day on how you did.

This program is dedicated to all of the members at Hybrid Fitness who have helped me develop myself as a better health professional, and have trusted myself and my business with their goals. This program is my gift, in return, to you.

## How to Learn From This Program

Although there will be a lot of different habits to build laid out in this program, it would not be beneficial or sustainable for you to try to take them all on at once. As we move through the program, you will be instructed on how many habits to pick, with advice on which one may be right for you.

This is not designed to help you lose 20lbs in 20 days. It is designed to help you create an ultimate life for yourself so you can spend it doing more of the activities and adventures you want, and doing those with the people you love. However, this can certainly help you drop fat, build and tone muscle, and boost your energy!

## Where Do You Want to Be?

We want to identify your goal clearly before we start. Because you are reading this book, chances are you have multiple goals. Maybe you'd like more energy so you can do these things that you love to do better. You may want to build some strength and flexibility so you can enjoy active hobbies like hiking or skiing. You may just want to be as healthy as possible, and drop a few pounds. Or, you may have 20+ pounds to lose!

Whatever your main goal is, write it down on a notepad now!

I know many of you reading have set your main goal as weight loss. I want to make very clear that fat loss does *not* always equal weight loss. I've worked with dozens of men and women whose weight has actually increased, but their body fat has dropped, and their clothes fit better. I will show you how to track fat loss in this program so you know what is really happening in your body despite your weight changes.

Now that you've made clear what your main goal is - let's dive a little bit deeper!

## What is Your Why?

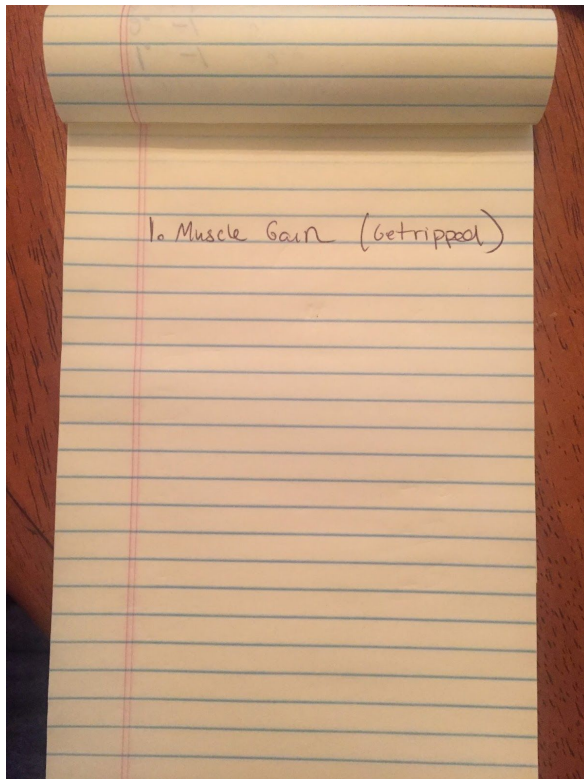
This is the most important chapter in this entire program. When most people start health and fitness programs, they have one goal in mind. More times than not, this goal is very superficial. However, just because your goal may be “superficial” does not mean its bad. It just means that this is what your goal appears to be on the surface. Below the surface is normally a deeper want or need that is your true goal.

We all want to look better with and without clothes on. This could be considered a “superficial” goal. The unfortunate thing about these types of goals is that while they are normally motivating enough to get us started, they are rarely ever enough for us to stick to a program for the long term.

I can promise you, you will see some jaw dropping transformations in your body when you are consistent with this program. Looking better naked probably isn't what you **really** want (although you'll see this happen during the program), believe it or not. Looking better naked is more likely a vehicle for you to get something deeper. Love, acceptance, or maybe confidence. It's important that we identify this deeper need.

So, let's get started.

I want you to first go back from the first section and look at the goal you wrote down.



I want you to write that goal on a piece of paper. Write a #1 next to it like you are making a list (shown in the picture to the left). You can even write that goal in your own words. I said, “Get Ripped”.

Now I want you to ask yourself, “Why do you want that goal?”

For example, mine is Muscle Gain. I want to build muscle and get ripped because I want to be strong.



With #2 in the list, I would then write, “Be Strong”.

**Try to keep these phrases to a word or two.**

Now, we will repeat that process. Why do I want to be strong?

I want to be strong because it will help me feel more confident in my body. I will write that beside #3 on the list.

I repeat the question again.

If you get stuck, sometimes you can reframe the question from just “Why do I want this” to, “How would this change my life” or “How is this important to me?”.

We are going to continue this exercise until #7.

You’ll see from my completed example below that it is very messy. It takes some time to think about this, but do your best to get to #7.

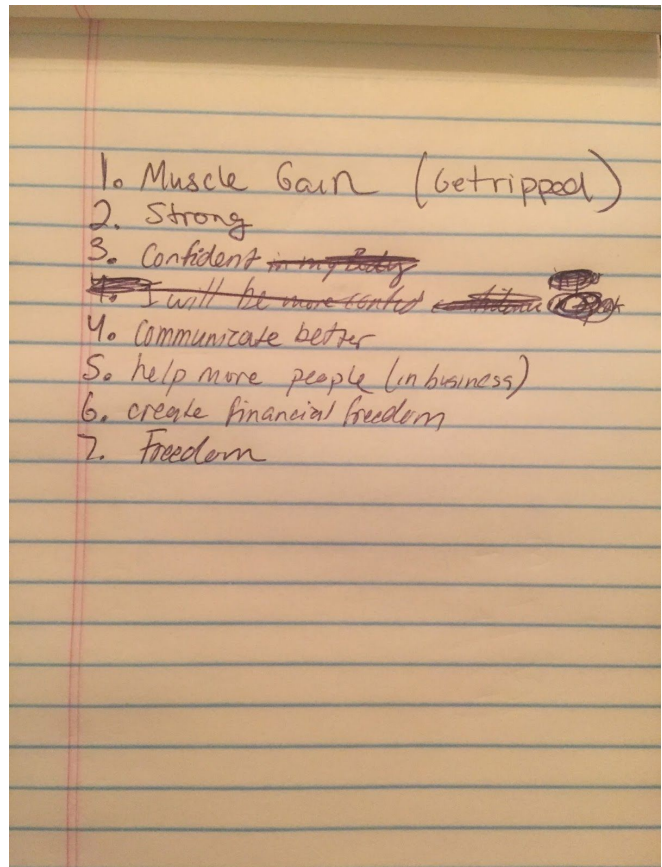
Sometimes you’ll want to write very broad in answers. Using parenthesis, be specific about where you want to see that quality in yourself.

For example, “Happy” is a very gray word. It doesn’t really mean anything. Be as specific as possible.

When you finally finish your list of the 7 things you want... you’ll see that #7 is the thing that is really most important to you.

However, you can get to #7 by achieving #1. It’s a chain reaction.

So, if your #1 was to look better naked, you can most likely achieve #7 by looking better naked!



### Get Even More Specific

It doesn't matter if you want to gain muscle or lose fat, there is a constant that will happen if you do either one of those things. Your **Body Fat Percentage** will change.

Your **Body Fat Percentage** is defined as the total amount of fat in your body in relation to your entire body mass.

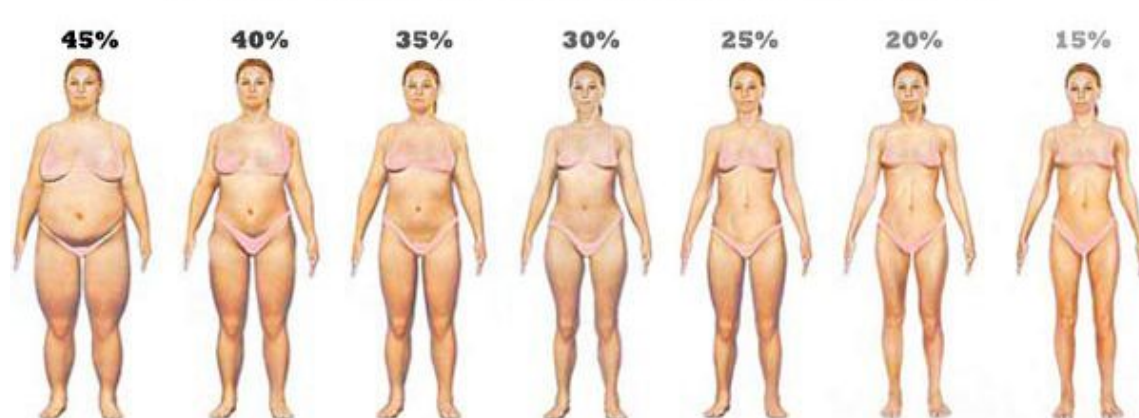
If you are looking to burn fat, then our goal will be solely body fat percentage. If your goal is to gain muscle, we will also track your **Lean Body Mass**, which is calculated by subtracting your total weight by your total body fat. I will go over the details later in the chapter.

We want to get very specific on where you want to be. Here is a picture that is an outline of what different body fat percentages look like for both men and women.

#### BODY FAT PERCENTAGE MEN



#### BODY FAT PERCENTAGE WOMEN





I'd like you to write down in your notebook exactly where you'd like to see yourself. When choosing your goal, I'd also like you to identify your natural body type, also known as your **somatotype**. You are probably a hybrid of two of them, rather than one pure breed.

There are three types of body types. We have ectomorph, mesomorph, and endomorph. Below I'll help you identify which body type you are. Ectomorphs generally have the least amount of total body fat, but also have the least amount of muscle. Endomorphs normally have the largest amount of body fat, but also the most amount of muscle. Mesomorphs are the hybrid of the two.

### **Ectomorph Characteristics:**

- Small joints
- Skinny appearance
- Hyperactive
- Fast metabolism
- Can eat whatever they want
- Get full easily
- Small chest and buttocks
- Difficulty building muscle
- Difficulty gaining weight
- Low body fat
- Narrow frame

### **Mesomorph Characteristics:**

- Naturally lean
- Naturally muscular
- Naturally strong
- Medium size joints/ bones
- Wider at the shoulders than the hips – i.e. chest dominates over abdominal area

- Broad/ square shoulders
- Female mesomorph: defined hourglass figure
- Male mesomorph: V or rectangular shape
- Efficient metabolism
- Gaining muscle is almost effortless
- Losing fat is almost effortless
- Responds quickly to exercise

### **Endomorph Characteristics:**

- Smooth, round body
- Medium/ large joints/ bones
- Small shoulders
- Short limbs
- High levels of body fat (may be overweight)
- Body fat tends to settle in lower regions of body, mainly lower abdomen, butt, hips, and thighs (rather than being distributed evenly throughout body)
- Pear-shaped physique
- Can gain muscle easily, but tends to be underdeveloped
- Difficult to keep lost body fat off
- Lose weight slowly
- Have to work hard to lose weight
- Slow metabolic rate
- Attacks of tiredness/ fatigue
- Fall asleep easily

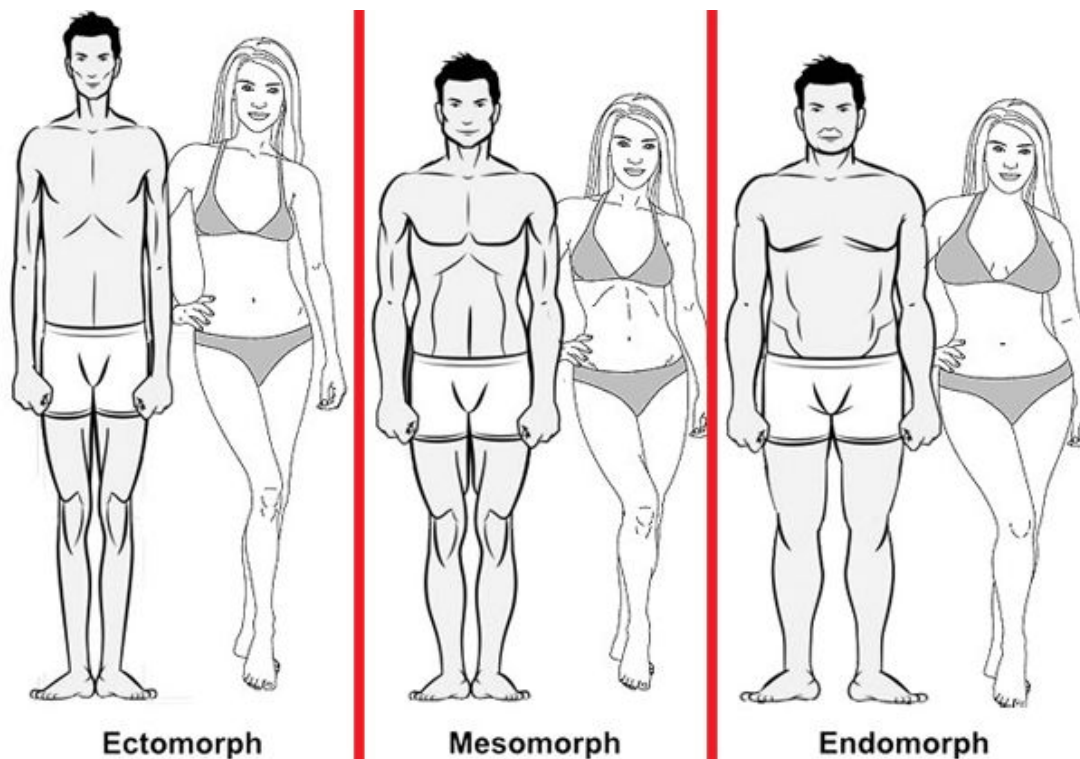
When choosing the body fat % goal for yourself, take into consideration your body type. If you are a female endomorph, you would most likely feel very sick at 14% Body Fat. In my research, I have been unable to find any text that shows recommended

body fat %'s specific to one's somatotype. However, use your judgement, and shoot for something that will be healthy for you.

Here are guidelines outlined by the American Council on Exercise on Body Fat Percentage:

	Women	Men
Athlete	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Above Average	32% or more	25% or more

Here is a diagram that will also help you identify what your somatotype may be.



Don't hold back. Choose what you truly want for yourself. Don't base your goal off of your current situation and resources. You can change those along the way.

## What is your Current Body Fat Percentage and Lean Body Mass?

### **Body Fat %:**

Now that we know where you want to be, let's figure out where you are today. There are 3 methods that I recommend.

#### 1. InBody Scan

The Inbody is the Gold Standard of body measurement in the fitness industry and can be found at gyms and fitness centers that will give you an accurate and consistent reading of your body fat percentage.

#### 2. Bone Density Scan

The Bone Density Scan can be performed at your hospital, and can be on the costly end, normally \$150+. This will also give you an accurate and consistent result.

#### 3. Body Measurement BF% Calculator

This may be the most accessible to you. You can use this online calculator to find your current body fat percentage. It is less consistent because of human measurement error. I recommend measuring each spot three times that the calculator recommends, and then take the average.

<https://www.healthstatus.com/calculate/body-fat-percentage-calculator>

Once you discover your own body fat percentage, we can now find the difference between where we are today and where we want to be.

### **Lean Body Mass:**

For your lean body mass, take your current body fat percentage and switch it to a decimal.

Example: 20% body fat would equal to (.2)

Next, multiply .2 times your current body weight to find your total body fat weight.

Example:  $(.2) \times 180\text{lbs (current body weight)} = 36\text{lbs in Body Fat}$

Now, subtract your body fat amount by your total weight.

$180\text{lbs} - 36\text{lbs} = 144\text{lbs of Lean Body Mass}$

If you want to gain muscle, we will track this number along with body fat percentage. If your goal is to gain muscle, I want you to shoot for a goal amount of muscle you'd like to gain.

### **Set A Date**

Now that you know where you are today, and where you would like to be, it's time to set a date for that goal.

For Fat Loss, we want to shoot for Losing .5% of body fat every 4 weeks.

For Muscle Gain, we want to shoot for gaining 1lb of lean muscle every 4 weeks.

Simply calculate your goal that you set, and figure out how many months it's going to take to reach that goal.

For example, for fat loss, if I wanted to lose 2% body fat, I would shoot to reach my goal in 4 months. I would then figure out when that exact date was in four months, and write it down.

For muscle gain, If I wanted to gain 3lbs of lean mass, I would find the date 3 months from my start date, and write it down.

Here are some examples of how you can write your goal.

I will be 18% body fat by September 2nd, 2017.

I will have 147lbs of lean body mass by October 3rd, 2017.

Be super specific. Write these down.

## Summary of Program

Each chapter from here on out will outline habits in 2 different categories - nutrition and exercise.

We will focus on 4 habits at a time, and no more. You'll be provided with a print out at the end of this program that will allow you to track your habits and how often you do them.

It may seem like 4 habits is not enough. Some of these will be very simple. The reason it seems this way is because you are probably used to "diets". Diets tend to completely change your lifestyle...basically making you go from zero to 100.

This works if you stick to it, but obviously, this can be very hard to stick to.

By using our habit method, you'll slowly integrate the most important habits into your daily life. This way, it is more sustainable. Studies have shown that the number one key to success in fitness and nutrition is consistency!

There are different levels for some habits. They can vary if you are a woman or a man. ***Make Sure you pay close attention so you can chose the habits that correctly suit your needs.***

Although you can chose your own four habits to work on, I highly recommend beginning with our Done-For-You Template provided at the end of this book! It provides a 16-week repeatable program for you to repeatedly get amazing results!



## You Are What You Eat - Nutrition Habits

We eat to fuel our bodies. Our bodies are a machine, and that means we have to make sure we give it the right type of fuel in the right quantities. Out of the three categories (exercise, nutrition, and recovery) this is debatably the most important one. We cannot out-train our nutrition. These habits here will have the biggest impact on your progress.

### **Water Consumption**

**Level 1:** Drink  $\frac{1}{3}$  Your Body Weight In Oz of Water per Day

**Level 2:** Drink Half of Your Body Weight In Oz per day (Note\* Those who weigh over 220lbs, shoot to drink half of your goal body weight in OZ)

### **Protein**

(Women) Eat a Palm of Protein Each Meal (Men) Eat 2 Palms of Protein Each Meal

### **Vegetables**

(Women) Eat a Fist of Veggies Each Meal (Men) Eat Two Fists of Veggies Each Meal

### **Fat**

(Women) Eat a Thumb Length of Fat (1Tbsp) Each Meal (Men) Eat 2 Thumbs Length of Fat (1Tbsp) Each Meal

### **Carbohydrates**

(Women) Eat a  $\frac{1}{2}$  cup of carbs (cupped hand) each meal (Men) Eat a 1 cup of carbs (2 cupped hands) each meal\*

\*Note: Carbs include fruits

## **Food Quality**

Eat Foods from the Quality Food List

## **Managing Hunger**

Eat until you are 80% Full. This means that at the 3-4 hour mark after your meal, you should start to feel ready to eat again. If you get hungry earlier than that, you may want to increase your intake with veggies or protein. This may also mean that you want to add a meal into your day. 3-4 meals usually works best for most people.

## **Eating Frequency**

**Level 1:** Eat 2 Meals a Day (Only select this if you struggle to get 2 meals a day currently)

**Level 2:** Eat 3 Meals a Day (Select this if you are consistently eating 2 meals now)

**Level 3:** Eat 4 Meals a Day (Select this if you find that you are still hungry after eating 3 meals a day consistently, or if you want to gain muscle.

**Level 4:** Eat 5 Meals a Day (Select this if you want to gain muscle, and you 4 meals a day is now a consistent habit for you).

## **Workout Shake**

**Level 1:** Drink a protein shake within 30 minutes of your workout

**Level 2:** Drink a protein shake during and after your workout

# Quality Food List

## Proteins

### FISH

Salmon  
Halibut  
Tuna  
Sardines  
Red Snapper  
Swordfish  
Tilapia  
Flounder  
Bass

### TURKEY

Breast  
Chops  
Ground

### EGGS

Whole  
White

### PORK

### VEAL

### BEEF

Lean Steak Cuts  
Ground  
Burgers

### CHICKEN

Thigh  
Breast  
Legs  
Ground

### SEAFOOD

Shrimp  
Lobster  
Crab  
Scallops

### BISON/BUFFALO

Steaks  
Ground

### GREEK YOGURT

### PROTEIN POWDER

Stronger Healthier Faster Whey  
Optimum Nutrition Whey  
Vega

## Veggies

Artichoke  
Arugula  
Asparagus  
Beets  
Bell Peppers  
Broccoli  
Broccoli Rabe  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard Greens  
Cucumber  
Eggplant  
Green Beans  
Kale  
Mushrooms  
Lettuce  
Onions  
Parsnips  
Radish  
Spaghetti  
Squash  
Spinach  
Swiss Chard  
Tomatoes  
Zucchini

## Herbs

Parsley  
Cilantro  
Basil  
Garlic

## Fruit / Veggie Supplements

Poliquin Greens  
Apple Cider Vinegar

## Fruits

Apples  
Apricots  
Banana  
Blackberries  
Blueberries  
Cherries  
Grapefruit  
Grapes  
Lemon  
Lime  
Mango  
Oranges  
Peaches  
Pears  
Pineapple  
Plum  
Raspberries  
Strawberries  
Tangerines  
Watermelon

## Healthy Carbs

Brown Rice  
White Rice  
Oatmeal  
Sweet Potato  
Quinoa  
Beans (all variations)  
Lentils  
Sprouted Bread  
Hummus  
Quinoa Pasta  
Brown Rice Pasta

## Fats

MCT Oil  
Grass Fed Butter  
Ghee  
Coconut Oil  
Extra Virgin Olive Oil  
Avocados  
Brain Octane Oil

Nuts  
Pecans  
Almonds  
Cashews  
Hazelnuts  
Macadamia Nuts

Seeds  
Sunflower  
Sesame

Nut Butter  
Cashew  
Almond  
Peanuts  
Macadamia

## Become Fuel Inefficient - Exercise Habits

For most people, the goal is to lose fat, build muscle, and get lean. What this essentially means is that we want to become fuel inefficient. Let me explain...

If you look at a prius... it doesn't have much horsepower, but it could drive for miles on end without having to stop at a gas station to fill up the tank.

In contrast, if we look at a mustang, it can get up and go fast, but you're going to have to refill the tank pretty often.

When we are looking at shaping our body - we want to make ourselves fuel inefficient like the mustang. We want to have muscles that eat up all of the fuel we provide it via food. We want to boost our metabolisms!

Exercise (specifically strength training) is the best method to replacing that 4 cylinder engine with an 8 cylinder calorie hog that keeps you lean and strong.

Think of exercising like driving a car. You're constantly burning gas. However, if you press the pedal down a little bit, you're going to burn up more gas.

Exercising is like pressing the pedal down... so let's get to it!

**\*\*This is not a manual on how to exercise. This is a manual on how to apply exercise to improve your goals. There will be other programs that will have exact workouts.\*\***

*Here are your Exercise Habits:*

### **Exercise Frequency**

**Level 1:** Exercise 15 minutes a day

**Level 2:** Exercise 30 minutes a day

**Level 3:** Exercise 45 minutes a day

**Level 4:** Exercise 60 Minutes a day

### **Choosing Your Habits**

If you don't exercise outside of your job and regular routine right now, start off with the 15 minutes a day. It may not seem like much, but it is very achievable and not overwhelming. You may find yourself automatically going over 15 minutes without having to fight yourself to do it.

If you are currently exercising any of the durations above but not every day, chose that time same duration and aim to get it daily.

If you are getting any of those durations daily, shoot for the level above it!

## Tracking Your Progress

This chapter will outline how to track your progress. We already spoke about the ways to track your Body Fat Percentage and Lean Mass. I recommend doing those every two weeks to every month. Here are some tweaks you can make if you don't see progress.

### **Tweaks For Continued Progress:**

**Fat Loss:** In Fat Loss, if you do not see your weight change in the first week or two, remove 250 calories from your diet each day. Then, reevaluate and continue to make that adjustment until you lose weight.

**Muscle Gain:** In Muscle Gain, if you do not see your weight change in 2-4 weeks, add 250 calories to your diet each day. Then, reevaluate and continue to make that adjustment until you gain weight.

### **The Daily Habit Tracker Sheet:**

The Daily Habit Tracker Sheet allows you to really break down your entire day. You see on a meal to meal level how well you perform your habits. It also allows you to take notes and note your stress level for that day. This can be helpful in the long run to help you identify possible triggers that make you successful or unsuccessful in your daily goals.

Use this daily to identify what meals you do really well with and which ones you struggle with.

### **The Weekly Habit Tracker Sheet:**

The Weekly Habit Tracker Sheet, attached below, is the way you will track your progress throughout the week. Using the four habits you selected, you will draw out a calendar for the week. Each habit will have a box for that day. If you do the habit for each opportunity you have in one day, you give yourself a check. If you don't, of the time you give yourself an x.



An example of this would be that you eat 3 meals in a day. If your habit is eat a palm of protein in each meal, and you only eat it in 2 out of 3 meals - then you would not give yourself a check. However, if you did for all 3 meals, then you would give yourself a check!

The ultimate goal for us is to hit our goals 90% of the time. That means that we want to shoot for 25/28 checks per week.

We all have our Kingdom. Our Kingdom is our home. We are the Kings or Queens of our Home. We have a responsibility to keep ourselves in shape physically, mentally, and emotionally so we can be great for our people (our husbands, wives, sons, daughters, and of course... ourselves!).

Depending on how well you do on your checks, you can rank in 1 of 5 tiers.

23 and Under: Up and Comer

24/28: Great

**25/28: King / Queen**

26/28: Legend

27+: God / Goddess

Be the King or Queen for your Family and Your Kingdom.

### **The Yearly Habit Track Form:**

Using this form, you'll be able to compare how you've performed between the different rounds you've gone through in the program! For example, if you achieved 40 checks in your first 2 weeks of your first round of the program, you'll be able to write it down and compare it when you complete the first two weeks of round 2! The most you can possibly achieve every 2 weeks would be 56 checks!

You'll write on this form every two weeks when you complete a block of habits with the number of checks you had!

### **Private Facebook Group Check-Ins**

Every day at our gym we do a facebook check in where we write how we did on our checks for that day. I suggest you find a way similar to keep yourself accountable. Ask your husband or wife to ask you about it every night, or maybe hang your sheet up on the fridge where everyone can see it.

# Daily Habit Track Form

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
Habit #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Habit #4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Notes - What Did You Do Today? Date: .....

Stress Level: 1 2 3 4 5 6 7 8 9 10

# Habit Tracker

Habit #1

☐

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

☐☐☐☐☐☐☐

Habit #2

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Habit #3

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Habit #4

☐☐☐☐☐☐☐☐

Total Weekly Checks:

/28

Goal For Next Week:

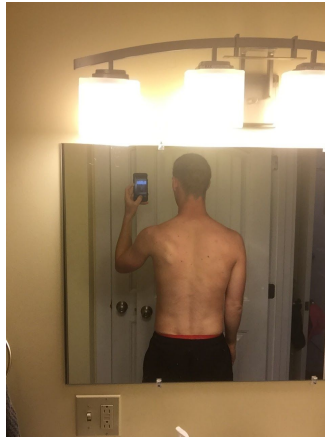
/28

# Yearly Habit Track Form

	Round 1	Round 2	Round 3
Week 1-2 Score	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 3-4 Score	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 5-6 Score	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 7-8 Score	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 9-10 Score	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 11-12 Score	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 13-14 Score	<input type="text"/>	<input type="text"/>	<input type="text"/>
Week 15-16 Score	<input type="text"/>	<input type="text"/>	<input type="text"/>
Total Round 1 Checks:		Total Round 2 Checks:	Total Round 3 Checks:
<input type="text"/>		<input type="text"/>	<input type="text"/>

### **Progress Pictures:**

When taking your progress pictures, make sure you take them with the same camera, with the same clothes, in same place, with the same lighting. For some of you, you may have to take a bathroom mirror selfie. For others, you may have someone who can do it for you. You want to wear as little clothes as you feel comfortable in, and get as much of your body in the picture. You want to capture a front, a side, and a back shot like this.





## Done For You Program Template

Simply select the template for you that matches the description of yourself. Feel free to use this as a starting point, and swap out various habits with ones that you feel you really need to work on. For example, if you feel like you drink a little too much wine, than you can replace that for a habit that is listed below!

Remember our goal is 25 checks per week... but we're looking for Progress not Perfection! As long as you're making small improvements each week, you are going to see progress. Most people will not start at 25! In fact, it can take months to get to this point! But again... don't worry. Just because you are not hitting 25 right off the bat, does not mean you won't see awesome results!

### Week 1-2

Habit #1: Eat until 80% Full

Habit #2: Exercise 30 minutes each day

Habit #3: Eat 1 Palm of Protein (2 Palms for Males) with Each Meal

Habit #4: Eat 1 Fist of Veggies (2 Fists for Males) with Each Meal

### Week 3-4

Habit #1: Eat Foods from the Quality Food List

Habit #2: Exercise 30 minutes each day

Habit #3: Drink  $\frac{1}{3}$  of Body Weight in OZ of Water

Habit #4: Eat 1 Cupped Hands of Carbs (2 Cupped Hands for Males) Each Meal

### Week 5-6

Habit #1: Eat until 80% Full

Habit #2: Exercise 45 minutes each day

Habit #3: Get 7 Hours of Sleep Each Night

Habit #4: Eat 1 Thumb of Fat (2 Thumbs of Fat for Males) Each Meal

### Week 7-8

Habit #1: Eat Foods from the Quality Food List

Habit #2: Exercise 45 minutes each day

Habit #3: Eat 1 Palm of Protein (2 Palms for Males) with Each Meal

Habit #4: Drink  $\frac{1}{3}$  Body Weight in Oz of Water Each Day

#### Week 9-10

Habit #1: Eat until 80% Full

Habit #2: Exercise 60 minutes each day

Habit #3: Eat 1 Palm of Protein (2 Palms for Males) with Each Meal

Habit #4: Eat 1 Fist of Veggies (2 Fists for Males) with Each Meal

#### Week 11-12

Habit #1: Eat Foods from the Quality Food List

Habit #2: Exercise 60 minutes each day

Habit #3: Drink  $\frac{1}{2}$  of Body Weight in OZ of Water

Habit #4: Eat 1 Cupped Hands of Carbs (2 Cupped Hands for Males) Each Meal

#### Week 13-14

Habit #1: Eat 1 Fist of Veggies (2 Fists for Males) with Each Meal

Habit #2: Exercise 60 minutes each day

Habit #3: Get 7.5 Hours of Sleep Each Night

Habit #4: Eat 1 Thumb of Fat (2 Thumbs of Fat for Males) Each Meal

#### Week 15-16

Habit #1: Get 7.5 Hours of Sleep Each Night

Habit #2: Exercise 60 minutes each day

Habit #3: Eat 1 Palm of Protein (2 Palms for Males) with Each Meal

Habit #4: Drink  $\frac{1}{2}$  Body Weight in Oz of Water Each Day

## Conclusion

This sums up the program. You now should know where you stand today, where you want to go, and when you want to get there by. You know how to make adjustments and change along the way, and how to constantly make yourself better.

Keep your habit sheets out on your fridge so you can constantly keep score of your habits and where you are at for that day. I find the most efficient way to keep track is to take five minutes before bed every night to mark all of the sheets. Over time, you'll be able to see your progress and where your strengths and weaknesses are!

You now have every tool you need to succeed. Now it's up to you to follow through. If you ever need any assistance, please email myself and my team at [Hunter@HybridFitnessGym.com](mailto:Hunter@HybridFitnessGym.com) and we will be happy to help you.

Thank you so much for going through this program, and I can't wait to hear from you about your progress.

Sincerely,

*Hunter Grindle*