

GRIT50[®]

Transform your body, mind & life in 50 days.



THE 10 DAILY GRIT OBJECTIVES

NUTRITION X5

1. no alcohol
2. no refined sugar (or processed snacks)
3. minimum 2 lt water daily
4. minimum daily protein (1 gram per pound of goal body weight)
5. minimum 2 cups veggies daily

MOVEMENT X3

1. minimum 30 min. workout 5x/week (can be cardio, weights, yoga, hiking, swimming, etc. but it **MUST** break a sweat!) NOTE: at least 3 of these sessions must include strength training. Remember to take 1-2 rest days without intense exercise to allow your muscles and nervous system to recover. Instead you'll spend that 30 min. doing any form of restorative self-care you chose (ie: meditation, stretching, a massage, a nap, reading) and this is how you'll award yourself the point for these off days.
2. minimum 30 min. lifestyle activity outside each day (ie: walking, golfing, gardening), in addition to the above noted workout. Yes, this means you are committing to at least 1 hour for yourself almost every day. Plan for it, you're worth it!
3. maximum 60 min. sitting at a time - you must get up on your feet for at least 3 minutes every hour, set a timer on your iphone to remind you every hour)

MINDSET X2

1. MSR (morning success routine) of your choice daily
2. ESR (evening success routine) of your choice daily

Note: one of the above must include consuming the daily coaching grit tip email. Find ideas for creating your success routines in the Mindset Resources.