

GRIT50[®]

Transform your body, mind & life in 50 days.



THE 10 DAILY GRIT ACTIONS

(what you'll be doing & collecting points for everyday)

Further details & support for each of the below actions is provided on the private resource page available immediately upon registration (includes macros calculator, meal plans, recipes, etc.)

NUTRITION X5

1. no alcohol
2. no refined sugar
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 minute workout 5x/week
2. minimum 3 of the above workouts must include strength training
3. minimum 30 minutes additional lifestyle activity outside each day

- a workout can be running, cycling, Crossfit, intervals, a sport, weight lifting; it must increase the heart rate to a perceived rate of exertion of at least 7/10 and break a sweat!
- strength training means anything that supports muscle building; ie: body building, weight lifting, strength component in Crossfit WODs or circuit type sessions, even bodyweight exercises (ie: squats, push ups)
- on the 1-2 days/week you take off to let your body rest, you'll spend that 30 minutes on mobility, stretching or additional time doing lifestyle activity to collect your point for it
- lifestyle activity outside examples include walking, golfing, gardening, hiking

MINDSET X2

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

- one of the above success routines must include consuming the short daily coaching grit tip email