GRIT50®
Transform your body, mind & life in 50 days.

THE 10 DAILY GRIT ACTIONS

Further details and support for each action is provided on the private resource page available immediately upon registration.

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
6. track all food and drink intake

MOVEMENT X3

1. minimum 30 minute workout 5-6 days/week * (minimum 3 of the above workouts must include strength training)
2. 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!*
- *at least 3 of these workouts must include strength training - that 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 your 1-2 REST DAYS each week, you will instead spend that 30 minutes doing some type of restful 'body work' (stretching, mobility, getting a massage, having a hot bath, or going for an additional walk or lifestyle activity). This is how you will still collect the 1 'workout' point on your rest days.*
- *lifestyle activity outside examples include walking, golfing, gardening, hiking*

MINDSET X2

1. MSR & ESR (morning & evening success routine) of your choice daily
2. Minimum 7 hours sleep each night

- *this is mindset work/personal growth; can include gratitude journalling, reading a non-fiction book, meditation, etc.*
- *one of the 'success routines' must include consuming the short daily coaching grit tip email*

BUILD
HOLISTIC NUTRITION