



HOW TO STAY CONSISTENT



WE ALL START WITH GOOD INTENTIONS

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I'll go to the gym
three times this
week.

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I won't eat takeout
at all this week.

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I've cleared out my
pantry, so I won't
have any junk food
for a month.

But then life gets crazy. A kid gets sick. You work late. You forgot your gym bag at home. There's nothing in the fridge, and a workout feels like the LAST thing you want to do.

These days are normal.

Life isn't predictable - but that doesn't mean your fitness has to fall apart.

The key to consistency is learning how to dial your habits up or down depending on how your day is going.

That's what **Dial Mode** is for.

Use this worksheet to write down your go-to moves for high, average, and low energy days.

You aren't always going to have the same time, energy, and resources available to you. So, we make that a PART of our strategy - not a deviation from it.

Write Your Own Dial Mode

Instructions: Write down 1-2 go to actions for each category below. Or pick from the sample menu on the next page.

Green Days (Lots of time/energy) You feel great. Let's level up!	
Yellow Days (Some time/energy) Busy but manageable. Stay steady.	
Red Days (Low time/energy) Everything's on fire. Stick to the minimums.	

Example Dial Mode

Use these ideas to fill out your plan (or come up with your own!)

Green Days (Lots of time/energy) You feel great. Let's level up!	Workout: Full training session. Add an extra walk or intervals as time/energy allows. Nutrition: Balanced plate at all meals. Plan meals for next week. Batch prep ahead of time (1-2x/week). Mindset: Journal wins. Plan out tomorrow. Try meditation.
Yellow Days Some time/energy Busy but manageable. Stay steady.	Workout: Cut out one round of exercises or pivot to shorter bodyweight circuits as needed. Nutrition: <u>Balanced plate</u> at 2 meals. Plan meals for tomorrow. Eat slowly and mindfully at most meals. Mindset: Screens off 15-20 min before bed.
Red Days (Low time/energy) Everything's on fire. Stick to the minimums.	Workout: 5min walk during lunch break. Add in "Movement Breaks" throughout the day. Nutrition: Focus on getting 1 palm-sized serving of protein at meals. Plan 1 meal for tomorrow. Mindset: Pick something from your <u>Nourishment Menu</u> to recharge your batteries.

This is the same strategy we've used with thousands of our own 1-on-1 coaching clients to finally build consistency and confidence with their fitness.

People like Julie, who struggled with all-or-nothing thinking and a super busy lifestyle.

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Coach Claire strikes the perfect balance of holding me accountable and supporting me during stressful times. She knows exactly how to push me without being overbearing. She is always ready to support my many schedule changes and keeps me equipped with what I need to stay on track. I genuinely enjoy her as a person and appreciate her personal touch as a coach. I know that she cares about me not just as a client but as a person. Coach Claire has been instrumental to my sustained success and I'm grateful to have her on my team.

Julie

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Or Josh, an entrepreneur who struggled to find consistency among high and low days on the job.

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Matt has basically transformed my life. That sounds dramatic, but he's truly changed the way I view fitness and nutrition, ut also improvement at things in general. He's helped me realize that it's ok to make mistakes along the way, let's just keep showing up. He also has me really dialed in with a workout and nutrition plan that fits my time and resources. Matt's awesome.

Josh

Host: The Mental Golf Show

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Want direction and accountability to stay on track, even when life gets chaotic?

That's exactly why we built our 1-on-1 online coaching program.

Schedule a free call with someone from our team.

We'll talk through your goals, challenges, and see if coaching is the right fit for you.

Schedule a call