

# Handbook

The Path Towards Perfect Health

# Introduction

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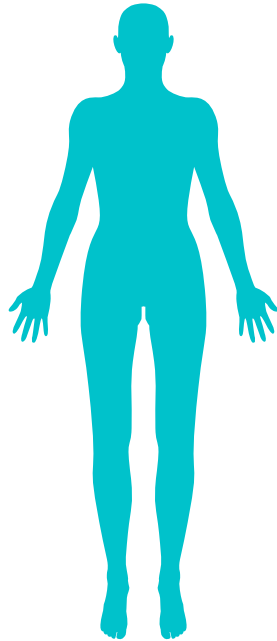
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# The Goal

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## Perfect Health



- Lean, not bulky
  - Vigorous, not out-of-shape
  - Muscular, not fat
  - Flexible, not tight
  - Energized, not fatigued
  - Lasting, not short-lived
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# The Process

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Reject the fad diets and workouts. There is a lot of conflicting information out there, and it ends up confusing people. The truth is that what separates you from your health is time. Think of your body like a house or car. You need to put in the time to maintain it. It is not difficult work, but it can be boring and it takes time to show. This causes people to quit too soon.

It would be best if you just did the habits, and didn't get too attached to the results. Focus too hard on the results, and you end up quitting. Put in the work over a long period of time, and the results will be bestowed upon you. So, here are the steps:

## Steps

1. Pick Perfect Health Goal
  2. Break Up The Goal Into A Weekly Mini-Victory
  3. Pick Weekly Tactics
  4. Repeat Or Adjust
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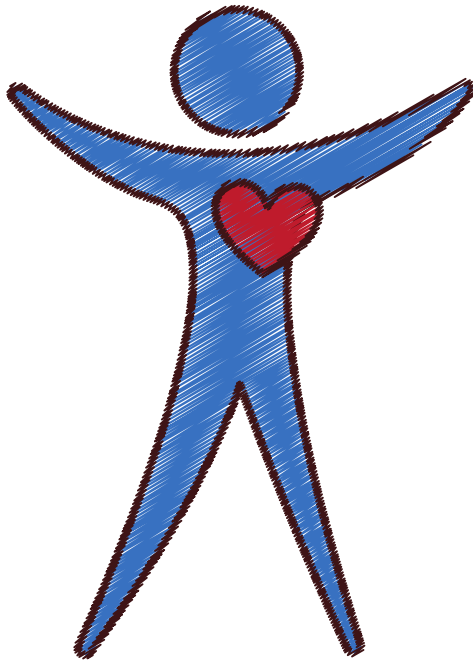
# Step 1

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Pick Perfect Health Goal

# What Do You Want?

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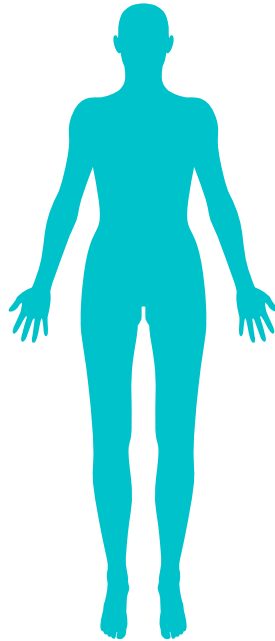


## Pick One

1. Losing weight
  2. Not running out of steam at the end of the day
  3. Building muscle
  4. Not feeling tight all the time
  5. Not feeling drained all day
  6. Getting results that lasted
-

# Perfect Health Goals

## Perfect Health



### Perfect Health Goals

1. Lean, not bulky
2. Vigorous, not out-of-shape
3. Muscular, not fat
4. Flexible, not tight
5. Energized, not fatigued
6. Lasting, not short-lived



### Results

1. Losing weight
2. Not running out of steam at the end of the day
3. Building muscle
4. Not feeling tight all the time
5. Not feeling drained all day
6. Getting results that lasted



# Exercise

## Pick Your Goal

What do you want? Do you want to lose weight? Do you want to build muscle? Pick one perfect health goal. If you pick more than one, you'll get overwhelmed. Master one goal at a time (except the 6th, you can do that with the others). Then, you can move onto another big goal.

### Perfect Health Goals

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4. Flexible, not tight
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### Results

1. Losing weight
2. Not running out of steam at the end of the day
3. Building muscle
4. Not feeling tight all the time
5. Not feeling drained all day
6. Getting results that lasted

# Step 2

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Break Up The Goal

# Break Down The Goal

Many people quit because they do not see results fast enough. This is understandable. The fix to this is to break down your large goal into a smaller goal that you can accomplish in a week. This smaller goal is called a mini-victory.

## Perfect Health Goals

1. Lean, not bulky
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3. Muscular, not fat
4. Flexible, not tight
5. Energized, not fatigued
6. Lasting, not short-lived



## Mini-Victories

1. Lose 1-2 pounds of fat per week
2. Make it to lunch time without running out of steam.
3. Gain 1-2 pounds of muscle per week
4. Stretch a little farther than before.
5. Wake up without feeling groggy.
6. Keep racking up mini-victories over time

# Exercise

## Break Down Your Goal

Don't overwhelm yourself. Break down your big goal into a smaller, more manageable goal. That way, you get to see results at the end of each week. If you don't see results, that's fine too. You can make adjustments, and you learned what not to do.

### Perfect Health Goals

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### Mini-Victories

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# Step 3

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Pick Weekly Tactics

# Goals And Tactics

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The perfect health goals were made especially to line up with the tactics.

## Perfect Health Goal

1. Lean, not bulky
2. Vigorous, not out-of-shape
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## Tactics

1. Nutrition Dyad
  2. Fitness Triad (Endurance)
  3. Fitness Triad (Resistance)
  4. Fitness Triad (Flexibility)
  5. Vitality Tetrad
  6. Repeat Mini-Victories
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# The Nutrition Dyad

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1. Balanced Diet
2. Portion Control

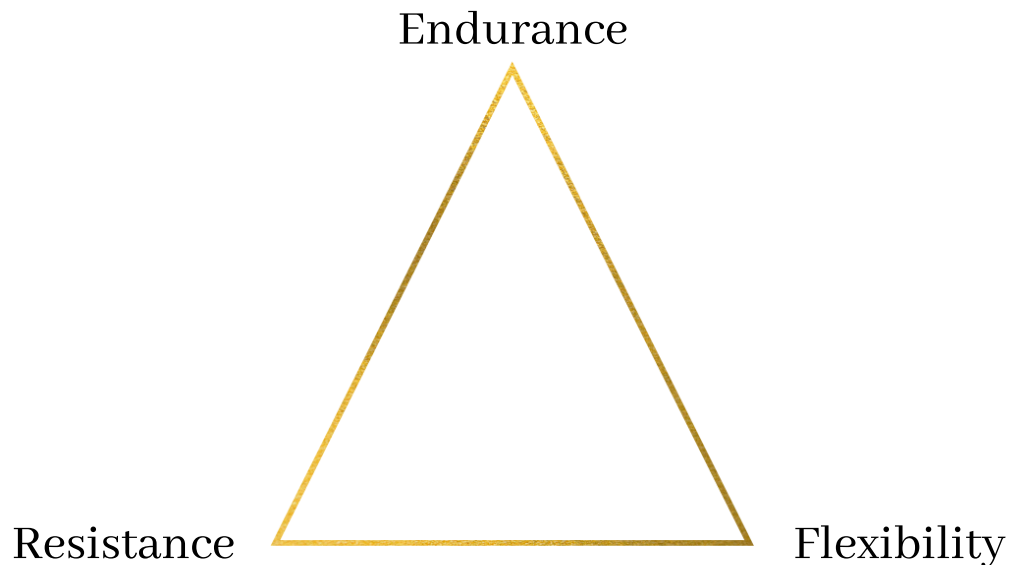
Make sure you are eating a variety of foods: not just carbs, or proteins, or fats. This insures you get all the vitamins and minerals that your body needs.

Next, stop eating when you get full. It's ok to have leftovers. Better that, then you not accomplishing your goals.

This is the key to weight loss

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# The Fitness Triad



In terms of fitness habits, you need to exercise everyday. However, you need to mix up your exercises. Use the fitness triangle. One day, do an endurance workout, like, running. This is the key to building up your stamina, so you have energy throughout the day. The next, do a resistance workout, like lifting. This is for building muscle. Then do a flexibility workout, like yoga. This insures you get rid of tightness, and avoid injury



# The Vitality Tetrad

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1. Enough sleep
2. Enough breaks
3. Eating Enough
4. Hormonally Balanced

Sleep at least 8 hours a night. Take breaks throughout the day, so you do not burn yourself out. Make sure you are eating enough, so you have energy. Lastly, if you are still tired and are doing all this stuff, your hormones may be out of balance and you might need to see a doctor.

This is the key for not feeling drained and sleepy throughout the day.

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# Exercise

Pick Your Tactics And Then Do Then For A Week



Endurance

Resistance

Flexibility



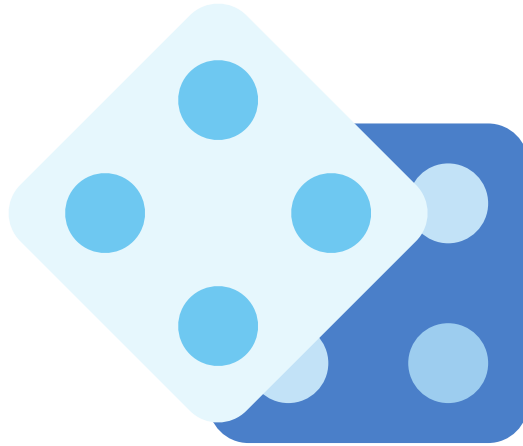
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Repeat Or Adjust

# Mini-Victory Or Data

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So, did it work? By this point, you should have done your tactics for a week. If you accomplished your min-victory, congrats. Repeat the tactics until you accomplish your goals.

If not, that's ok too. Adjust. It always comes down to the tactics not being executed properly. Go back to the tactic you are using, and see what you missed. Decide what you need to change, and go through another week. Remember, it's not the end of the world. You always get a second chance.

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# Exercise

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## Repeat Or Adjust

If you got your mini-victory, repeat what you did this week until you accomplish your big goal. If not, go back to the tactics, find where you fell short, and try again next week.

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Log

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# Monday

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Set your goal:

Write down the tactics you are following:

Were you able to execute the tactics today?

How do you feel about the day?

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# Tuesday

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Remember your goal:

Write down the tactics you are following:

Were you able to execute the tactics today?

How do you feel about the day?

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# Wednesday

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Remember your goal:

Write down the tactics you are following:

Were you able to execute the tactics today?

How do you feel about the day?

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# Thursday

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Remember your goal:

Write down the tactics you are following:

Were you able to execute the tactics today?

How do you feel about the day?

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# Friday

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Remember your goal:

Write down the tactics you are following:

Were you able to execute the tactics today?

How do you feel about the day?

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# Saturday

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Remember your goal:

Write down the tactics you are following:

Were you able to execute the tactics today?

How do you feel about the day?

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# Sunday

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Did you get your mini-victory?

What went well?

What could you improve upon?

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