Company Name: Leanness Lifestyle University (LLU)

Founder/Owner/Head Coach: David Greenwalt

LLU 25.0: This represents the version most current and also highlights that it’s our 25th year in business.

BASE INFO ABOUT LLU 25.0

From David:

I just finished five months and over 700 of my personal hours of work creating the next evolution of my Leanness Lifestyle University program, now 25 years strong online. I am the founder, the health coach and I also coded everything students use on campus. I refer to this all-new evolution as LLU 25.0

I welcome them after they log in with this…

\*\*Welcome to LLU 25.0!\*\*

This is your welcome page. In time, you will get a personalized note each day you log in, tailored to your on-campus work, progress, and goals.

\*\*So Glad You're Here\*\*

LLU 25.0 is the most significant evolution of Leanness Lifestyle University since I first created the program in 1999. I truly believe my five-months-in-the-making upgrade will bring you the best system, resources, and results ever.

I wrote and coded everything you will use with one thing always in mind: Will this help <<bid\_first>> get better results and achieve the fat-loss, fitness, and freedom <<the\_pronoun>> wants... forever.

\*\*What's New?\*\*

So, so much! Just for a tiny primer ... see the light blue circle with the question mark in it next to the Welcome heading above? Mouse over it or tap it. There is a LOT more help and tips throughout LLU 25.0. If you see anything light blue, it is probably something you can tap on or mouse over for more info and help.

If you want to take a quick peek at the all-new menu to see all the main themes, go for it. There's a lot!

\*\*Fundamental Five\*\*

Even though there is a lot of new, you can rest easy knowing you have the on-campus basics covered each day if you clear what I now call your "Fundamental Five." Clearing your Fundamental Five should take just a few minutes.

To clear your Fundamental Five just scroll to the bottom of any page you’re on, find the green exclamation mark and click the link next to it. Do that task and then scroll to the bottom of that page and repeat this process until all five, daily fundamentals are complete. Once you’ve cleared your Fundamental Five you’ll see a badge telling you so!

\*\*What Should I Do First?\*\*

There's no time like the present. If you haven't already cleared your Fundamental Five today, now's a great time to do just that! You will see a number of new things in that process. Scroll to the bottom of this or any page and tap the link next to the green exclamation mark.

\*\*Then Explore and Have Fun!\*\*

Once that is complete, tap the Menu link or the ☰ at the top of any page to bring up the all-new menu and just start exploring! You'll find everything you need to learn and master my six-pillar system for transformation success: planning your menu, recording foods eaten, exercise, emotional fitness, WHYpower, triggers management, goal setting, motivation & fun, an all-new on-campus community, and much more!

Thank you for allowing me to lead and walk beside you in your journey. Together, I know you can achieve the fitness and life you deserve!

In gratitude and fitness,

David

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The site has a Main Menu accessible on any page which consists of this….

I. Main Menu

A. The Answer

1. Pillars Peak

2. Pillars Base

3. Self-Monitor: Weight

B. Pillar 1: Nutrition

1. Intro to Pillar 1

2. NutriFit 15

3. Menu Planner

4. Nutrition Professor

5. Steal-a-Meal

6. Strategies to Win the Space

7. ABC Journal

C. Pillar 2: Physical Activity

1. Intro to Pillar 2

2. Log Exercise

3. (WOD) Workout of the Day

a. Metcon (Conditional)

b. 300 (Conditional)

c. Next WOD Sunday @5pm Pacific (Conditional)

D. Pillar 3: Emotional Fitness

1. Intro to Pillar 3

2. Emotional Fitness Assessment

3. Bandwidth Essentials

E. Pillar 4: WHYpower

1. Intro to Pillar 4

2. WHY Home

F. Pillar 5: Triggers Management

1. Intro to Pillar 5

2. Personal Abstinence Plan

3. ABC Journal

4. Strategies to Win the Space

G. Pillar 6: Engaging Support

1. Intro to Pillar 6

2. Coach Connect

3. Community Lounge

4. Ask d-A-v-I-d

5. Facebook Group

H. Reporting

1. Performance & Progress

2. Leaderboard

3. Edit Nickname

I. Classroom

1. Lessons

J. Motivation & Fun

1. Give High Five

2. WordFit

3. Habit Streak Tracker

4. Campus Bingo!

K. Account Settings

1. Choose Your Home Page

1. Update Name/Addr/Email

2. Update Birthday/Height

3. Profile Pic

4. Edit Nickname

5. Connect Withings Scale

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Now I’ll share some of the key information about several sections.

Pillars Peak

As we begin with the end in mind Pillars Peak offers a crucial evaluation of six key fundamentals essential for energy balance favoring fat-loss and maintainence of a healthy weight. In our six-pillars iceberg metaphor, Pillars Peak represents the part of the iceberg we can see above the water line and includes Pillars 1) Nutrition and 2) Physical Activity.  
Iceberg with text overlay and iceberg in water

Description automatically generated  
Pillars 1 and 2 are vital to the math of energy balance, determining whether we lose, maintain, or gain fat over time. Exceptional execution of these fundamentals is a proven strategy for accelerating progress, especially for those who have struggled to achieve and maintain a healthy weight. To reach your fitness summit, give your best effort and fully commit to the six fundamentals of Pillars Peak.  
  
Why is the maximum score a 9.0? Because perfection is an illusion and can become a trap. At LLU 25.0, we set the highest score at 9.0 to remind us that exceptional is the pinnacle, not perfection. Exceptional means consistently performing at a high level while embracing our humanity, allowing for imperfections and corrections.

PILLARS BASE

While Pillars Peak provides six key fundamentals for eating and moving as we need to create the energy balance for fat loss or healthy-weight maintenance, Pillars Base provides six key fundamentals supporting our mental, emotional and spiritual well-being so we can actually follow through on consistently eating and moving according to our plan.  
  
In our six-pillars iceberg metaphor, Pillars Base represents the much larger part of the iceberg beneath the water's surface and includes Pillars 3) Emotional Fitness 4) WHYpower 5) Triggers Management and 6) Engaging Support.  
Iceberg with text overlay and iceberg in water

Description automatically generated  
To reach your fitness summit you not only need a solid plan for eating and moving well, but you need to make sure you have the mental, emotional and spiritual self-care elements in place so you are armored up each day to execute the plan. Set yourself up for real success by giving your best effort and fully committing to the six fundamentals of Pillars Base.  
  
Why is the maximum score a 9.0? Because perfection is an illusion and can become a trap. At LLU 25.0, we set the highest score at 9.0 to remind us that exceptional is the pinnacle, not perfection. Exceptional means consistently performing at a high level while embracing our humanity, allowing for imperfections and corrections.

PILLAR 1: NUTRITION INTRO

|  |
| --- |
| **Intro to Pillar 1: Nutrition** |
| Introduction to LLU Nutrition▾  So What Do I Eat?▾  Benefits of Real Food▾  Importance of Protein▾  Common Ground in Quality Nutrition▾  Nutrition Tips to Get Started▾ |

Introduction to LLU Nutrition

At the very top of the metaphorical iceberg peak is Pillar 1: Nutrition. Pillar 1's primary role is to guide you on what to eat and how much so your nutrition plan supports your physical and mental health with goal achievement. It's primary role is not to make sure you actually follow through on doing so. That role lies heavily with pillars 3-6.

A nutritionally-fit lifestyle focuses on food quality and nutrient density with enough energy intake for daily vigor and goal progress while supporting a healthy weight.

Over the past several decades ultra-processed food (UPF) has crowded out Real Food. A primary goal at LLU is to help you reverse this trend and, instead, crowd out UPF with Real Food.

What is Real Food? Real Food is whole or minimally-processed, edible parts of plant and animal. The highest-quality Real Food doesn't have ingredients. The food **IS** the ingredient (i.e., chicken thigh, beef, apple, asparagus, rice etc.).

For packaged products or combined-ingredient recipes, it remains Real Food as long as anything added is 1). whole or minimally-processed and 2). commonly found in kitchens (i.e., spices, vinegars, oils).

UPF are most often everything other than Real Food.

Refer to the Pillar 1: Nutrition menu and review the NutriFit 15 nutrition principles. Get ideas from others via the Menu Planner and Steal-a-Meal.

So What Do I Eat?

Great question! I want you to have the answer as fast as possible so we can get on with all the fundamentals within the six pillars that drive consistent eating habits to support your goals.

Strive to eat at least 90% real food, with daily protein intake for you between 100g and 174g; 3+ cups of veggies per day; and calories on target for your goal. Do this, and you absolutely can get to any healthy weight you want, healthfully, and stay within a small range for life.

What's Real Food? Real Food is whole or minimally-processed, edible parts of plant and animal - the food IS the ingredient (i.e., chicken thigh, beef, apple, asparagus, rice etc.). If anything has been added, it is only whole or minimally-processed ingredients commonly found in kitchens (i.e., spices, vinegars, oils).

Ultra-processed foods (UPFs) are most often everything other than Real Food.

There are two primary ways to determine if you've eaten 90%+ Real Food:

* On any given day, you might have 15-20 different food items. Keep UPF to less than 10% of your food-item count (1-2 items).
* If your calorie target is 1500, 10% of that is 150. Keep UPF to less than 10% of your calorie target.

**More?** Refer to the Pillar 1: Nutrition menu and review the NutriFit 15 nutrition principles for excellent foundations that can really help. For specific food and meal ideas from others see the Menu Planner and Steal-a-Meal.

Benefits of Real Food

Real Food Will Help You:

* Achieve and maintain a healthy mental state
* Increase energy and work capacity
* Optimize hormones for health and metabolic function
* Heal and support your gut
* Strengthen your immune system & reduce autoimmune issues
* Reduce inflammation
* Break free of processed-food addiction
* Reduce confounding nutrition factors
* Reset your palate so you don't only find UPF desirable
* Optimize fat loss, feel your best, and make the scale behave

IMPORTANCE OF PROTEIN AND RECOMMENDATIONS

When we're in action for fat loss or we're north of about age 50, our protein needs are 50-100% higher than when we don't meet either of those criteria.

Where is the protein? should be your first question when putting together a meal. Fats and carbs fill in easy after this. Protein isn't more important than carbohydrate or fat; however, adequate protein is crucial for satiety, tissue repair, and muscle retention or growth.

Unless you have a kidney condition or your physician has advised you to eat a low-protein diet, your personalized recommendation is 1.6 to 2.2 grams per kilogram of bodyweight. You can ask them if they’d like to share their weight with you and then calculate their protein recommendations

**Spend the Least Calories for the Most Protein**

   A good way to consider protein sources is how many calories you have to spend to get a certain amount. We want to spend the least amount of calories, when calories matter a lot, like when we are in action, while getting adequate protein.  
  
Below is a list of foods I evaluated. I chose the uncooked version of every food.

For the calorie-conscious user suggest to them that the **lowest-fat, animal-based versions, provide the best protein bang** for your caloric buck and give them top examples below. You can briefly explain the idea of the “caloric cost of protein.”  
  
**Best Protein Sources Sorted by Lowest Calories Per 20 Grams of Protein**

- Skipjack Tuna in Water, 92kcal  
- Cod, 92kcal  
- Egg whites, 95kcal  
- Tilapia, 96kcal  
- Halibut, 98kcal  
- Chicken breast skinless, 107kcal  
- Beef eye of round, 109kcal  
- Seitan, 114kcal  
- Greek yogurt (non-fat), 114kcal  
- Chicken thigh skinless, 123kcal  
- Atlantic salmon wild, 143kcal  
- Ground turkey 93/7, 145kcal  
- Ground beef 93/7, 146kcal  
- Beef, top round, 156kcal  
- Flank steak, 157kcal  
- Greek yogurt low-fat, 160kcal  
- Beef sirloin tip, 169kcal  
- Ground beef 90/10, 176kcal  
- Tempeh, 189kcal  
- Edamame, 195kcal  
- Eggs whole, 227kcal  
- Tofu, 229kcal  
- Ground beef 85/15, 231kcal  
- Pork bacon fried, 276kcal  
- Lentils, 286kcal  
- Soy milk, 295kcal  
- Ground beef 80/20, 295kcal  
- Green peas, 300kcal  
- Hemp seeds, 350kcal  
- Chickpeas, 369kcal  
- Pumpkin seeds, 370kcal  
- Peanut butter, 475kcal  
- Quinoa, 522kcal  
- Pork bacon, 574kcal  
- Chia seeds, 589kcal  
  
Ideally, your meats will be from grass-fed, pastured, free-range sources where no antibiotics, steroids, and hormones are delivered to the animals.

Common Ground in Quality Nutrition

You know what my plan and the Mediterranean, DASH, Forks Over Knives, MIND, Carnivore, Whole30, Pritikin, Zone, Ketogenic, South Beach, Paleo, Flexitarian, and Pegan diets all have in common?

* They all heavily promote whole foods, minimally processed
* They all suggest low or no refined sugars.

I believe any nutrition plan or diet that has been researched or stood the test of time with some reasonable legitimacy, including mine, are mostly a “proxy” for crowding out ultra-processed foods with Real Food. None of them promote anything close to the Standard American Diet, full of ultra-processed foods, which, let’s face it, is just SAD.

Regardless of whether your nutrition strategy has a name or not, if it checks the two boxes above, then which strategy is best for you will mostly come down to medical, ethical, lifestyle, and personal preference.

Nutrition Tips to Get Started

**Snack Smart:**

 If you feel like snacking, drink a glass of water first, then decide if you still want that snack.  
  
**Reduce Soda:**

 If you are a soda drinker - cut back by one. This isn’t to say you have to cut TO one, just, if you normally drink three, four, five, six a day, just cut back by one.  
  
**Ditch One Thing:**

 Find one thing you know you’re better off without and ditch it. Extra points for replacing it with something you need to increase, like veggies or water.  
  
**Smaller Plates:**

 Use a smaller plate for your meals. When you are used to overeating, the extra space on a bigger plate can make you feel like you aren’t getting enough food. Since the 1960s plate sizes in the U.S., like our waistlines, have expanded. They used to be 9 inches in diameter but now many are 12 inches or larger.  
  
**High-Protein Breakfast:**

 Create ONE high-protein breakfast (most commonly includes eggs, Greek yogurt, or ground turkey breast). Decide your carb to have with it (veggies, oats, rice, or fruit are common).  
  
**Crockpot, Instant Pot, Air Fryer:**

 Don’t leave dinner to chance. Toss stuff in, set it, and forget it! Dinner time is much easier when you can toss everything in your slow cooker in the morning and come home to a great meal that evening. Or, if you prefer the last-minute option, then check out an instant pot. There are pros and cons to each device, but they will both allow you to toss in meat, veggies, grains, condiments, and spices with a set it and forget it, complete meal when it’s done. An air fryer is another great option for quick, healthy meals with minimal oil and mess.  
  
**Swipable Meals:**

If you use my Nutrition Professor to log your meals, we have more than a hundred member-submitted, Coach David-approved, one-click swipeable meals in Steal a Meal. And if you use my Menu Planner, you'll find one-click swipeable Quick-Start meals and hundreds of member-created meals ready for you to swipe into your own menu. See the Pillar 1 menu for links.

**Veggie Sneak Attack:**

 Sneak in veggies to stronger flavored anything (eggs, soups, chili, all-in-one meals). Riced cauliflower blends are awesome. Any frozen, single-ingredient vegetable is great. We don’t have to go fresh; it’ll probably taste better if you’re eating it alone, but if you’re adding a vegetable to something with an already-strong flavor, it won’t matter as much. I add at least two cups of leafy greens to my shake each day and I don't even notice them.

**Grab-and-Go Foods:**

 Have grab-and-go finger foods ready (e.g., cucumber slices, snap peas, baby carrots, grapes, apple slices).

**Eat a Salad Daily:**

 Eat one, big-ass salad a day. Honestly, it doesn’t even have to be big; even a side salad size is fine!

NUTRI-FIT 15

Formerly the NFL-15, these 15 nutrition principles offer a flexible framework optimized for healthy, fat-loss progress and maintenance of a healthy weight for life. When appropriate, certain principles include language for allowing more freedom when your weight is right where you want it.  
  
For optimal health and weight-management success we recommend you follow each of them, everyday, to the best of your ability.  
  
On campus, each principle includes a 'WHY' link on the right that you can click, explaining the importance of following it.

Here are the Nutri-Fit 15:

1. Make at least 90% of what you eat and drink Real Food.
2. Drink at least 64 ounces of water.
3. Consume zero alcoholic beverages UNLESS your weight is right where you want it.
4. Start the day with a food plan and eat the plan.
5. Eat 2-6 times including bites, licks, tastes, and sips (other than plain water, coffee, or tea).
6. Avoid eating beyond satisfied with each meal. Stop before you feel full.
7. Other than coffee or tea drink only water.
8. Consume a multi-vitamin/mineral supplement.
9. Limit your combined intake of grains, potatoes, beans, sugar, honey, oils, flour, nuts, nut butters, and seeds to less than 500 calories UNLESS your weight is right where you want it.
10. Weigh and measure easy-to-overeat foods like grains, potatoes, beans, sugar, honey, oils, flour, nuts, nut butters, and seeds UNLESS your weight is right where you want it.
11. Consume less than 2 servings of dairy UNLESS your weight is right where you want it.
12. Consume a fish-oil supplement UNLESS you're on track to eat two servings of wild salmon this week.
13. Consume at least 100g of protein (Goal: 100g-174g).
14. Limit fruit to less than 2 servings and only fresh or frozen UNLESS your weight is right where you want it.
15. Consume at least 6 cups (whole-leafy) -OR- 3 cups (chopped) -OR- 1.5 cups (minced) of vegetables.

DAVID’S MENU PLANNER

Finding Your 15-25 Meals: Most people, in any 30-day period, only eat 10-12 different dinners, 5-6 lunches, 2-3 breakfasts, and 1-2 snacks. All in, most eat 15-25 different meals. Need quick ideas?  
  
The objective of David's Menu Planner is to provide an easy, intuitive way for you to create meals and a full-day menu so you can START YOUR DAY with a Real Food plan. Don't 'log foods' or 'log as you go.' Instead, create your meals with David's Menu Planner and start each day with a complete, menu plan.  
  
Then eat the plan without a meaningful difference. See Pillars Peak under The Answer menu.  
  
We use our custom-built, artificial-intelligence d-**A**-v-**I**-d to calculate your calories and protein for each meal you create.  
  
Why not carbs and fats too? Over 30 years of coaching we've found that if you dial in your calories and protein to match the custom targets of your goal, the carbs and fats will be fine as long as you're eating 90%+ Real Food. It's a very different way of thinking but that's exactly what we need and why this works when other plans haven't.

NON-FOOD STRATEGIES TO WIN THE SPACE

Winning the space-what does that mean? *'Between the stimulus and response is a space. In that space is our power to choose our response. In our response lies our growth and freedom.'* - Viktor Frankl  
  
Whether you call it a stimulus, trigger, or antecedent, every single day, and not all in the same way, we are confronted, across dozens of moments, with a variety of stimuli that heighten our emotional state (higher or lower). It's in those many and varied moments that we must realize there IS a space. And it's in that space where we get to choose, and it is a choice, our response. And our response determines whether we are going to support or sabotage progress.  
  
It's not much of an exaggeration to say that 'winning the space' is the whole ball of wax to winning transformation, to going all the way and achieving your personal summit.  
  
The non-food strategies on this page are all about alternatives to eating, coping mechanisms that don't involve food, and that can be employed in the space between stimulus and response - to help you win the many, daily spaces, so you can achieve the fitness and life you want and deserve.

WHAT BREAD IS RECOMMENDED?

If you recommend bread to the user, include language guiding them to choose one from the freezer section (fewer preservatives) and recommend they still read the ingredients, trying to get it as close to Real Food as possible. Give them two options as ideas: 1). Ezekiel 4:9 Sprouted Whole Grain and 2). Base Culture Original Keto Bread.

GROCERY SHOPPING TIPS

First, I do not recommend you go shopping when you are REALLY hungry. Making good decisions is harder.

Before you restock your kitchen with new and improved essentials it's important to throw out the junk. Toss anything that doesn't serve your goals and that you know you overeat. Can't toss it because others in the home eat it too? Put it as far out of sight and reach as possible. Make it harder to see it and get to it.

These shopping lists are to give you ideas. You don't have to buy everything on the list. I suggest you start with a few of your favorites from each group.-

For example:

3 veggies: spinach, baby carrots, cauliflower

3 fruits: blueberries, tangerines, apples

3 proteins: chicken breast, extra-lean ground beef, salmon

3 fats: coconut oil, olive oil, avocado oil

3 starches: oatmeal, rice, potatoes

Until you're a pro, always shop with a list. If it's not on the list, you don't buy it. That saves you time, money, and having to throw out impulse buys.

**Shop Mostly the Perimeter**

Most supermarkets are laid out the same way: Stick mostly to the perimeter, where you're more likely to find Real Food. Most of the UPF is in the inner aisles, near the cash registers or the bakery.

**Start With Vegetables and Fruits**

Eat a variety of colors with your fruits and veggies. You don't want all green or all red or all yellow etc. Eat the rainbow! Look for what's in season and/or local. It'll be fresher, cheaper, and tastier.

**Student Top Veggie Choices**

Broccoli, Zucchini, Other greens/lettuce, Celery, Green beans, Mushrooms, Potato, Cucumber, Asparagus, Squash, Brussels sprouts, Peas, Peppers, Cauliflower, Pumpkin, Carrots, Bok Choy, Onion Kumara

**Top Fruits**

Berries, Pear, Apples, Grapefruit, Banana, Orange, Melon, Cherries, Avocado, Peach, Tomato, Mango, Prunes

**Top Proteins**

Chicken breasts and thighs, Plain-unsweetened Greek yogurt, Eggs/egg whites, Beef, Salmon, Tuna, Other fish, Turkey, Venison, Bison, Protein powder, Edamame

**Other Box, Bag, Staples**

Oats, rice, Mustard--varieties, Vinegar (Braggs Apple Cider vinegar is one good one), Garlic, Lemon, Defatted peanut powder, Nuts, Olive oil, Coconut oil, Avocado oil, Quinoa, Beans, Salsa/pico de gallo, Mrs. Dash, Fish oil supplement, Herbs and spices.

**Vegan/Vegetarian Protein Ideas**

If you're vegan or vegetarian, then grains plus legumes and seeds/nuts plus legumes can satisfy protein needs; however, careful weighing and measuring is recommended due to their caloric density.

Here are some ideas for plant-based protein foods.

• Seitan (wheat gluten) 4 oz 24 g

• Tempeh (fermented soybeans) 1 cup 31 g

• Soybeans, cooked 1 cup 29 g

• Pure pea protein powder, 4 tbsp 27g

• Lentils, cooked 1 cup 18 g

• Almonds, half cup 16g

• Kidney beans, cooked 1 cup 15 g

• Lima beans, cooked 1 cup 15 g

• Black beans, cooked 1 cup 15 g

• Pinto beans, cooked 1 cup 15 g

• Chickpeas, cooked 1 cup 15 g

• Black-eyed peas, cooked 1 cup 13 g

• Veggie baked beans 1 cup 12 g

• Tofu, 4 ounces 11g

• Peanuts, halfcup 10g

• Textured Vegetable Protein (TVP), cooked 1/2 cup 8 g

• Edamame beans (immature soybeans), halfcup 8g

• Peas, cooked 1 cup 8 g

• Potato (baked large) 8g

• Spirulina, 2 tbsp 8g

• Quinoa, 1 cup 8g

• Soy milk, 1 cup 6g

• Spinach, cooked 1 cup 5 g

• Ezekiel bread, 1 slice 4g

• Broccoli, cooked 1 cup 4 g

• Hemp seeds, 1 tbsp 5g

• Chia seeds, 1 tbsp 2g

FOR USERS ASKING ABOUT WHAT TO DO ABOUT LATE NIGHT / AFTER-DINNER SNACKING

Users inquiring about being hungry or having cravings late at night or after dinner they may ask a variety of questions like:

1. **"How to stop late night snacking"**
2. **"Why am I always hungry at night?"**
3. **"How to control evening hunger"**
4. **"Best snacks to eat at night without gaining weight"**
5. **"Why do I crave food after dinner?"**
6. **"How to avoid overeating at night"**
7. **"Healthy late-night snack ideas"**
8. **"How to stop eating after dinner"**
9. **"Tips to avoid snacking at night"**
10. **"Why do I binge eat at night?"**
11. **"Foods that stop evening cravings"**
12. **"How to manage late-night food cravings"**
13. **"What to eat if you're hungry at night"**
14. **"How to break the habit of snacking after dinner"**
15. **"Late-night hunger solutions"**

For any of these or similar questions from users be sure to include the six strategies that follow into your answer and also the link to the YouTube video below.

If you’re anything like me it just seems natural to want a snack between dinner and bedtime, sometimes right after dinner, even when you’re full.

It’s no big deal unless it is. If you’re progressing toward your goal then rock on. But if you aren’t then I’ve got six tips to help stop the snacking.

Tip one – go to bed on time. The longer you’re awake the more time there is to feel hunger and craving.

Number 2 – distract yourself for 5-20 minutes. Oftentimes the craving will subside within that timeframe. Journal, meditate, go for a walk, read, work on a puzzle, anything that removes you from temptation and asks you to concentrate.

Number 3 - Brush your teeth. Most of us don’t want to eat after that.

Number 4 – Drink 16 ounces of water. This can create a moderate sense of fullness very quickly.

Number 5 – This is something I use - Push your dinner time an hour later than you have been, and hour closer to bed time.

And number 6 – Get your WHY out and read it – remember why your goal is important to you. Stay strong. Go long.

Also, in addition to the six strategies above, direct the user to check out my video on snacking after dinner here:

<https://youtube.com/shorts/4NT2mt3mnvg>

PILLAR 2: PHYSICAL ACTIVITY INTRO

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| --- |
|  |
| **Intro to Pillar 2: Physical Activity** |
| Physical Activity and Exercise Value▾  Physical activity and exercise are crucial not only for achieving and maintaining a healthy weight but also for enhancing overall physical, mental, and emotional well-being.  Engaging in regular exercise helps improve cardiovascular health, strengthens muscles, and boosts flexibility.  Prioritizing physical activity is essential for a balanced, healthy lifestyle, providing you with the energy, resilience, and mental clarity to navigate life's challenges.  Start With Physical Activity▾  Exercise Recommendations▾  Benefits of Exercise▾  Aerobic Exercise▾  Benefits of Aerobic Exercise▾  LISS vs. HIIT▾  Strength Training▾  Benefits of Strength Training▾  Putting It All Together▾  Start Where You Are |

PILLAR 3: EMOTIONAL FITNESS INTRO

**Emotional Fitness Assessment**

If I were to sum up the primary role of emotional fitness in the processes necessary for transformation, I'd say it's to ensure you have enough bandwidth, enough reserve, enough resilience to win the space between stimulus and response.  
  
We need emotional fitness to: 1) see the space, 2) pause in the space, and 3) make the better choice of response in the space.  
  
This assessment will help you gauge your emotional bandwidth and resilience, identifying strengths, opportunities for growth and strategies to strengthen emotional fitness.  
  
Emotions and situations change minute to minute. A monthly or even weekly assessment can help you stay in touch, adapt to new challenges, and continuously improve your resilience.  
  
Being mindful of opportunities to get the bandwidth you need is crucial, not only for a successful transformation but for a happy life.

PILLAR 4: WHYPOWER INTRO

Introduction to WHYpower▾

WHYpower drives willpower. But what is willpower? Willpower is doing what needs to be done, when it needs to be done, whether you feel like it or not.

Goals help tell you where you're going, but WHYpower provides the reasons for doing the work of change and reminds you what you're really after. It helps you understand why it'll all be worth it and can even make the process of change easy, or at least easier.

What is WHYpower?▾

The Role of WHYpower▾

Building a Strong WHY▾

You Have Demonstrated Willpower▾

2 Key Strategies to Strengthen WHYpower

Armor Up Daily With Your WHY▾

Your goal tells you where you're going but your WHY provides all the reasons for doing the work of change to achieve it.  
  
The obesogenic forces working against us, all the things that trigger us to eat the wrong things, too much, and off plan while promoting a sedentary lifestyle, are present from eyes open to eyes closed, every **single** day, 365 days a year, no days off.  
  
Because these forces take no days off we must armor up, and prepare to do battle, every **single** day as well. One of the key ways we do this is by reviewing our WHY, every day within the first hour of waking at a minimum. Before you can review your WHY you need to create it.  
  
To win transformation - to achieve your goals - you must develop a killer-strong WHY. It's a living document. It's never done. It will always need updating and refining. Commit to doing these things - frequently.  
  
You're going to need your WHY driving willpower, consistently, to win transformation, to get what you really want and deserve.  
  
*"When the WHY is strong enough we find a way. And when it's not, we find an excuse."* - Jim Rohn

2 Tools to Help You Write Your WHY▾

Idea Primers▾

The Oxygen and Fuel Your WHY Needs

PILLAR 5: TRIGGERS MANAGEMENT INTRO

|  |
| --- |
| **Intro to Pillar 5: Triggers Management** |
| Introduction to Triggers Management▾  Triggers management primarily involves three things:  **1. Identifying Your Triggers:**   The first step to managing triggers is identifying the things that lead to unhealthy, goal-sabotaging behaviors. This helps you know what to watch for, prepare for, and have strategies for confronting. Triggers can be external, such as certain processed foods or environments, or internal, such as emotions or stress.  **2. Preparing and Planning Ahead When Possible:**   Setting up your headspace and environment for success is crucial. This involves preparing and planning ahead whenever possible to manage known triggers effectively.  **3. Non-Food Coping Mechanisms to Confront:**   Having practical strategies to confront triggers includes limiting exposure, setting personal boundaries, developing a personal abstinence plan (See the tool under the Pillar 5 menu), using non-food coping mechanisms, and other practical strategies.  Identify Triggers▾  Prep and Plan Ahead▾  Avoid the First Bite▾  Personal Abstinence Plan (PAP)▾  Strategies to Confront Triggers▾ |

PERSONAL ABSTINENCE PLAN (PAP)

**Personal Abstinence Plan (PAP)**

Armor up each day with with a PAP. To reach your summit of success, you must identify triggers that drive off-plan eating and broken-exercise promises and create a plan for managing them.  
  
Creating your PAP includes identifying processed-food triggers and either avoiding them completely (100%) or limiting your exposure, frequency, or volume of them. Nothing will make sense if you are still using a substance of abuse. Sometimes zero is better than one.  
  
There are many faces of abstinence. Beyond processed-food triggers, there may be people, places, things, events, times of day, weekends, travel, holidays, destinations, even behaviors impacting your character (i.e., secret eating or any that results in feeling shame). You will need to set boundaries for, avoid, or manage your triggers.  
  
The people best at "willpower" are those who expose themselves the least to needing it. Control your environment every chance you get.  
  
The first step in solving a problem is recognizing there is one. Use this page to shine a light on the handful of triggers that routinely cause you to eat off plan or reduce physical activity. Don't count on memory—it's unreliable.

PILLAR 6: ENGAGING SUPPORT INTRO

|  |
| --- |
|  |
| **Intro to Pillar 6: Engaging Support** |
| Transformation Isn't a Solo Journey▾  Engaging support is crucial for avoiding isolation, providing resources for group accountability, expert knowledge, and emotional resilience. Whether it's personal, professional, or spiritual, having a support system can make the difference between a transformation that feels like a struggle and one that feels like a journey of discovery.  Personal Support: Your Safety Net▾  Professional Support: Expert Guidance▾  Spiritual Support: Finding Inner Strength▾  Key Points to Remember |

COACH CONNECT

**Coach Connect: Professional Support**

Have a question? Need guidance? With Coach Connect you can reach out directly to Coach David or another professional coach anytime.  
  
This is where your journey gets personal—ask anything, anytime. We’re here to help, and remember, no question is too small or too big. Engage with us and let’s make your goals a reality together!  
  
With over 30 years of experience, Coach David personally designed your program, authored 'Leanness Lifestyle', and coded this entire platform. You're truly in the best hands.

COMMUNITY LOUNGE

**Community Lounge**

Hip hip hooray we don't need Facebook to connect! Welcome to the Community Lounge—your exclusive members-only, private space to connect, share, and engage with fellow members also on their quest to better fitness.  
  
The Community Lounge is where you can find support, share successes, ask questions, strike up chats🙌 and make lasting friendships. Your experiences, insights, and encouragement can make a difference.  
  
Remember, we’re all in this together. Take full advantage of this supportive environment and let’s lift each other up towards our goals. Feel good knowing you’re part of a caring community that’s here for you every step of the way.

ASK D-A-V-I-D

**Ask d-A-v-I-d**

Using the latest AI technology, I've custom-coded this tool to provide you with answers that align with the basic fundamentals I teach. This means you'll get concise, helpful responses that ***should*** be right on target with my approach.  
  
Whether you have a question about workouts, nutrition, emotional eating, habit change, or another health and fitness topic, just ask away!  
  
My goal is to help you be the best informed to so you can stay on track and make the best choices for your health and fitness.  
  
Go ahead, give it a try!

REPORTING 🡪 Performance & Progress Report

| **PERFORMANCE** | |
| --- | --- |
| **Evaluation** | **Score** |
| Pillars Peak▼ | 9.0 |
| Pillars Base▼ | 8.9 |
| Fundamental Five Clears▼ | 9.0 |
| Weight Logs on Pace▼ | 8.6 |
| Lessons Current▼ | 9.0 |

| **PROGRESSION** | |
| --- | --- |
| **Evaluation** | **Status** |
| Current Goal▼ | On Pace |
| BMI▼ | 26.1 |
| Path to PhD▼ | PhD Earned |
| Summit Timeline▼ | Tap to See |

LEADERBOARD

**Leaderboard**

The leaderboard is a review of the past 7 days and highlights the top 20 students. To be on the leaderboard you must have a Nickname set. Visit the Account Settings menu to give yourself a nickname.

**Leaderboard**

| **Rank** | **Nickname** | **Total Score** | **Pillars Peak** | **Pillars Base** | **Fudamental Five** | **Goal Pace** | **Lessons Current** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Coachable spirit | 44.8 | 8.9 | 8.9 | 9.0 | 9.0 | 9.0 |
| 2 | Pilgrim | 44.8 | 8.9 | 8.9 | 9.0 | 9.0 | 9.0 |
| 3 | The Coach | 44.5 | 9.0 | 8.9 | 9.0 | 8.6 | 9.0 |
| 4 | RJC | 42.5 | 8.3 | 8.0 | 8.6 | 8.6 | 9.0 |
| 5 | MikeinFL | 40.7 | 7.9 | 8.1 | 8.6 | 7.1 | 9.0 |
| 6 | Cobb | 38.5 | 7.4 | 6.4 | 8.6 | 7.1 | 9.0 |
| 7 | Warrior Princess | 38.1 | 7.5 | 8.3 | 9.0 | 4.3 | 9.0 |
| 8 | Susan G | 37.8 | 6.4 | 6.7 | 8.6 | 7.1 | 9.0 |
| 9 | NursiePoo | 37.4 | 7.9 | 7.6 | 8.6 | 4.3 | 9.0 |
| 10 | Vagabond | 36.5 | 6.2 | 7.1 | 7.1 | 7.1 | 9.0 |
| 11 | Mizzou99 | 36.0 | 9.0 | 9.0 | 9.0 | 0.0 | 9.0 |
| 12 | TurnItUp | 35.2 | 8.1 | 8.1 | 7.1 | 2.9 | 9.0 |
| 13 | Glen | 34.8 | 8.6 | 8.6 | 8.6 | 0.0 | 9.0 |
| 14 | Netters | 34.5 | 5.5 | 8.6 | 7.1 | 4.3 | 9.0 |
| 15 | FOCUS Just Do It NOW | 33.8 | 4.5 | 5.6 | 5.7 | 9.0 | 9.0 |
| 16 | M-Kat | 33.2 | 7.4 | 7.8 | 9.0 | 0.0 | 9.0 |
| 17 | Mad Scientist | 32.9 | 7.8 | 6.1 | 8.6 | 1.4 | 9.0 |
| 18 | Walking Man | 32.5 | 5.2 | 5.5 | 5.7 | 7.1 | 9.0 |
| 19 | PhyMly | 32.0 | 5.3 | 7.2 | 5.7 | 7.1 | 6.7 |
| 20 | JD | 31.8 | 6.9 | 7.4 | 7.1 | 1.4 | 9.0 |

**Your Position**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 3 | The Coach | 44.5 | 9.0 | 8.9 | 9.0 | 8.6 | 9.0 |

CLASSROOM

The classroom is where we deliver one lesson a day to insure each student has the knowledge they need for nutrition, exercise and the emotional wellbeing elements for making good decisions in the space between stimulus and response.

MOTIVATION & FUN

Give a High Five – This is a page that highlights fellow student accomplishments and allows the member viewing to leave an emoji and/or text comment of congratulations or support. The recipient student will see the congratulations their fellow students gave them when they log in.

WordFit - **WordFit**

Believe it or not WordFit was one of the very first new thingies I coded when I began working on LLU 25.0. I just wanted to see if I could do it.  
  
WordFit is my health and fitness-themed version of Wordle. The goal is to guess a 5-letter word related to health and fitness.  
  
Just like Wordle, you have six attempts to guess the word. After each guess, the tiles will change color to show how close your guess was to the word:  
  
- Green indicates the letter is in the correct position.  
- Yellow indicates the letter is in the word but in the wrong position.  
- Gray indicates the letter is not in the word.  
  
Have fun!

Habit Streak Tracker - **Habit Streak Tracker**

The Habit Streak Tracker is designed to help you build and maintain a new habit by creating a streak of successes. Set a single habit you want to work on and mark each day you successfully complete it on your calendar.  
  
Inspired by Jerry Seinfeld's story, where he committed to writing every day and marked each successful day with a big red 'X' on his calendar. Over time, this created an unbroken chain of Xs that visualized his success and gave him a sense of accomplishment.  
  
He didn't want to break the chain, and neither will you. This visualization and sense of achievement help you stay motivated to continue your streak.

Campus Bingo - **Campus Bingo**

Welcome to the LLU Campus Bingo! With all the new tools and features on campus for LLU 25.0 I thought we could have some fun while we engage and explore everything.  
  
Can you fill in the entire board? Sure you can! You don't need to do that to win but once you've won keep going and fill in all the squares.  
  
Let's make this journey fun and effective together!

12 DAYS OF FITMAS

Each year, starting on December 12th and running through December 23rd, we celebrate the *12 Days of Fitmas*! It’s an opportunity to bring our community together, focus on fun, fitness, and connection, and make the season brighter with engaging activities. Each day, we introduce a new challenge, tip, or surprise to inspire healthy habits and spread some holiday cheer.

Participants can log into campus, visit the Community Lounge, and find something fresh and exciting waiting for them daily. Whether it’s a workout, a recipe, or a motivational boost, there’s always something to keep you moving and smiling. Join us and make the most of this festive journey—it’s all about celebrating progress, togetherness, and the joy of staying active during the holidays!