

6 WEEK FITMAS CHALLENGE



BLUE PRINT



SPEEDFIT MANDURAH

INTRODUCTION

Welcome to your Blueprint. This blueprint has been designed to keep you on track and accountable throughout the next 6 weeks. We have made sure it is easily fit into your lifestyle and can be followed even easier.

There are 3 compulsory components to this blueprint and the 4th component is an added extra if you are looking to really make a difference. The last page is a recently added bonus resource so make sure you check that out also.

Make sure you read each component and understand it clearly, if you need guidance on a specific area just reach out and we will help you out.

This is a challenge, it is not meant to be easy, we want to see you get out of your comfort zone a little bit to show yourself that you CAN do it. Each component makes up a super important pillar for success.

If you are ready to rock, please read on.

-Team SF Mandurah

MY SPEEDFIT GOAL

FITMAS CHALLENGE



START DATE :

DURATION :

END DATE :

START WEIGHT :

GOAL WEIGHT :

FINAL WEIGHT :

RECOMMENDED CALORIES:

HABIT

NEW HABITS TO BUILD

-
-
-
-
-

BAD HABITS TO CUT

-
-
-
-
-

MEASUREMENTS

	START	END
KG		
BF%		
SMM		
BF KG		

MOTIVATION/BIG WHY

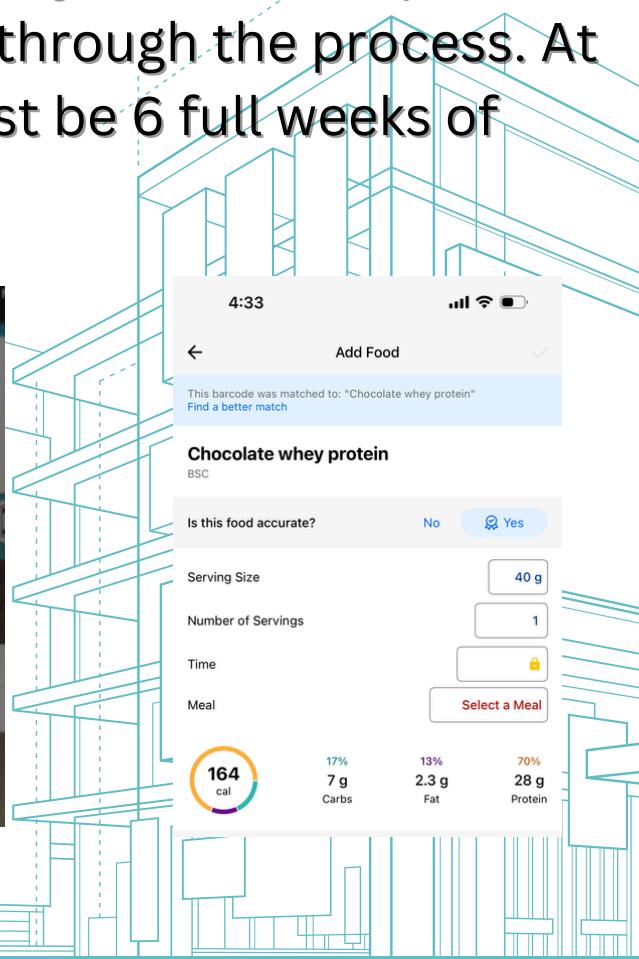
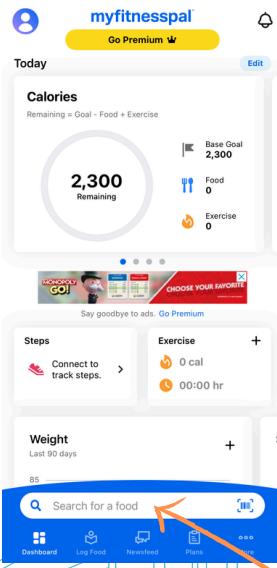
NOTES

COMPONENT ONE

* COMPULSARY *

YOUR MEAL GUIDE & CALORIES

We are starting off with one of the most important Components. By now you shall have received your meal Guide and calorie breakdown for your recommended calories. The first part of this blue print is tracking your calories EVERYDAY and ensuring you do not eat over or too far under your recommended amount. You will be using MyFitnessPal to log everything you eat every day. If you are unsure how to log and track your calories please ask for help and we will guide you through the process. At the end of the challenge there must be 6 full weeks of calories logged. Yes EVERY DAY!



notes



COMPONENT TWO

* COMPULSARY *

10,000 STEPS 3 DAYS A
WEEK

Now during your weekly sessions you know we have your back, we will push you hard and make sure you are doing the hard work in the studio. To help with the process and to ensure you have time to stay focused and have some time to yourself for mental health. You MUST be walking minimum of 10,000 steps on 3 of the days you are not with us in the studio. If you see us on Tuesday and Thursday you can be walking Monday, Wednesday and Friday for example. To track this you can either use an app on your phone, or get a step counter for \$30 from Rebel. 10,000 steps equates to about 5km and can take about 45 mins - 1hour.

We need to see at least 3 days of 10,000 steps tracked!

When we send our weekly check in emails you need to respond to the email with your proof of last weeks steps, or explaining why you didn't complete the task.

notes



COMPONENT THREE

* COMPULSARY *

X2 WEEKLY SPEEDFIT SESSIONS

This is where the magic happens. During your SpeedFit sessions we are going to focus on pushing you harder and harder each session to ensure you are out of your comfort zone and making constant progress. During your sessions you will be stimulating up to 92% of your body's muscles at the same time, which is going to require a lot of energy from your body and is going to burn a crazy amount of calories in the process, think of doing a push up, sit-up, pull up, lunge, and row all at the same time as doing your walk. You do have the option of doing strength or cardio session, a mixture of both is recommended but this is your preference.

12x Sessions over the 6 week period MUST be completed!

We get to keep track of this one, so we will know if you have completed your sessions or not and we will hold you accountable!

notes



COMPONENT FOUR

* OPTIONAL *

7 - 8 HOURS OF SLEEP

This will help your body in recovering faster and allowing you to make quicker progress without feeling so tired and unmotivated

3L OF WATER PER DAY

This will help keep your body hydrated and maintain your performance throughout this challenge. This will also help flush out bad toxins in your body and aid in recovery.

END OF WEEK WRITTEN RECAP

This will help you get a clear understanding of how you are feeling and the progress you are making. Spend 15 minutes on a Sunday night writing about how you feel the week has gone for you. At the end of the 6 weeks you will have a timeline of your progress, with week to week updates. This will give you a great understanding of yourself

WEEKLY EMAIL TO US ON PROGRESS

Send us a weekly email on how you feel your performance is going, if you are having any set backs or challenges and how you think we can help overcome these barriers. Most people won't ask for help, but you will progress fast if you do.

notes



BONUS RESOURCE

BELOW YOU WILL FIND A QR CODE TO SCAN. WHEN YOU SCAN THIS QR CODE YOU WILL SEE A TIMELINE WE CALL OUR FUTURE YOU JOURNEY. THIS HAS BEEN DESIGNED SPECIFICALLY FOR OUR 6 AND 8 WEEK CHALLENGES SO THAT YOU CAN TRACK ALONG WITH YOUR JOURNEY AND HAVE A BIT OF AN IDEA OF WHAT YOU SHOULD BE EXPECTING ALONG THE WAY.

OUR AIM HERE IS TO BRIDGE THE GAP BETWEEN EXPECTATION AND REALITY FOR YOU, IF YOU CAN HAVE A CLEAR UNDERSTANDING OF WHAT EFFORT YOU NEED TO PUT IN TO RECEIVE A CERTAIN OUTCOME IT WILL HELP YOU STICK TO THE PROCESS AND TRUST THAT YOU ARE ON THE RIGHT TRACK. IF YOU FIND YOU AREN'T MATCHING UP WITH THE JOURNEY - THAT IS WHERE WE WANT YOU TO RAISE THAT WITH US, SO WE CAN DIVE DEEPER INTO WHAT ISN'T MATCHNG UP WITH YOUR PROGRESS.

SCAN ME

