

# The Future You Journey

Internal - External - Permanent

# SPEEDFIT

THE SMARTER WORKOUT ▶

Lifestyle Changed  
**BETTER VERSION OF YOU**  
New Friends  
New You  
Full Confidence



Others Notice  
Changes Happening  
**FEELING MOTIVATED**  
Habits Sticking

Feel Good  
A Bit Sore  
Building Habits  
**POSITIVE**  
MORE ENERGY

**LOOKING BETTER**

**FEELING BETTER**

Where Are You Now?



## **YOUR FIRST 6 WEEKS**

This is the crucial part to your journey. This is where we dive into your goals and find out why you are on this journey in the first place. Once we piece this together and you start training it becomes real and your motivation will skyrocket. During this 6 weeks if you do everything you need to be doing you'll hit your first Milestone! We'll track all of this on our in depth Body Scanner for you to see your progress as well.

## **THE 12 WEEK MARK**

By the 12 week mark you will find the habits you once struggled to build will start to become second nature and during this period we are making sure you are still progressing as you did in your first 6 weeks. This is where you will start to see more visual changes in your body.

## **THE BODY AT 15-20 WEEKS**

At week 15 -20 your body will start to adapt to your new lifestyle and when it does, progress may slow down and you'll find your self hitting a plateau. This is normal, but if you're not prepared for it, it can make you lose motivation and want to quit. So we dial in with nutrition a bit more and up the intensity with your training to break through this plateau, that way we can continue on the path to your big goal.

## **THE 30 WEEK MARK**

By now you have gone through ups and downs in your journey, you've built new habits. You've had decreases in motivation, you've over come plateaus, this makes you so much more aware of your body and where you are at in your journey. During this phase we are adding to your sessions to keep you pushing, we are also doing more check ins on the scanner to ensure you are still on track with your big goal.

## **THE 40 WEEK MARK**

This is where you'll look back on your progress and do some self recollection, maybe you hit your goal weeks ago and you're now needing to reassess and change a few things up. Maybe you want to add in an extra weekly session to really take things to the next level to fast track yourself to that goal. Here we are dialing in and stepping things up a notch to ensure we don't slow down and get complacent.

## **52 WEEKS AND BEYOND**

This is where we celebrate! You've put your all into achieving your goals and it's paid off. What felt like something unachievable a year ago you've now achieved! We will do another scan to show you just how far you've come and we reassess your goals to see if they have changed. maybe you've lost the body fat you wanted and now our new main focus is gaining muscle.

# YOUR TURN!

If your health and fitness is as important as you say it is then this exercise will help you in becoming the best version of yourself. All you need to do is fill in the spaces below with everything that relates to you and we've already mapped out what we will be working on together! Have fun with it and the more you write down, the more powerful it will be.

What is your big goal? Be as specific as possible and include dates you'd like to have achieved this by.

Why is this goal so important to you?

What do you think may get in the way of achieving this goal?

What has stopped you from achieving this goal in the past and do you think this is still an obstacle?

What would you like your health and fitness to look like in 1 year?

# WELL DONE!

If you have read through and filled in all the blank spaces you are part of the rare few that actually follow through with things. This means you're our kind of person. This also shows how invested you are in your health and fitness, so when you do achieve that goal you have written down (you will achieve it), it's going to feel ohhhh so good!

Now that you have that awareness in yourself and in what you are aiming to achieve, all you need to do now is take that first action step. Book in for your intro session so we can go over these goals with you and put everything into practice! So, before you close this off and get back to your busy lifestyle, text us back, email us or call us, so we can book you in and we can get you started on becoming your future you.

We can't wait to be on this journey with you!

From Your SpeedFit Fam  
Kaito, Lachy, Rory, Cal & Tas

