



M A N D U R A H

FUTURE YOU FAST TRACK

TICKING OFF MILESTONES FAST



TRACKING & TRAINING



OUR APP

Use our SpeedFit app to keep track of your next session (If we book the same time every week for you it keeps it a lot easier for you). You can also reschedule using the app.

CHECKING IN & TRACKING

Doing a body Composition scan early on in your journey will give us a baseline to track your progress. It will also give you important information on nutrition so you can hit the ground running.

This will also allow us to make changes if necessary. We care about your progress, results & experience and the more we know and understand about your journey, the more we can guide you.

Moving forward we will also track your body composition every quarter to ensure you are making progress. This allows us to make changes if we need to or celebrate the wins with you as you tick off your milestones!



EMAIL/PHONE CHECK INS

We want to make sure you are succeeding in your journey. There will be barriers that pop up along the way and it's our job to be there for you to help you overcome these obstacles. We'll check in with a phone call to see how you are tracking and if you are busy we will follow up with an email for you to reply at a more convenient time. To get the most out of these check ins we would love for you to be honest and open with your progress. If you're on track and nailing it what is working well? If you are struggling a little bit, we want to know what we can do to bridge that gap. Your success is our success.



YOUR RESOURCES

THE PODCAST

our very own Podcast! Now, It's important to always be aware of where you are at and where you are trying to get to and what needs to be done in between. There a lot of little gems and light bulb moment triggers in this podcast that will help you along your journey. Scan the QR code and have a listen for yourself.



Scan Me



PRIVATE FACEBOOK GROUP

Stay connected with the entire SpeedFit Mandurah family in our private members only Facebook Group. Here we share content that will help you along your journey, recipes, tips and tricks for maximising results and more. It is highly likely there is someone in the exact same boat as yourself and chatting to others going through the same thing will help you stay accountable and allow you to bounce ideas off each other. We find those that are the most engaged achieve the most results, it's awesome!

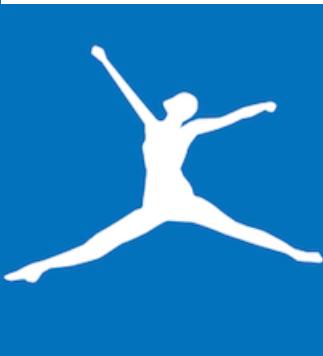
Scan Me



MYFITNESSPAL

You will see in-depth instructions into how to use this app to track and help stay on top of your nutrition, for now make sure you have downloaded it and created a profile as it's super important to at least now how many calories you average each day to be able to set up a proper nutrition structure. Once you have made a profile, familiarise yourself with the lay out. the main things you will want to understand are:

- How to input calories/food items
- How to check the Macro breakdown
- How to track remaining calories and macros





STEP 1: WHAT ARE YOUR GOALS?

Now we get a little interactive and you get to think a little bit and create the perfect vision of where you're heading. We all want to be healthier, lose weight and tone up. It's deeper than that though wouldn't you agree? The aim here is to find a deep meaning behind your goal, this keeps the fire burning even on the days you don't want to keep pushing (it happens).

If you know your goal and reason why - Boom! Please write it down and always have that in your mind. Especially when you have those days where the motivation is low. If you don't have a clear goal or reason why - try this:

The 'WHY' METHOD is an exercise to get you thinking really hard about the reason you are on this journey in the first place. You know when a child asks you a question and then every answer you give they say "but why?" and then you have to get deeper and deeper into the reasons why before you feel like there's nothing else left and you say "Because I said so". Well the 'Why Method' is very similar to that.

Exercise:

Ask yourself this question: "What would make me feel more confident?" Say it out loud and then you keep asking yourself why.

Lets run through an example together:

My Goal: To lose 20kg.

Why do I want to lose 20kg?: So I can fit into the clothes I've had for a while that don't fit me at the moment.

Why do I want to fit into those clothes? So I can look and feel as good as I did when I fit into those clothes.

Why do I want to look and feel as good as I did back then? Because I was confident and happy in my own skin.

Why do I want to feel confident and happy in my own skin? So I don't have to feel like I'm always being judged and I can live my life the way I want to live it.

BOOM!

When I'm having my tough days I know what I need to focus on to keep pushing forward. Without that goal and the emotion behind that goal it wont feel as important as it really is. This can get pretty emotional if you have never really sat down and asked yourself these questions. You will learn a lot about yourself.



TURNING GOALS INTO HABITS

Now that you have your big goal in your head we just need to break it down a little bit. This is the 'how to get there' process. It's all good and well to have the 10kg goal for example, but if you aren't sure what it is you need to be doing to get there it's like you're driving with a blind fold on. You won't know if you are going the right way and you're highly likely to hit a wall.

So, all we need to do to break this down is to find the habits we need to be doing daily/weekly that will guarantee our success.

Lets use my example of 10kg. Whatever your goal is whether its, total kilos to lose, fat loss, muscle gain you can follow along with this process, just replace my goal with your goal.

I break down my overall goal into weekly habits and then I can break that down even more into daily habits if need be. So for my example of 10kg I need to work out the healthy amount of weight I need to lose per week. 0.5kg is the goal as this will allow me to gradually lose kilos and body fat whilst maintaining my muscle mass.

So now my big goal of 10kg is now only 0.5 kg a week and I'm good to go! Now to break this down even further, what do I need to do daily to guarantee I'll lose 0.5kg each week?

1. I eat the right amount of calories per day! (Read nutrition 101)
2. Reduce the amount of stress my body experiences: higher quality sleep, meditation, work- life balance
3. Exercise: My weekly SpeedFit sessions. To help even more I'll aim for 10,000 steps per day (5km)
4. Reduce my cravings and temptations: Get rid of the junk food in the house, not eat after dinner etc.
5. Drink 3L of water
6. Create a daily checklist I can tick off every day

Now as long as I do that every day, I'll lose my 0.5kg each week.

If I lose my 0.5kg each week I will be on track to lose my 10kg in 20 weeks (which is a realistic amount of time).

So do this exercise, break down your big goal into smaller weekly goals and then break that weekly goal into daily habits and from there its a consistency game. Do these daily habits and you'll achieve your goal!



NUTRITION 101

You will learn more about nutrition on your journey that will stick with you for a life time. The aim of this first step is to get everything in check so you know what to do on this first 30 days.

It's not common for people to track what they eat and this is usually how we start to over eat. If there's food on our plate we have always been taught not to waste food so we eat it all right? This first step puts it all into reality for you. More often than not changing up our portion sizes will make a **HUGE** difference.

The aim here is to find out how much we should be eating and then work out how much we really are eating, then make the changes we need to and then all we literally need to do is stick to that and tweak things as we go to ensure we are making progress.

What you need to do:

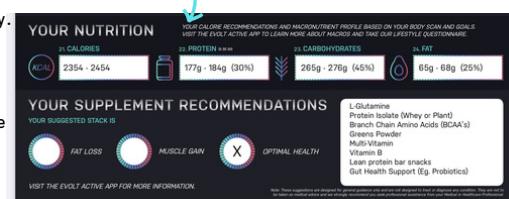
The first thing is to do your Body Composition Scan. Now the scanner will not always be in the studio, so if it is make sure to take advantage of that. If it's not in the studio it will only be a few weeks before it returns, so no need to worry. Now once we have done the first scan we will be able to have a look at our results. For the nutrition part we want to find our nutrition breakdown as pictured here.

Here we see our recommended calorie intake per day. This is what we want to look at. This is the first part of the important information.

The next step is what requires us to do a couple of things, we want to find out how many calories we are actually consuming each day. This will help us understand if we are eating too much or too little. From there we compare the two together and that shows us everything we need to see.

You will now need to download "MyFitnessPal". After we make a profile we simply log everything that we eat for the next 7 days. At the end of the week it will give us a clear breakdown of our calories. Once we have a look at this and compare the data to what our body scan says, we can see A: If we are eating too many or too little calories and B: If we are eating the right breakdown of macros (Protein, Carbs and Fats).

From there all we need to do is tweak a few things that still fit in with your lifestyle and then you're ready to rock!



< Search



**MyFitnessPal:
Calorie Counter**
Macro, Diet & Food Tracker

Open

120K RATINGS

4.7
★★★★★

AWARDS

Editor's
Choice
Apps

AGE

17+
Years Old

CHART

No. 5
Health & Fitness



YOUR CHECKLIST

Building habits is the best way to maximise your results. If you teach your brain to take action on the little things it will create a snowball effect. This leads you into creating and sticking to bigger habits that have a positive effect on you achieving your big goal. So lets start small by making sure we have all of the essentials ticked off

The Essentials

- Read “Future You Fast Track” from start to finish
- Download apps and look into your resources
- Joined the Facebook group
- Set first 30 day goal
- Completed/Organised body scan
- Written notes breaking down goals, nutrition & what is next
- Building small daily habits to guarantee success



WHAT COMES AFTER THE FIRST MILESTONE?

Long story short? We set the next goal (bigger) and go through it all again!

After that first milestone you will have that conviction and understanding that you CAN follow through and achieve a goal you're working towards.

Once you have done this you will be well on your way to achieving that BHAG (AKA Big Hairy Audacious Goal) and that's where we are here to support you.

As long as you are doing your sessions consistently, being aware of your lifestyle decisions and adding the positive things into your life and cutting out the negative things, you now just need to keep up the persistence and use your support group (us and your other members) to help you along your journey.

Is it going to be easy? No.

Are there going to be days where you feel meh? Yes.

Is it going to be worth it in the end? 100 times yes!

Goals

Nutrition

What Comes Next?

Extra Notes

Goals

Nutrition

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