



# YOUR FIRST 30 DAYS

**ACHIEVING YOUR FIRST MILESTONE AND BEYOND**

# WELCOME TO THE FAMILY!

You've made a great decision and we couldn't be more excited to help you get started on your journey.



The first 30 days are huge! This onboarding manual is here to help you achieve results fast. Whilst your motivation is at it's current highest our goal is to help you gain confidence and maintain persistence whilst getting your first milestone achieved in your first 30 days. From there we keep setting and kicking goals until you reach that Big Hairy Audacious Goal!! LETS DO THIS

## WHAT TO EAT?

Nutrition is going to be major factor in achieving your goal. You can't hope to see changes in your body without changing your food. It's also important to understand that eating less isn't always the answer. For the next 30 days aim to eat 800g of fruits and vegetables daily. Try adding protein to every meal, a circumference and thickness of your hand's palm will do if you're female, if you are male think of having 2. When we talk about alcohol this is where we find the biggest lack of awareness. To maximise your chances of seeing results fast, You should try NOT to consume more than 1 unit of alcohol per week. Most of us think tackling our nutrition is impossible. But it doesn't have to be.



## WHAT TO WEAR?

This is where we have you covered! You'll have your very own Tec Suit to wear each session. All you need to do is use the Symbiont360 app to order your size and in 3-5 days it'll be at your door step. Most members will come in wearing their suit to keep things more convenient for them, otherwise bring it and get changed at the studio. It's as simple as that. We even have towels, water, protein shakes and pre workout drinks waiting for you at the studio, so no need for that last minute "oh crap I forgot something" U-turn on your way to your sessions.

# TRACKING & TRAINING

## OUR APPS



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.



Your Symbiont360 profile will link you to our studio and give you access to order your suit. As this app is brand new there will so much more to come, so stay tuned.

## 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.

Your first check-in is at the 30 day mark. Here we will be revisiting your goals and assessing your progress so far. 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!



## ONLINE CHECK INS

Throughout your journey with us we want to make sure you are constantly improving and making progress. You will notice that we will send you check in emails and ask for feedback along the way to ensure you are on track. Please utilise these check ins so we can help fast track your results. On top of these online check ins, whenever you are in the studio with us, ask questions. Tell us your struggles and your wins and how you are feeling. We aren't just here to take you through your sessions, we are here to support you on the entire journey.

# YOUR RESOURCES

TAP TO LISTEN



## 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.

Or  
**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*  
to Join



## 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





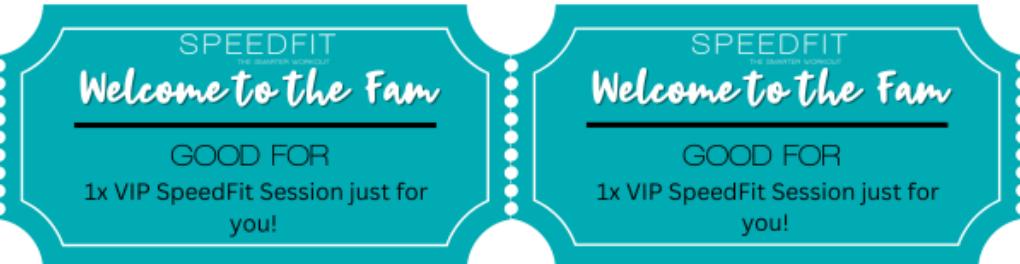
# WHAT TO TELL YOUR FRIENDS

SPEEDFIT IS SURE TO RAISE YOUR FRIENDS EYEBROWS, NOT MANY PEOPLE ARE EVEN AWARE THIS FORM OF TRAINING EXISTS, THAT'S WHERE YOU GET TO BE THEIR SAVIOUR. YOU'VE MADE A GREAT DECISION, SEEING THE BENEFITS AND FINALLY FINDING A PROGRAM THAT YOU CAN STICK TO THAT WILL ALLOW YOU TO FEEL HEALTHIER THAN EVER BEFORE.

**SO TELL YOUR FRIENDS EXACTLY THAT.**

THEN BRING THEM TO YOUR NEXT SESSION, YOU'LL BOTH  
GET A FREE SESSION AND YOU'LL GET TO HELP  
SOMEONE YOU CARE ABOUT! WIN WIN.

JUST EMAIL US THEIR FULL NAME, EMAIL ADDRESS AND MOBILE NUMBER AND WE WILL HANDLE THE REST!





# 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 won't 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.



# 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 out our results. For the nutrition part we want to find our nutrition breakdown as pictured here.

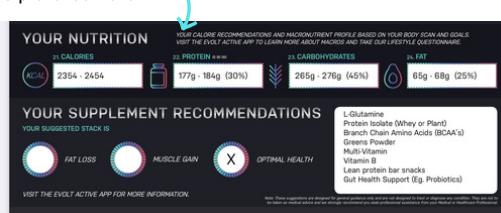
Here we see our recommended calorie intake per day.

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



## WHAT COMES AFTER THE FIRST 30 DAYS?

After your first 30 days 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 



# 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 “First 30 Days” from start to finish
- Downloaded app and ordered suit
- Joined the Facebook group
- Set first 30 day goal
- Completed/Organised first body scan
- Written notes breaking down goals, nutrition & what is next
- Building small daily habits to guarantee success
- Listen to The Podcast (The Groe Pod)

Goals

Nutrition

What Comes Next?

Extra Notes