

**Gym:** LA Fitness, Canyon Park  
**Trainer:** Self

(6/1/19)

## Fitness Plan

Targets – Self respect, balance & tune, partnership prep  
Investment – 1 hour floor time daily, 15-min pre/post  
Timing – Starts the day, 7-8am tgt

### Stages:

1. Daily Routine	Establish regimen	(Now)	12% / 1,800
2. Traditional	Gain Traction	(3 mo.)	10% / 2,100
3. HIT	Explore Ideas	(3 mo.)	8% / 2,400
4. Routine	Setup for success	(...)	7% / tbd

### Components:

- Floor time w/Balance
- Diet
- Dental Plan in Motions

### Rules:

- Meals are packed, no fast-food w/o invite
- One mocha per day
- Fitness starts the day, 7-8am @ Canyon Park LA Fitness
- Plan starts simple, diversity of cardio [S1]

### Setting a Target:

- Self-respect (12% BFU)
- High-energy, one-hour daily floor time
- Pre/post stretching (10/5)
- Entry/Exit Cardio (5/5)
- Nutrient Shake
- 2,500 calorie target
- Sleep routine established (9:30pm, 7 hours average)