**Gym:** LA Fitness, Canyon Park (6/1/19)

**Trainer:**  Self

**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)