


















UNIT 1: CREATING A HEALTHY LIFESTYLE

Week 1 – Getting Started  - Set your health standards  - Write down your “why”  - Create your weekly plan 




Week 2 – Nutrition Foundations  - Track all meals  - Learn macros & micros  - Prep 3 meals for the week 






Week 3 – New Relationship with Food (Part 1)   - Identify reward hunger triggers  - Log emotional eating moments  - Replace 1 bad habit with 1 good habit






Week 4 – Getting Active    - Schedule 4 workouts this week  - Mix strength + cardio  - Track energy & recovery





Week 5 – Discipline Over Motivation   - Write daily rituals  - Execute standards, not feelings  - Reflect on wins/losses daily






UNIT 2: BUILDING LASTING CHANGE

Week 6 – Hydration & Sleep  - Drink ½ body weight in oz of water  - Sleep 7–9 hrs/night  - Track energy levels






Week 7 – Stress Resilience    - Identify stressors  - Apply 3 coping strategies  - Daily reflection journal

Week 8 – Metabolism & Myths vs Facts   - Write down 5 nutrition myths  - List 5 truths  - Adjust meals based on facts 

Week 9 – Environmental Messages   - Audit your environment  - Remove 2 negative influences  - Add 2 supportive influences

Week 10 – Understanding Habits   - Identify 3 keystone habits  - Track progress daily  - Replace 1 negative habit with positive 

UNIT 3: MASTERING YOUR HEALTH

Week 11 – Optimizing Nutrition    - Meal prep 5 days of healthy meals  - Track progress  - Adjust portion sizes as needed

Week 12 - Body Image 🕒🏆 - Write down 3 positive self-truths 📷 - Take weekly progress photos 📷 - Track non-scale victories 🏆

Week 13 - Overcoming Plateaus 🕒🧠 - Identify plateau areas 📷 - Adjust training/nutrition 📷 - Execute & track weekly 🗣️

Week 14 - New Coping Strategies 🛡️📋 - Practice mental toughness drills 📷 - Apply GLP-1 mindset hacks 📷 - Track wins & challenges 📷

Week 15 - New Relationship with Food (Part 2) 📖📷 - Solidify healthy habits 🏆 - Plan long-term success strategies 🗣️ - Celebrate victories 🎉

FINAL TAKEAWAY: This course isn't about motivation. It's about **standards, execution, and results**. No excuses. No fluff. Only action.