

# 5-DAY

**BODY TRANSFORMATION**

STARTER KIT

**BY JUSTIN MILLER**

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## WELCOME TO THE 5-DAY TRANSFORMATION COURSE

Congratulations on starting the 5-Day Transformation Course. It will now forever be referred to as 5-day BT or if I'm feeling lazy, 5BTC. Reason being, the 5-Day Transformation Course challenge would be a pain in the ass to write all the time.

The journey ahead of you will not be and easy - nothing truly worthwhile ever is - but if you stick with it and complete this 5-day program exactly as described...

*I guarantee you will start building a strong, lean, and confident body. That no longer is holding you back from living a life you're proud of. The program works, now work the program... like Beyoncé :) But seriously, it's never the diet or the training program that fails. It's almost always the dieter and trainee.*

It's the goal of this guide to make getting started and staying consistent as easy as possible. The 5BTC will do this by breaking down nutrition and exercise into simple, easy to understand, and easy to apply habits.

You will find all of the nutritional information you need to get started looking the way you want in just 5 days. I'm not going to lie to you - this will be hard and there's a chance you'll fuck it up along the way. If you do slip up, simply pick back up right where you left off. No need to start your 5-day challenge all over again. Instead, start over at your next meal.

As you go through the program remind yourself, "It's just 5 days!" You can do anything in just 5 days. So stick with it and see what is possible.

And remember, this is just the beginning. I want these next 5 days to be the stepping-stone to you achieving lifelong results!

If you need help contact me at, Justin Miller, [justin@justinthomasmiller.com](mailto:justin@justinthomasmiller.com)

## THE GOAL OF THIS GUIDE AND WHAT TO EXPECT

To give you a good swift kick in the pants - figuratively of course. Although, if you were here right now I'd do it literally to you.

Aside from that kick in the pants it's also to get you started. This health and fitness thing can get a little confusing and overwhelming. For example, during the time it took me to write that last sentence eggs went from being bad for you, to good for you, to bad for you, and back to good for you.

Oh and apparently you can't eat meals after a certain time of day or you'll get fat. You can't eat carbs because you'll get fat. You have to join a food cult like vegan, paleo, vegetarian, keto, or one of the other thousands of diets in order to lose fat and live a healthier life.

This guide and the 5BTC will simplify the process of losing fat, gaining energy, getting stronger, and building a body and life that you're proud of.

*“It's a rational and practical approach to living a healthy life - Because the Internet has done a good job of creating a cluster f\*ck of all the information out there.”*

### **THE BIG GOALS I WANT YOU TO ACHIEVE OVER THE NEXT 5-DAYS:**

1. To take time on Sundays to plan your health, fitness, and nutrition.
2. To eat 3 meals per day and to stop snacking
3. To learn how to create a simple meal template you can follow without feeling deprived of the foods you enjoy.
4. To create an exercise habit and to discover ways to move your body outside of the gym.

Over the next 5 days you'll also be receiving a few emails from me. These emails act as a daily reminder of the journey you're on. Some of them will be motivational, some of them will include tips and tricks, and some will have funny cat memes.

This is a challenge. It will be hard. You will struggle. Feel free to reply back to them if you need extra help, support, or if you want to share your own funny cat memes with me.

## **HOW TO USE THIS GUIDE**

**START SLOWLY** - You don't have to apply all of the information at once. If you feel overwhelmed pick 1 thing to work on for a week.

**WORK WITHIN YOU LEVEL** - At the end of the guide I suggest 2 ways to attack the 5BTC. They are creatively titled level 1 and level 2 (real original, right?). The big difference between the two is this:

For level 1 you're asked to focus on making 1 healthy meal for yourself per day and that's it. In level 2 you're asked to focus on making 3 healthy meals for yourself per day - and to track what you're eating (counting calories is up to you).

**MAKE IT EASIER IF YOU'RE STRUGGLING** - For example you'll be asked to create a simple 1-week meal plan for yourself and to follow it for a week. If you're having a hard time following the plan try this. Instead of creating a 1-week meal plan of breakfast, lunch, and dinner - just create a meal plan for breakfast.

**USE IT AS A REFERENCE** - In the guide you'll learn how to:

- Eat right for your personal goals
- Meal planning
- Portion control
- Creating a healthy kitchen
- How to grocery shop
- And more

Taylor the advice and tips for your life.

**USE IT FOR IDEAS** - In this guide you'll find grocery shopping lists, recipes, meal prep tips, and how to get your boss to give you every other Friday off. Jut kidding; I don't do that in here.

**USE IT FOR PRACTICE** - You know what practice is good for? Getting good at the fundamentals - the 20% of things that produce 80% of your results. This guide will teach you the most important fundamentals of living a healthy and happy life.

## ONE BIG TIP

*Live with a never two in a row attitude. If you eat a shitty meal - that's fine. Just don't eat two shitty meals in a row. If you miss a workout - that's fine. Just don't miss two workouts in a row.*

Oh and you will make mistakes. And that's precisely why you practice. To slowly make those mistakes happen less and less. You will not become an overnight health and fitness success. This will take some work.

When you live with a never two in a row attitude you never start over on Monday. You're always picking yourself up immediately. During the next 5-days if you have a tough time living with a never two in a row attitude please feel free to contact me directly.

Email: [justin@justinthomasmiller.com](mailto:justin@justinthomasmiller.com)

Phone: 703-507-2338

## DO THESE THINGS FIRST

Before reading any further I'd like for you to do the following.

1. Create a folder on your computers desktop and label it 5-Day Transformation Course Day Challenge
2. Visit the [5-Day BTC folder](#) and download the resources found there. Save these resources to your desktop folder
3. Use the measurement guide to take your initial body measurements and before and after photos
4. Set up an alert on your phone to go off three times per day (morning, afternoon, and night). All it needs to say is 5-Day Transformation Course. This will act as a reminder of what you're trying to do.
5. Print 3 of the Sunday Ritual PDF's. Put these somewhere so that you see them every day. You'll be using one each week of the 5-day challenge

Did you do those things? If yes, please keep reading. If not, stop and take care of those 5 things right now or I will fight you.

## HOW TO EAT THE RIGHT AMOUNT FOR YOUR GOALS

Most of the people I train want the same thing. To lose fat, get stronger, have more energy, and to look better naked. Society likes numbers so lets say 99% of the people I work with say these things are their primary goals. I totally just made that number up but I think you understand what I'm getting at - most people want the same thing.

And because of that, this guide and challenge was specifically designed to help you achieve them.

### SIMPLE PORTION CONTROL WITHOUT COUNTING CALORIES

You don't need to count every single almond you eat and weigh every piece of chicken breast and cup of broccoli to lose fat. Yes, that can help you and if you want to do it - by all means go for it. But doing that beyond a week or two sorta sucks doesn't it?

During the 5-Day Transformation Course one of your goals will be to eat 3 meals per day with no snacks. Below I have serving size recommendations for men and women. You can individualize the serving sizes after the 21-day challenge but for now, follow the basic outline below.

To keep your sanity and things simple you can use your hand to measure your portion sizes for each meal.



A portion of protein  
= 1 palm

This should add up to 3-6 total portions per day.

**FOR EXAMPLE:**

- Poultry
- Lamb
- Eggs
- Fish



A portion of vegetables  
= 1 fist

This should add up to 3-9 total portions per day.

**FOR EXAMPLE:**

- Cucumber
- Cabbage
- Celery
- Brussel Sprouts



A portion of carbs  
= 1 cupped hand

This should add up to 3-6 total portions per day.

**FOR EXAMPLE:**

- Berries
- Yams
- Plantains
- Bananas



A portion of fats  
= 1 thumb

This should add up to 3-6 total portions per day.

**FOR EXAMPLE:**

- Extra-virgin olive oil
- Coconut oil
- Avocado
- Butter

For fat loss and more energy I suggest this as a general starting place. You'll adjust this as you go based on the progress you're making.

- Men: 2 palms of protein per meal (6 total portions per day)
- Women: 1 palm of protein per meal (3 total portions per day)
  
- Men: 2-3 fists of veggies per meal (6 to 9 total portions per day)
- Women: 1-2 fists of veggies per meal (3 to 6 total portions per day)
  
- Men: 1-2 cupped handfuls of carbohydrates per meal (3 to 6 total portions per day)
- Women: 1-cupped handful of carbohydrates per meal (3 total portions per day)
  
- Men: 2 thumbs of healthy fat per meal (6 total portions per day)
- Women: 1 thumb of healthy fat per meal (3 total portions per day)

## ONE BIG TIP

*Aim to eat like this 3 times per day with no snacks*

## I CHALLENGE YOU

*Challenge yourself to take 15 to 20-minutes to eat a meal and to have 20% of your meal left on your plate. When the 15 to 20-minutes is up ask yourself how much hunger you still have. If you're at a 7 or below go ahead and have a couple extra bites until you reach an 8.*

### **SHOULD I COUNT MY CALORIES DURING THE 5-DAY TRANSFORMATION COURSE?**

This is entirely up to you.

I've been training clients for over 18 years and I will say this - Most people think they eat better than they actually do. Counting calories or simply writing down what you eat in a journal is a great way to build awareness. I HIGHLY recommend doing it for the next 5-days.

Also, counting calories works. It also drives most people absolutely bonkers. Lastly, it's not a long term solution for most. No one is going to count calories for the rest of their life. But, doing it for a few short weeks at a time is a great way to create awareness around what you're eating.

So here are my thoughts as you take on the 5-Day Transformation Course.

- If you want to count calories over the next 5 days and it won't drive you nuts, then go for it.
- If you don't want to count calories over the next 5 days, then don't. You'll still be very successful if you follow the advice in this guide.

If you do decide to track calories I suggest using [MyFitnessPal](#), [Lose It!](#), [Fat Secret](#), [Cron-o-meter](#).

## RECOMMENDED CALORIE LEVELS

ACTIVITY LEVELS	FAT LOSS	MAINTENANCE	WEIGHT GAIN
<b>SEDENTARY</b>	bodyweight x 10-12	bodyweight x 12-14	bodyweight x 16-18
<b>MODERATELY ACTIVE</b>	bodyweight x 12-14	bodyweight x 14-16	bodyweight x 18-20
<b>VERY ACTIVE</b>	bodyweight x 14-16	bodyweight x 16-18	bodyweight x 20-22

**SEDENTARY:** Desk job. Sitting most of the day

**MODERATELY ACTIVE:** Light movement and walking throughout the day

**VERY ACTIVE:** A job that requires physical labor

**EXAMPLE:** 150 pound sedentary person looking to lose fat.  $150 \times 10 = 1,500$  calories,  $150 \times 12 = 1,800$  Calorie range per day: 1,500 - 1,800

### BUT WHAT ABOUT MY MACRO'S?

The grams of protein, carbs, and fat (macro's) you eat does not need to be perfect for you to lose body fat. What will matter most is the amount of calories you consume.

If you do decide to count calories over the next 5-days, here's how you can simplify macro's

**Step 1** - Aim to consume .75 grams to 1 gram of protein per pound of bodyweight. If you're a 150 pound person this would be 112 to 150 grams per day (.75 x 150 and 1 x 150).

**Step 2** - Let the rest of your calories come from carbohydrates, healthy fats, and the vegetables that you eat with each meal. Don't worry about the exact grams of these for now. Simply stay within your calorie range.

### HOW TO GROCERY SHOP FOR THE FOOD YOU LIKE AND NEED

Notice how I say, "how to shop for what you like." That's a very important message to comprehend. If you're trying to eat food you don't enjoy it's going to be hard to stick to this challenge.



For some reason most people have it in their head that eating healthier has to be boring, bland, and tasteless. That's simply not true and the next couple sections are going to help you create a strategy for getting out of that mindset.

Grocery shopping can be time consuming, complicated, and stressful but it doesn't have to be. Creating a simple system for better grocery shopping can remedy those things.

With a grocery-shopping list full of foods you and your family actually enjoy, you can hit the grocery store with confidence, less frustration, and be in and out in no time.

**Here's what to do.** On the next page you'll see a real food chart and an exercise to complete if you have a family to feed. Complete those exercises, print them out, and make sure they are easily accessible. Fridge + magnet = a really good idea.

After checking out the food charts below do the following:

1. Check off what you'd like to buy at the grocery store this week
2. Take the list to the grocery store
3. Plan your meals for the week based on what you buy (more on this later)

If you need some extra help with recipes, or meal planning tips **just ask me.**

## MAKE MEAL PREP EASY AND ACTUALLY HAPPEN

As you progress through the 5-Day Transformation Course you'll learn a lot about what works for you and how to adapt these basic principles to fit your likes, needs, and lifestyle.

The goal of this section is to help you create a meal prep ritual. Below are some strategies and tips to help you out - but I would like for you to think about how to make this as easy on you as possible. What strategies are going to get you to eat healthier more often?

# ON THE WEEKEND

Use Sunday as your meal prep ritual day.



## STEP 1 LOOK AHEAD



Which busy days in the coming week will you need pre-prepped meals?



## STEP 2 MAKE A MENU



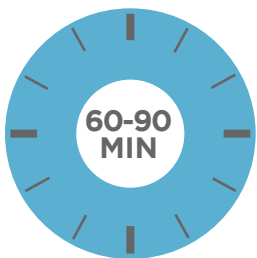
Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.



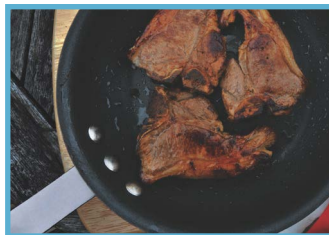
## STEP 3 SHOP FOR INGREDIENTS



Buy the ingredients for your pre-prepped meals.



## STEP 4 COOK FOR THE WEEK



Cook time-consuming meal components: chicken, veggies, potatoes, etc.



## STEP 5 STORE IT CONVENIENTLY



Pack your prepped food in stackable clear containers and make them accessible in the fridge.

**LEAN PROTEIN****MEAT**

- Lean/extra-lean cuts of beef
- Lam
- Lean pork (e.g. pork tenderloin)
- Wild game (e.g. venison, elk)

**POULTRY**

- Chicken
- Turkey
- Duck
- Eggs & Egg whites

**FISH**

- Tuna Salmon
- Tilapia
- Cod Haddock
- Trout
- Sardines or Mackerel

**SEAFOOD & SHELLFISH**

- Shrimp (fresh or plain frozen)
- Mussels, Clams, Scallops
- Crab, Lobster
- Squid (calamari) or Octopus

**DAIRY**

- Milk
- Cottage cheese
- Plain yogurt/ Greek yogurt
- Protein powders (e.g. whey protein)

**PLANT BASED**

- Lentils
- Beans
- Peas (chickpeas, pigeon peas, etc.)
- Hummus
- Tofu, Tempeh
- Vegetarian protein powders (e.g. hemp protein)

**VEGETABLES**

- Bean sprouts
- Beets
- Broccoli
- Brussel sprouts
- Cabbage (e.g. napa, purple, etc.)
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant/aubergine
- Fennel/anise
- Fresh herbs (e.g. parsley, basil)
- Garlic
- Green beans
- Green peas
- Green peppers
- Kale
- Lettuce
- Mushrooms
- Okra
- Onions, leeks, shallots
- Turnip greens
- Collard greens
- Radishes
- Rapini (broccoli rabe)
- Red lettuce, radicchio
- Red peppers
- Rhubarb stems
- Spinach
- Sweet potatoes
- Tomatoes
- Winter squash & pumpkin
- Zucchini/courgette

## SMART CARBOHYDRATES

Look for whole food carbohydrates that pack lots of nutrition and fiber, such as the options below.

### WHOLE GRAINS

- Oats
- Buckwheat
- Barley
- Brown, red, or wild rice
- Amaranth
- Sorghum
- Quinoa
- Spelt
- Kamut
- Teff
- Wheat berries (whole wheat kernels)
- Sprouted grains or breads
- Whole grain pasta

### STARCHY TUBERS

- Purple, red, or gold potatoes
- Sweet potatoes/yams
- Yuca/cassava

### LEGUMES

- Lentils & beans
- Bean/lentil pasta

### FRUITS

- Apples
- Apricots
- Banana
- Berries
- Cantaloupe
- Cherries
- Cranberries (fresh)
- Currants (fresh)
- Grapefruit
- Grapes
- Guava
- Lemons, limes

- Mangoes
- Melons
- Oranges
- Peaches, nectarines
- Persimmons
- Pineapple
- Plantains
- Plums
- Pomegranates
- Strawberries
- Watermelon

## HEALTHY FATS

Look for less-processed and/or “whole food” fat sources

### COLD PRESSED OILS

- Extra-virgin olive oil
- Walnut oil
- Hemp seed oil
- Pumpkin seed oil
- Avocado seed oil
- Flax seed oil
- Extra-virgin coconut oil
- Fish oil or algae oil
- Butter (look for grass-fed/organic if possible)
- Fresh avocado or fresh guacamole

### NUTS & SEEDS

- Raw, unflavored, unsalted nuts (e.g. almonds, cashews, walnuts, pecans, Brazil nuts, hazelnuts, etc.)
- Raw, unflavored, unsalted seeds (e.g. pumpkin seeds, sunflower seeds, hemp seeds, etc.)
- Ground flax seeds
- Coconut (including fresh coconut or coconut milk)
- Natural peanut butter
- Natural nut or seed butters (e.g. almond butter, tahini, etc.)

## HOW TO GET THE MOST FROM YOUR WORKOUTS

The best workouts start with great nutrition. The better you eat the faster weight will come off. You'll have more energy and you'll recover better. As an added bonus to better nutrition - you won't have to dedicate as much time to the gym.

My philosophy around training and exercise is that it should first be enjoyable. Below I outline some steps for creating a training plan you'll actually stick to and enjoy.

### STEP 1 - CREATE MORE MEANINGFUL MOVEMENT

There are going to be days when it's tough to get in a workout. There are also going to be days when you just don't feel like working out. This is why I suggest first building a healthy life around more meaningful movement.

Meaningful movement is all about moving your body naturally, without much thought, and in ways that you enjoy. For example I always take the stairs when possible. If I have to sit for extended periods of time I set an alarm on my phone to remind me to move every 30-minutes. I love rock climbing and gymnastics and they have become my primary form of exercise.

- Park further away from the grocery store, work, or any other place you go
- Always take the stairs instead of an escalator or elevator
- Take a walk during my lunch break
- Sign-up for dance classes
- Rock climbing
- Adult sports leagues
- Play a game of tag with your kids
- Shoot hoops
- Go to the driving range
- Gymnastics and adult tumbling
- Parkour
- Silks
- Trampoline

### TAKE ACTION EXERCISE

*I'd like for you to take 10-minutes and list at least 10 ways you can move your body more on a regular basis. These should be simple, easy to do, or things you've always wanted to try.*

### STEP 2 - TRAIN SMARTER

I'm sure you're busy. Hell, I'm busy too and spending an hour or more to get to the gym, workout there, and then get home can be difficult. The good news is that the amount of exercise you need

to do in order to lose fat, get stronger, and be healthier is often exaggerated. You don't need to do as much as you're led to believe.

With this challenge you have access to 10-minute and 20-minute amrap routines. There is also a 5-day amrap routine you can follow as you work through the 5-Day Transformation Course.

However, if those don't really float your boat I suggest setting up workout routines for yourself like this:

### **STEP 1 - TAKE A LOOK AT YOUR WEEK IN ADVANCE AND DECIDE WHAT DAYS, WHAT TIME, AND WHERE YOU CAN WORK OUT. EXAMPLE BELOW.**

- **Days:** Monday, Tuesday, and Saturday
- **Times:** 7am, 7pm, 9am
- **Location:** Home, Home, Gym

### **STEP 2 - DECIDE HOW LONG YOU CAN WORKOUT ON THOSE DAYS**

- **5-minutes?** Then do a 5-minute workout.
- **10-minutes?** Then do a 10-minutes workout.
- **60-minutes:** Great, spend 60-minutes working out.

### **STEP 3 - CREATE SIMPLE BUT EFFECTIVE WORKOUTS**

Choose 1 exercise from each of the categories below. Complete anywhere from 8 to 20 repetitions using a challenging weight when necessary. Move from one exercise to the next as quickly as possible without sacrificing form. Rest anywhere from 60 seconds to 180 seconds after each circuit is complete and repeat for a total of 3 to 5 circuits.

*\*Exercises go from most difficult to least difficult.*

#### **LOWER BODY EXERCISES**

- Barbell squat → Goblet squat → Jump squat → Bodyweight squat
- Barbell lunge → Dumbbell lunge → Jump lunge → Bodyweight lunge
- Barbell step-ups → Dumbbell step-ups → Bodyweight step-ups

#### **UPPER BODY PRESSING EXERCISES**

- Bench press → Dumbbell bench press → Push-ups
- Dips → Band assisted dips → Bodyweight dips
- Barbell press → Dumbbell press

#### **UPPER BODY PULLING EXERCISES**

- Bent-over barbell row → Single arm dumbbell row
- Pull-ups → Band assisted pull-ups → Inverted rows

#### **MOVEMENT**

- Running
- Box jumps
- Burpees
- Walking
- Kettlebell swings
- Rowing
- Biking
- Battle ropes
- Broad jumps
- Jump rope
- Jumping jacks
- Mountain climbers

### AN EXAMPLE WORKOUT MIGHT LOOK LIKE THIS:

#### Complete 3 to 5 sets of:

- Dumbbell lunges - 10 reps per leg
- Push-ups - 8 to 15 reps
- Inverted rows - 8 to 15 reps
- Box jumps - 10 reps

## ONE BIG TIP

*If you need help selecting exercises for your workout. Visit the [Limitless Exercise videos here](#).*

## 5 REASONS YOU WON'T COMPLETE THE 5-DAY TRANSFORMATION COURSE AND WHAT TO DO ABOUT IT

### REASON #1 - YOU HAVEN'T ACCEPTED THE TRADEOFFS THAT COME WITH THIS.

Whether you want to lose 20 pounds, start your own business; learn a new language, or something entirely different. When you say yes to one thing you're saying no to another.

You can't do ALL the things. Take a few minutes and identify a few of the tradeoffs you're going to have to make over the next 5-days.

### REASON #2 - YOU DON'T HAVE A STRONG ENOUGH DEEP REASON FOR DOING THIS

What are you trying to accomplish and why does this matter to YOU? How is achieving it going to make your life or the lives of those you love better?

If you're doing this for what might be seen as "superficial" reasons like to make your ex jealous or to simply have more sex. That's cool - be honest about it and own that shit. What ever gets you fired up to take action is a win in my book.

Use the 5 why's test to help you get to your deep reason.

I am participating in this 5-Day Transformation Course because I want to lose 5 to 10 pounds.

- WHY? Because if I lose 5 to 10 pounds I'll feel better and look better.
- And WHY will I look and feel better? Because I'll have more energy and feel more confident.
- And WHY do I want to have more energy and confidence? So that I can run around with my kids and not get exhausted and feel more confident to experience more life.
- WHY is running around with my kids and experiencing more life important? Because when I'm able to play with my kids more it puts me in a good mood and when I'm experiencing more of life I'm excited about what tomorrow might bring.
- And WHY do I want to be in a good mood and excited about what tomorrow might bring? Because when I'm in a good mood life feels better and more enjoyable. When I'm excited about tomorrow I feel less stressed and in control of my life.

So you see, there's a lot more behind wanting to lose 20 pounds than just losing 20 pounds.

More often than not the real reason you want to drop weight, reduce body fat, or get stronger is because you want to feel more confident, in control, and excited about your life.

### **REASON #3 - YOU'RE NOT MAKING YOURSELF A PRIORITY**

Everything and everybody else comes first. Your work/career, the kids, your significant other, your friends, your family... EVERYTHING comes before you do. You're so busy taking care of everything and everyone else. But let me ask you this.

Who's taking care of you?

Many of us play a lot of different roles in our lives. Father, Mother, Husband, Wife, Daughter, Son, Employee, Business owner, Student, Flag football captain, PTA member. This list probably goes on and on for some of you.

And if you're like me, you want to be good, if not great, if not friggin PERFECT in all of those roles.

Doing a great job in the roles that we play feels good and on the surface it looks good. But you and I both know that trying to be everything to everyone and no one to yourself can lead to burnout, frustration, moodiness, and even anxiety and depression.

- Missing your kids practice doesn't make you a bad parent.
- Not staying late at the office or sleeping with your phone doesn't make you a terrible employee
- Asking your significant other to prepare dinner this week doesn't make you an awful person.
- Asking for help with chores, errands, or simply asking for your own time now and then doesn't mean you're a shit head.



Yeah, yeah, yeah – That’s great and all Justin but I just don’t have the time in my crazy ass schedule to exercise regularly and prepare healthier meals.

- I have this to do...
- That to do...
- Somewhere to be...

There’s not a ton of things in life you have to do outside of eating, sleeping, and drinking water. But for some reason we like to tell ourselves that there are.

- I have to go to this family reunion or my mother in law will be upset with me
- I need to take my kids to their practice or I’m a bad parent
- I should stay late to work on this project because that’s what a good employee would do
- I have to lose some weight
- I have to.... (Insert your own right here)

Thinking like this creates feelings of resistance. When you feel like you’re being pushed to do something it’s natural to push back a little. This can lead to resentment, procrastination, excuses, and negative self-talk.

When you say you have to do something what you’re really saying is that if you had it your way you’d be doing something else. But because I don’t have a choice I am powerless.

List a couple of things you feel you have to, should be, or need to do and instead change the language to, “I choose to.”

Example: I choose to get up early and take my kids to school.

#### **REASON #4 – YOU THINK IT’S ALL ABOUT MOTIVATION, WILLPOWER, AND DISCIPLINE**

These things are overrated because we think they’re always within our control. For example, if I asked you how you would go about becoming more disciplined you’d probably give me some arbitrary answer like this.

*“I just have to do it.”*

Well yeah, if you want to achieve something you have to “do it.” So why aren’t you?

Instead, let’s start thinking about the things you’re actually in control of that can help you display more of those qualities.

Planning and knowledge don't always work. I've laid out detailed nutrition plans for myself and for others, outlining exactly what to eat and when to eat it. However, they only ever work if the environment was changed.

**MAKE DOING THE GOOD THINGS EASIER AND THE NOT SO GOOD THINGS NOT SO EASY.**

Lets say you're really stoked about trying to eat healthier and improve your fitness. You're totally motivated and committed to making some big changes. But have you made these changes easier on yourself to carry out?

I have a rule, if there is food in my house, desk/work, etc... then it will eventually be eaten. Remove temptation by performing a kitchen makeover. If you know the break room is where all of the donuts and candy is steer clear (or secretly throw it away). If you're often tempted by the vending machine don't keep dollar bills or change on you.

Try these things instead:

- Perform a kitchen makeover.
- Plan and prepare at least one healthy meal every week on Sunday
- If you have to, hide junk food in hard to reach places (like the garage or the top shelf). A friend of mine once froze her credit card in a block of ice in her freezer.

You can also start using smaller plates or Tupperware. Research has shown that we will eat what's put in front of us. Use chopsticks to eat slower and set reminders on your phone.

**REASON #5 - YOU KEEP TELLING YOURSELF YOU DON'T HAVE THE TIME.**

This is a personal one for me. I use to... ok, still do a little but it's a work in progress - wear being "busy" as a badge of honor.

Brene Brown, the author of one of the most important books I've ever read in my life says that being "crazy busy" is a numbing strategy similar to drinking and doing drugs. When we have time often what we're left with is an up close look at what's not going right. Numbing ourselves with busyness may be a sign that there is a problem on a deeper level.

*"If we stay busy enough, the truth of our lives won't catch up with us."*

You don't need 60-minutes to workout and you don't have to be perfect with your nutrition to progress. You just need to get started and do a little bit better -1% better every day and build momentum off of that.

**HOW TO COMPLETE THIS 5-DAY TRANSFORMATION COURSE**

I've broken this challenge into two different levels. I did this because some of you may be at different starting points based on your knowledge, skills, or confidence levels. And because I'm a Star Wars nerd they're themed that way.

Download and print out this checklist from your 5-day BTC folder. You'll use it every Sunday.

### LEVEL 1 - BEGINNER (I STRUGGLE WITH CONSISTENCY) - JEDI IN TRAINING

Every Sunday complete the following "must list."

- I have identified what days, times, where, and how much time I can workout this week.
- I planned a super simple workout for each of those days
- I have completed a kitchen makeover or re-design, office space makeover, and reviewed the restaurant and dining out guide
- Using the guide I have planned and prepared AT LEAST 1 healthy meal for each day this week.
- I went grocery shopping for the foods that need.
- I have updated my body measurements, progress photos, or any other methods I am using to measure progress
- I looked at my schedule to see if there may be any "difficult" days.

### LEVEL 2 - INTERMEDIATE/ADVANCED - FULL ON LUKE SKYWALKER, HAN SOLO , PRINCESS LEIA

Every Sunday complete the following "must list."

- I have identified what days, times, where, and how much time I can workout this week.
- I planned a super simple workout for each of those days
- I have completed a kitchen makeover or re-design, office space makeover, and reviewed the restaurant and dining out guide
- Using the guide I have planned and prepared AT LEAST 3 healthy meals for each day this week.
- Log everything you're eating and drinking using an app, notebook, phone, or some other method that works for you.
- I went grocery shopping for the foods I need.
- I have updated my body measurements, progress photos, or any other methods I am using to measure progress
- I looked at my schedule to see if there may be any "difficult" days.

## HEALTHY LIVING ISN'T JUST ABOUT NUTRITION AND EXERCISE

It's also about how you think, how you feel, and deciding what's important to you.

Anyone can dominate a 5-Day Transformation Course. But I want you to excel beyond these 5-days. I want you to be able to take the fundamentals you've learned in this guide and be able to transition them into life long health and fitness for yourself.

Pretend that this 5-Day Transformation Course is complete and you've succeeded. What's happening in your life? What has changed? How do you feel? What's different? What's better? Where's your head at?

Take the next 10-15 minutes and jot those thoughts down. I'd like for you to refer to it on a daily basis as you work through the next 5-days.

Focus on what you want – not what you don't want. Take action and move forward.

Life is either a fuck yes or a fuck no. Say fuck yes to yourself today.

Mic drop,

Justin

PS: At the end of each week here are two questions I want you to ask yourself... and answer. What did I do well this week? What did I learn?

