

**SIMPLY SURVIVING TO
*TOTALLY THRIVING!***



CHALLENGE TWO - PART I



WELCOME TO YOUR 90 DAY CHALLENGE!

The way the challenge works..

There are 6 CHALLENGES.

Each challenge involves 2 parts...

Part I - INSTANT ACTION TAKING

Taking yourself through an exercise, a reading, a video, or making an upgrade to your routine.

Part II - IMPROVEMENT AND SUSTAINABILITY.

Continue taking action with the intention of making it consistent and more manageable. Act, review, improve, repeat.

Each WEEK, we release a part of the challenge.

At the end of each week, every challenger will update us on the action that they took or the improvements that they made.

Momentum... is everything.

Challengers succeed because they take action quickly, and fight to complete what truly matters to them on the deadlines.

Warning: These Challenges are easy, but not without constantly showing up.

They are covering...

- ✓ The 6 Pillars of Health
- ✓ Your Health Map
- ✓ The Defining Things that Shape Your Map
- ✓ Systemising your Nutrition
- ✓ Daily Habits to make Health Sustainable
- ✓ Hitting the Benchmarks for your version of Health
- ✓ High Performance Bio-Hacks

All of this, has one outcome...

A TOTALLY THRIVING YOU!



Your daily habits and rituals are THE MOST IMPORTANT predictors of your health.

You have already created some solid structure to your days so that you can get way more result in less time. Another major benefit to structuring your day is to stabilise your hormones. Hormones control our moods, our energy, and a lot of our biological processes. We cannot thrive without gaining control of our hormones.

Food is a huge contributor to our hormonal balance and our circadian rhythm. So this challenge is all about ensuring your daily food habits support your health goals.

MEAL TIMES

We are going to start with time.

When do you eat your meals? Is it the same time each day? If you eat your meals at different times each day, put the range that you would cover.

For example, if some days you eat lunch at 12pm, some days at 1pm and other days at 2pm, write down 12-2pm.

Breakfast: _____

Lunch: _____

Dinner: _____

Snack 1: _____

Snack 2: _____

Coffee/Tea: _____

Other: _____

Fasting window: _____



The aim here is to reduce the mealtime range as much as possible. Can you eat your meals (including your snacks and coffee) at the same time each day?



My new daily meal times are:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack 1: _____

Snack 2: _____

Coffee/Tea: _____

Other: _____

Fasting window: _____

Great! That will make your daily schedule much easier to remember 😊. It will also enable you to be more productive and focused during the day.

The body has a rhythm, and the more we keep it in rhythm, the better it will perform. Have you ever taken a different route to work and spent much longer settling down into work than normal? You can conserve energy, will power and remain much more focused when you stick to a routine, especially when that routine involves food - your daily energy provider!

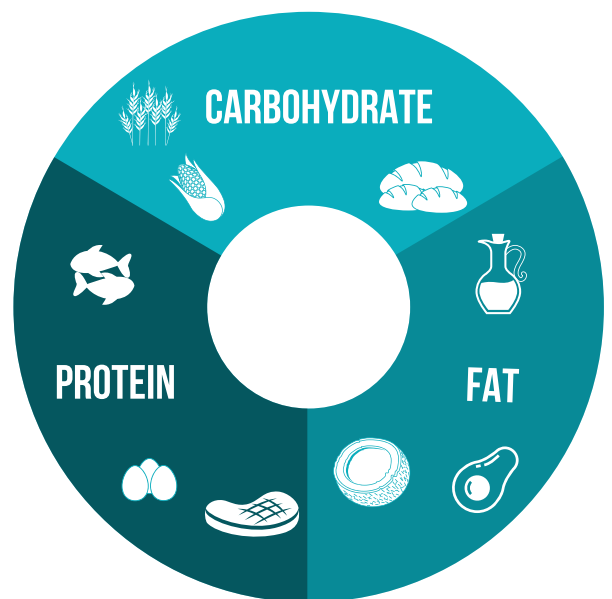
MACROS

Part of feeling healthy and energised is having a body that works like a well-oiled machine. The more consistency we can bring to energy consumption and utilisation, the better.

This means that **WHAT** we eat is just as important as **WHEN**. Different foods are digested at different rates, and they impact our hormones differently as well.

The aim here is to be as consistent as possible with your macronutrient ratios in every meal. All of our energy (or calories) come from three macronutrients: Proteins, Fats and Carbohydrates

When creating your meals, these three macros should be portioned as closely as possible to your body's ideal fat:carb:protein ratio.





However most people don't know what this ideal ratio is because our individual energy requirements are based on many things; energy expenditure, sex, age, body composition, disease, genetics and more.

While this challenge does not cover the ins and outs of determining the best macronutrient ratio for every individual in every circumstance, most people can still thrive off a fairly broad ratio. However, everyone **MUST** have enough of all three macros throughout the day.

Check in on your ratios using our [Eating Guidelines](#) on the next page and track your meal consistency using the meal tracker on the following page.

If you can eat at the same time each day and your meals contain the advised ratio of fats, carbs and proteins, you have cracked the hardest part of healthy eating. Once you have control of your eating habits, you have created a benchmark that any nutrition changes in the future can be tested against.

It is much easier to personalise your macronutrient ratios after you have a solid foundation to work off.

IN SUMMARY

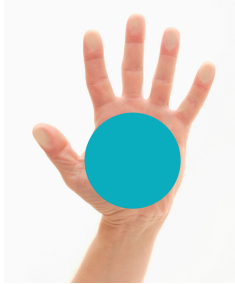
Familiarise yourself with the healthy eating guide (unless you already have determined your own preferred macro ratios) and print out the [Meal Adherence Chart](#). Over the next week, track your meals and see how many meals adhere with the healthy eating guide.

Then post your tracker on the group. This is not about getting it right or wrong, it's about creating awareness around your strengths and gaps, and then allowing others to give insights on how to close the gaps.



EATING GUIDELINES

How to build your plate



PROTEIN

The full size of your palm

1. PICK YOUR PROTEIN - 1 full palm size portion with every meal

- 1 palm-size piece animal protein, pasture raised
 - 1 small can tuna, salmon or sardines (wild-caught)
 - 2 slices bacon (pasture raised)
 - 3 eggs (free range)
 - 1 scoop (30g) protein powder*
- * select a whey protein isolate [WPI] or vegan/pea protein
e.g. Bare Blends or Protein Supplies Australia



VEGETABLES

As many as you like

2. NON-STARCHY VEGETABLES - As many as you like, at least 2 cups with every meal

- Artichoke, Asparagus, Bok Choy, Broccoli, Brussels sprouts, Cabbage, Capsicum, Carrots, Cauliflower, Celery, Eggplant, Fennel, Kale, Leek, Lettuce, Mushroom, Onion, Pumpkin, Spinach, Squash, Tomato, Zucchini
- NB Aim for 80% greens, 20% other coloured vegetables**
* avoid corn (a grain) and try to only have beans and peas occasionally (legumes)



FATS

The size of your thumb

3. HEALTHY FATS - 1 thumb size portion with every meal

- 1/4 large avocado
- butter or ghee (grass fed)
- nuts and/or seeds
- oil e.g. coconut, macadamia or extra virgin olive oil
- 75ml coconut cream or coconut milk



CARBS

The size of your closed fist

4. COMPLEX CARBOHYDRATES - 1 closed fist size portion with meals optional or after training

- 1 piece fruit e.g. banana, apple, orange
- starchy vegetables e.g. sweet potato
- quinoa, buckwheat, brown rice (portion size measured cooked)



MEAL ADHERANCE CHART

Track your progress

Use this chart to track your meals and see how many adhere to the healthy eating guidelines.

- ✓ Each time your meal is compliant, put a tick in the box
- ✗ Each time your meal isn't compliant, put a cross in the box
- Each time you take some action but are not fully compliant, put a dash in the box.

| | MEAL 1 | MEAL 2 | MEAL 3 | MEAL 4 | MEAL 5 | DRINKS |
|-------|--------|--------|--------|--------|--------|--------|
| DAY 1 | | | | | | |
| DAY 2 | | | | | | |
| DAY 3 | | | | | | |
| DAY 4 | | | | | | |
| DAY 5 | | | | | | |
| DAY 6 | | | | | | |
| DAY 7 | | | | | | |