



HEALTHY GREEN APPROACH

Checklist

Implementing the 3-step
framework for peak performance
and athletic longevity



STEP 1: CULTIVATE



The first step in our framework is to **cultivate**. Just as a thriving garden begins with fertile soil, peak performance starts with a strong foundation. This involves nourishing your body, mind, and spirit.

- Focus on whole, nutrient-dense foods to fuel your body.
- Develop habits that support hydration, recovery, and energy balance.
- Cultivate a positive mindset to set the stage for growth.

This step lays the groundwork for everything that follows, ensuring you're starting from a place of strength and vitality.

<input type="checkbox"/>	ACTION 1	Create a game plan.
<input type="checkbox"/>	ACTION 2	Establish a champion's mindset.
<input type="checkbox"/>	ACTION 3	Excel with proper nutrition.

STEP 1: CULTIVATE

Create a game plan.

A game plan is a structured and actionable strategy designed to guide an adult athlete toward improving performance and establishing athletic longevity. It serves as a roadmap, offering clarity on objectives, priorities, and steps to achieve short-term and long-term goals.



Here are the key elements of a game plan for an adult athlete who wants to improve performance, establish athletic longevity, and improve any other area of their health, fitness or lifestyle.

1. Get super clear on your long and short-term goals.

- **Performance goals:** Define specific, measurable objectives, such as increasing strength, improving endurance, or mastering a skill. Example: "Increase my squat weight by 10% in three months.
- **Longevity Goals:** Include goals for sustaining health and mobility, such as maintaining joint health or preventing injuries. Example: "Incorporate two mobility sessions weekly.

2. Identify your assessment and baseline metrics.

- Conduct an initial assessment of fitness levels, including strength, flexibility, endurance, and recovery capacity.
- Identify strengths and weaknesses to tailor the approach. Example: "Assess my VO2 max and track progress quarterly.

3. Choose which actions will be effective in helping you achieve your short and long-term goals. The rest of this document will assist you in identifying these actions. If you need additional help with narrowing down your goals, identifying your metrics, or identifying which actions will be the most effective, reach out to me and I'd be happy to help. You can contact me through my website or email me directly at karen@healthygreenathlete.com.

STEP 1: CULTIVATE

My Personal Game Plan

Long term goal

Describe your long term goal that you'd like to achieve in 1-5 years. This is a big goal that you are shooting for and will likely require a significant amount of effort to achieve success.

Short term goal(s)

Describe up to 3 different short term goals that will need to be achieved in order to achieve your long term goal.

1

2

3

STEP 1: CULTIVATE

My Personal Game Plan

Baseline Metrics

Choose up to 3 metrics that represent how you are going to measure success when you've achieved your goal. For example, if your goal is to improve your mobility so that you can perform a sport-specific skill better, then your baseline metric would be your current mobility and an assessment of your current skill ability. You can do a quick Internet search on mobility assessments to determine your starting point.

Metric	Starting Point Measurement	Target Measurement Once You've Achieved Your Goal

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My Personal Game Plan

Action Plan

Use the rest of this workbook to identify specific actions which contain quantifiable measures where possible. Use the guide below to apply these parameters to the actions that you choose. This will help you be more clear on what the exact action is that you are committing to and set mini goals to help you achieve your long-term and short-term goals.. Having specific actions also help with tracking and holding yourself accountable.

S.M.A.R.T. Actions

Actions should align with the SMART criteria: Specific, Measurable, Achievable, Relevant, and Time-bound. For example, if your goal is to run a 5K in under 25 minutes then your action might be to "follow at least 90% of a 12-week 5K training plan with my long runs on Sundays."

Data-Driven Actions

Data-driven metrics often use numbers such as time, amount of weight lifted or number of workouts per week. Examples:

- Performance Metrics:
 - Place within the top 10% on the leaderboard of a certain activity
 - Be able to squat 110% of your bodyweight
- Recovery Metrics:
 - Achieve a balanced heart rate variability (HRV) 90% of the time.
 - Follow 100% of a pre-determined recovery routine

Frequency and Volume Actions

These actions will quantify how often an action is performed or the amount of times that action is completed within a certain time frame. This can be considered within a training program in terms of the number of repetitions, sets, and/or rounds. It can also include how many times per day/week/month you're going to complete an action, or how many small actions are done in a period of time (e.g. 10,000 steps per day or drink 100 ounces of water per day).

Intensity Level Actions

You can also create actions based on intensity thresholds. For example, if you're working on increasing your speed or endurance, then you can perform intervals at 85% of your max heart rate 3 times a week. If your goal is to increase strength, you can lift at 70% of your 1 rep maximum for 4 sets with 8 reps per set.

Time Commitments

Quantifying actions based on duration or time invested is another great way to make commitments towards achieving goals. Examples may include:

- Spend at least 15 minutes a day foam rolling.
- Dedicate 30 minutes to mobility exercises twice per week.

STEP 1: CULTIVATE

My Personal Game Plan

Action Plan, continued

Subjective scale

Actions that aren't quantitative but can be rated on a scale are also good ways to describe actions. Using qualitative or subjective metrics can be good for those actions that are less tangible. For example:

- After each training session, rate your energy levels on a 1-10 scale
- Track your daily stress on a scale from 1 (low) to 5 (high).

Consistency and Adherence Actions

Commitments can also be described in terms of how well you adhere to a plan or program. For example, if you've identified a meal plan that will align with your goals, then you could commit to following that plan at least 90% of the time. Then by tracking your meals in a food log you can determine how much of the time you followed your plan. You can also outline a training schedule based on a strength and conditioning plan and commit to adhering to that 100%. These types of actions will help hold you accountable and strengthen your self-discipline.

Progress Markers

You can use the baseline metrics you've already established to determine your progress markers or establish new ones that will indicate whether or not you're progressing toward your goal(s). Examples include:

- If your goal is to train for a marathon, you can increase the distance of your long run by 10% each week.
- If your goal is to improve your upper body strength, you can do one additional pullup every other day for 6 weeks.

Combined Actions

If your actions are S.M.A.R.T. then you'll most likely have some combination of all of these types of actions mashed together into one. The more detail you can assign to action you're committing to, the more likely you'll be in following through with it. Vague actions such as "run multiple times per week" aren't as helpful as ones such as "follow a 5k training plan with 4 running workouts per week". These actions are also going to be new habits, so you may want to consider the time of day that you'll complete them. For example, if you're working on upgrading your mindset then your action might be to listen to at least 10 minutes of a guided meditation which focuses on self-confidence every night after brushing my teeth and before going to bed.

STEP 1: CULTIVATE

My Personal Game Plan

Under each action below, write down up to 3 commitments you're going to make in order to complete that action. Use the following pages in this guide to help you identify the actions you'd like to commit to.

Establish a Champion's Mindset
Commitment 1:
Commitment 2:
Commitment 3:

Excel with Proper Nutrition
Commitment 1:
Commitment 2:
Commitment 3:

STEP 1: CULTIVATE

My Personal Game Plan

Under each action below, write down up to 3 commitments you're going to make in order to complete that action. Use the following pages in this guide to help you identify the actions you'd like to commit to.

Identify, Reduce and Manage Stress

Commitment 1:

Commitment 2:

Commitment 3:

Train Smarter, Not Harder

Commitment 1:

Commitment 2:

Commitment 3:

STEP 1: CULTIVATE

My Personal Game Plan

Under each action below, write down up to 3 commitments you're going to make in order to complete that action. Use the following pages in this guide to help you identify the actions you'd like to commit to.

Improve Recovery After Training and Injury

Commitment 1:

Commitment 2:

Commitment 3:

Optimize with Ergogenic Aids

Commitment 1:

Commitment 2:

Commitment 3:

STEP 1: CULTIVATE

My Personal Game Plan

Under each action below, write down up to 3 commitments you're going to make in order to complete that action. Use the following pages in this guide to help you identify the actions you'd like to commit to.

Upgrade Your Routines and Habits

Commitment 1:

Commitment 2:

Commitment 3:

Elevate Your Game with Bio-hacks

Commitment 1:

Commitment 2:

Commitment 3:

STEP 1: CULTIVATE

Establish a Champion's Mindset

Establishing a champion's mindset involves developing mental habits, routines, and perspectives that align with excellence and resilience. Here are specific actions to help cultivate this mindset:

- **Develop daily mental resilience practices**
 - Practice mindfulness, meditation, or journaling to build focus and reduce stress
 - Example: Spend at least 10 minutes every day visualizing success in a challenging task or competition.
- **Embrace growth over perfection**
 - Reflect on setbacks as learning opportunities, not failures.
 - Example: After each training session, note one thing you did well and one thing you'd like to improve.
- **Build a strong support system**
 - Surround yourself with people who inspire and motivate you to push your limits
 - Example: Join a community of like-minded individuals (such as my Athlete for Life group)
- **Cultivate self-discipline and consistency**
 - Establish non-negotiable habits that align with your goals
 - Example: Commit to training 4 days per week or fueling your body with nutrient-dense foods consistently
- **Practice gratitude and positivity**
 - Acknowledge your progress and express gratitude daily.
 - Example: Start or end each day by writing 3 things you're grateful for.
- **Visualize success**
 - Regularly envision yourself achieving your goals, focusing on how it feels and the steps required to get there.
 - Example: Before a workout or competition, mentally rehearse performing at your best.
- **Manage stress and overcome challenges**
 - Develop strategies for staying calm under pressure, like controlled breathing or affirmations
 - Example: Repeat affirmations such as "I am prepared, focused and capable."

STEP 1: CULTIVATE

Establish a Champion's Mindset

- **Commit to lifelong learning**
 - Continuously seek opportunities to grow mentally, physically, and emotionally
 - Example: Read books on mindset and performance or attend workshops
- **Celebrate wins (big and small)**
 - Acknowledge achievements to reinforce progress and stay motivated.
 - Example: Treat yourself after reaching a milestone - like hitting a strength PR - with a meaningful reward.

Here's an example of a daily plan that will help you build a champion's mindset while balancing your life and fitness priorities:

Morning routine (20-30 minutes)	Gratitude Practice (2-3 minutes)	Write down 3 things you are grateful for, and reflect on one positive thing from the previous day.
	Visualization (5 minutes)	Visualize yourself achieving your goals. Focus on emotions, actions and outcomes.
	Mindset affirmations (2 minutes)	Repeat these affirmations aloud or in your mind: "I am strong, capable and resilient." "Every step I take brings me closer to my goals."
	Move your body (10-15 minutes)	Start the day with light movement to activate your mind and body such as yoga, going for a walk outside or stretching.

STEP 1: CULTIVATE

Establish a Champion's Mindset

During the day	Set a daily focus (5 minutes)	Write down one specific goal or task to prioritize today. Example: "Focus on perfecting my form during strength training."
	Mindful Breaks (5 minutes)	Take short pauses every 2–3 hours to reset. Use deep breathing or a quick mindfulness app to stay present.
	Lifelong learning (10-15 minutes)	Read or listen to a podcast on mindset, performance, or personal growth. Example: The podcast Mindset Mentor, or books like Mindset by Carol Dweck or Atomic Habits by James Clear.
	Community engagement (10-15 minutes)	Interact with your supportive community, like fellow athletes in the Athlete for Life's online space. Share wins, ask for advice, or encourage others.
Evening Routine (20-30 minutes)	Reflect and journal (10 minutes)	Write down: What went well today, what could be improved, and a plan for addressing challenges tomorrow.
	Celebrate small wins (5 minutes)	Acknowledge at least one achievement from the day. Example: "I stayed consistent with my workout and felt energized afterward."
	Mindfulness or relaxation (10-15 minutes)	Practice guided meditation, deep breathing, or light stretching to relax and prepare for restorative sleep.
	Nighttime affirmation (1-2 minutes)	Repeat: "I am making progress every day. Tomorrow is an opportunity to grow."

STEP 1: CULTIVATE

Excel with Proper Nutrition

Excelling with proper nutrition involves consistent habits, informed choices, and tailoring your diet to support your body's unique needs and goals. Here are specific actions you can take:

- **Establish clear nutrition goals**
 - Define what you aim to achieve through nutrition (e.g., fueling workouts, supporting recovery, enhancing hormonal health, or improving energy).
 - Example: "Prioritize protein at each meal to aid muscle repair" or "Include more fiber to improve digestion."
- **Plan and prepare meals**
 - Set aside time each week for meal planning and preparation.
 - Example: Prep proteins, roasted veggies, and whole grains in advance to make balanced meals quick and easy.
- **Prioritize whole, nutrient-dense foods**
 - Focus on minimally processed foods high in vitamins, minerals, and antioxidants.
 - Example: Before a workout or practice, consume a banana with almond butter, and afterwards consume a smoothie with protein powder, spinach and berries.
- **Stay hydrated**
 - Drink water consistently throughout the day. Monitor hydration needs during and after exercise.
 - Example: Consume at least half your bodyweight in ounces per day.
- **Balance macronutrients at every meal**
 - Include protein, healthy fats, and fiber-rich carbs at each meal to stabilize energy levels.
 - Example: A balanced plate: grilled salmon, quinoa, roasted broccoli, and avocado slices.
- **Support gut health**
 - Incorporate probiotics and prebiotics to nourish your digestive system.
 - Examples: Yogurt, kefir, sauerkraut, or a probiotic supplement alongside prebiotic foods like garlic, onions, and bananas.

STEP 1: CULTIVATE

Excel with Proper Nutrition

- **Eat mindfully**
 - Slow down and pay attention to hunger cues, portion sizes, and how food makes you feel.
 - Example: Avoid eating in front of screens; chew thoroughly and savor each bite.
- **Address specific nutritional needs**
 - Tailor nutrition to your unique health status (e.g., hormonal health, digestive support, or athletic performance).
 - Example: Include cruciferous vegetables (like broccoli and cauliflower) for hormonal balance or turmeric for inflammation.
- **Monitor and adjust**
 - Action: Track your food intake or energy levels to identify patterns and adjust as needed.
 - Example: Use an app like Cronometer or keep a food journal to ensure you're meeting your macro- and micronutrient needs.
- **Include recovery and anti-inflammatory foods**
 - Action: Add foods rich in antioxidants and omega-3s to combat inflammation and speed up recovery.
 - Example: Salmon, walnuts, flaxseeds, turmeric, and dark leafy greens.
- **Limit processed and sugary foods**
 - Avoid excessive refined sugars and ultra-processed foods.
 - Example: Swap sugary snacks for whole-food alternatives like fruit with almond butter or homemade energy balls.
- **Supplement wisely**
 - Fill gaps in your diet with high-quality supplements if needed.
 - Example: Vitamin D, magnesium, or omega-3 supplements for athletes over 40.
- **Regularly re-evaluate your needs**
 - Periodically reassess your diet to align with changing goals or life stages.
 - Example: Adjust calorie intake during more intense training phases or shift focus to hormone-supportive foods during midlife.

STEP 1: CULTIVATE

Excel with Proper Nutrition

Here's a sample meal plan tailored to support athletic performance, recovery, hormonal balance, and overall well-being. It focuses on nutrient-dense, whole foods with balanced macronutrients and options for variety.

Breakfast	Hormone-balancing Power Bowl <ul style="list-style-type: none">• 2 scrambled eggs (or tofu scramble for plant-based option)• ½ avocado (healthy fats)• 1 cup sautéed spinach or kale (iron and fiber)• 1 slice whole-grain or sprouted toast (complex carbs)• Optional: Sprinkle with nutritional yeast or seeds for extra nutrients.	Provides protein, healthy fats and fiber to stabilize energy and support hormones.
Mid-morning Snack	Anti-inflammatory Smoothie <ul style="list-style-type: none">• 1 scoop protein powder (choose clean, high-quality)• 1 cup unsweetened almond milk or water• 1 cup frozen berries (antioxidants)• 1 handful spinach or kale (greens)• 1 tbsp chia or flax seeds (omega-3s)• ½ tsp turmeric + black pepper (anti-inflammatory boost)	Supports recovery and provides a mix of nutrients to fuel your morning.
Lunch	Grilled Salmon Bowl (or Plant-based alternative) <ul style="list-style-type: none">• 4 oz grilled salmon (or roasted chickpeas for plant-based)• 1 cup quinoa (complex carbs and protein)• 1 cup roasted vegetables (e.g., zucchini, broccoli, bell peppers)• Drizzle of olive oil and a squeeze of lemon.	A perfect balance of protein, carbs, and healthy fats to support muscle repair and energy.

STEP 1: CULTIVATE

Excel with Proper Nutrition

Afternoon Snack	Energy Boosting Snack <ul style="list-style-type: none">• 1 small handful of mixed nuts (almonds, walnuts)• 1 piece of fruit (e.g., apple or banana)• Optional: Pair with 1-2 squares of dark chocolate (70%+ cacao).	Combines healthy fats and natural sugars for sustained energy.
Dinner	Recovery-Optimized Meal <ul style="list-style-type: none">• 4-6 oz grilled chicken or tempeh (protein)• 1 medium sweet potato (complex carbs)• 1 cup steamed broccoli or Brussels sprouts (fiber and antioxidants)• Drizzle of tahini or cashew cream for a creamy, nutrient-rich topping	Supports recovery with lean protein and anti-inflammatory veggies.
Evening Snack (optional)	Hormone-supporting Treat <ul style="list-style-type: none">• Greek yogurt (or coconut yogurt for dairy-free) with a drizzle of honey• Sprinkle of pumpkin seeds (zinc for hormone support)• Dash of cinnamon (blood sugar regulation)	A light and satisfying option to balance blood sugar before bed.

Tips for Variability

- Breakfast Options: Swap eggs for a chia pudding topped with berries or a smoothie bowl.
- Lunch/Dinner Protein Swaps: Use turkey, tofu, tempeh, or beans.
- Snack Variety: Add hummus with veggie sticks or rice cakes with almond butter.

STEP 2: GROW



The next step is growth. Growth is about building on your foundation through intentional actions and targeted strategies.

- Enhance your training with smart, progressive overload and variety.
- Incorporate mobility and recovery practices to support resilience.
- Optimize sleep and stress management to unlock your full potential.

This step focuses on taking deliberate actions to push your performance to the next level while maintaining balance.

<input type="checkbox"/> ACTION 1	Identify, reduce and manage stress.
<input type="checkbox"/> ACTION 2	Train harder, not smarter.
<input type="checkbox"/> ACTION 3	Improve recovery after training and injury.

STEP 2: GROW

Identify, reduce and manage stress.

Identifying, reducing, and managing stress requires a combination of self-awareness, proactive lifestyle changes, and stress-management techniques. Here are specific actions to help:

• Identify sources of stress

- Keep a stress journal to track triggers, symptoms, and patterns.
- Example: Write down events, thoughts, or people that cause stress and how you respond.
- Self-Check Questions:
 - What situations make you feel overwhelmed or anxious?
 - Are there recurring thoughts or worries?
 - How does stress show up in your body (e.g., tension, fatigue)?

• Develop a stress-reduction plan

- Categorize stressors into controllable (e.g., work deadlines) and uncontrollable (e.g., traffic) to focus your energy where it matters.
- Example: Plan your day to complete tasks that trigger stress earlier when you have the most energy.

• Practice daily stress-reduction techniques

- Mindfulness and relaxation:
 - Spend 5–10 minutes daily on mindfulness, meditation, or breathing exercises.
 - Example: Try the 4-7-8 breathing technique:
 - Inhale for 4 seconds.
 - Hold for 7 seconds.
 - Exhale for 8 seconds.
- Gratitude practice: Write down 3 things you're grateful for each day to shift focus from stress to positivity.
- Grounding techniques:
 - Use grounding techniques during moments of acute stress.
 - Example: Try the 5-4-3-2-1 Method. Identify 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.

• Engage in physical activity

- Incorporate regular exercise to reduce cortisol and boost endorphins.
- Example: Take a brisk walk, do yoga, or follow your strength training program 4 days a week.

STEP 2: GROW

Identify, reduce and manage stress.

- **Prioritize rest and recovery**

- Establish a consistent sleep routine.
- Example: Go to bed at the same time nightly, limit screen time before bed, and create a calming pre-sleep routine.

- **Build resilience**

- Cognitive Reframing
 - Challenge negative thoughts and replace them with empowering ones.
 - Example: Instead of "I can't handle this," say, "I'm doing my best, and I will get through it."
- Focus on Solutions
 - Break big problems into smaller, manageable steps.
 - Example: If overwhelmed by a project, start with a single task.

- **Strengthen social connections**

- Learn to say no to commitments that drain your energy or don't align with your priorities.
- Example: Politely decline unnecessary responsibilities and delegate tasks where possible.

- **Practice self-care**

- Schedule time for activities that recharge you.
- Example: Take a nature walk, indulge in a hobby (like crafting or thrifting), or enjoy a relaxing bath.

- **Monitor and adjust**

- Regularly assess stress levels and the effectiveness of your strategies.
- Example: Use a stress scale (1–10) daily to gauge your state and adjust your plan accordingly.

- **Seek professional support**

- Consider talking to a therapist, coach, or counselor for additional tools and strategies.
- Example: Explore Cognitive Behavioral Therapy (CBT) techniques or mindfulness-based stress reduction (MBSR).

STEP 2: GROW

Identify, reduce and manage stress.

Here's an example of a weekly schedule that integrates stress-management practices into daily routines. It includes time-efficient actions that align with your lifestyle and priorities.

	Morning	Afternoon	Evening
SUN	5 minutes: Write affirmations for resilience and positivity for the upcoming week.	15 minutes: Take a brisk walk or stretch break.	10 minutes: Light yoga or guided relaxation before bed.
MON	2 minutes: Repeat affirmations (e.g., "I am capable of handling anything today brings").	5 minutes: Identify key stressors of the day/week and jot down possible solutions.	10 minutes: Reflect in a journal about successes and challenges from the day.
TUES	5 minutes: 4-7-8 breathing exercise to set a calm tone for the day.	5 minutes: Use the 5-4-3-2-1 grounding technique if feeling overwhelmed.	10 minutes: Light yoga or guided relaxation before bed.
WED	5 minutes: Visualization exercise—picture yourself navigating a stressful situation with ease.	10 minutes: Listen to calming music or step outside for a break.	20 minutes: Engage in a favorite hobby, like crafting or thrifting.
THU	5 minutes: Gratitude practice and set a positive intention for the day.	10 minutes: Journal stressors and identify one you can let go of or delegate.	10 minutes: Listen to a short guided meditation for relaxation.
FRI	5 minutes: Gratitude journaling with a focus on wins from the week.	15 minutes: Physical activity or nature walk to reset energy.	20 minutes: Celebrate the week's accomplishments with self-care or a treat.
SAT	10 minutes: Reflective journaling—write about personal growth and goals.	30 minutes: Engage in an outdoor activity like hiking to boost mood and reduce stress.	15 minutes: Plan fun or relaxing activities for the week ahead.

STEP 2: GROW

Train smarter, not harder

Training smarter, not harder, involves maximizing efficiency, minimizing injury risk, and aligning your workouts with specific goals. Here are actionable strategies:

- **Prioritize quality over quantity**

- Efficient movement patterns enhance performance and reduce injury risk which is why you'll want to focus on proper form and technique during every exercise.
- Reduce weights if necessary to ensure your squat form is perfect before adding intensity.

- **Follow a periodized training plan**

- Divide training into phases (e.g., strength, hypertrophy, power, recovery) to target different adaptations. This systematic approach prevents plateaus and overtraining.
- Example: Your 12-week program could include:
 - 4 weeks of mobility and foundational strength.
 - 4 weeks of heavier strength training.
 - 4 weeks of power and explosiveness.

- **Incorporate active recovery**

- Active recovery improves circulation and reduces muscle soreness. Plan low-intensity recovery days or active rest sessions 2-3 days per week.
- Choose activities such as yoga, walking, or swimming on non-strength training days.

- **Use data and feedback**

- Data helps you identify what's working and where to make improvements. Nowadays you can easily track progress with tools like wearables, training logs, or apps.
- Example: Measure performance metrics (e.g., lifting max, running pace) weekly to adjust your plan as needed.

- **Train movement patterns, not just muscles.**

- Include compound, functional movements that mimic real-life or sport-specific actions. Doing training that focuses on movement patterns enhances overall efficiency and athleticism.
- Compound movements are exercises that engage multiple joints and muscle groups simultaneously. Examples include: squats, deadlifts, lunges pullups, pushups and rows.
- Functional movements are multi-joint or multi-planar exercises that mimic or enhance natural, everyday motions, improving strength and mobility for daily activities or specific sports. Examples include: kettlebell swings, medicine ball slams, and Turkish getups.

STEP 2: GROW

Train smarter, not harder

- **Optimize recovery**

- Recovery is when your body builds strength and repairs. You can optimize it by focusing on sleep, nutrition, and hydration.

- **Limit “junk volume”**

- Eliminate unnecessary exercises or excessive repetitions that don't align with your goals. This reduces fatigue while still targeting key areas.
- Example: Replace endless bicep curls with pull-ups, which engage multiple muscles.

- **Warm up and cool down properly**

- Warming up your body, and especially the muscle you are going to target in your workout prepares your body for movement and reduces injury risk.
- Cooling down also helps your body recover effectively.
- Example: Spend 5-10 minutes warming up with dynamic stretches (such as leg swings) and 5-10 minutes cooling down with static stretches (such as hamstring stretches).

- **Incorporate mobility and flexibility work**

- Mobility is
- Flexibility is
- Both are important for improving range of motion, reducing stiffness and enhancing performance.
- Example: Add 10 minutes of foam rolling and mobility drills before workouts.

- **Cross-train**

- Incorporate a variety of activities to avoid overuse injuries and improve overall fitness. This will build balanced fitness and prevent burnout.
- Example: Go to a Pilates class or go for a swim on non-training days to complement your heavy lifting during strength training.

- **Listen to your body**

- Tuning into the signals your body is sending helps to prevent overtraining and injury. Adjust your intensity or rest when you feel fatigued or sore.
- Example: If your energy is low, replace a high-intensity session with yoga or a light walk.

- **Include power and plyometrics strategically**

- Power exercises and plyometrics involve explosive movements to improve speed and agility. These improve athletic performance and power generation.
- Example: Incorporate box jumps, medicine ball slams, or sprints at the end of your strength training at twice a week.

STEP 2: GROW

Train smarter, not harder

- **Use progressive overload**

- This method is where you gradually increase weight, intensity, or volume over time and stimulates continual improvement from week to week.
- Example: Add 5% to your lifts every 2–3 weeks or increase reps as your strength improves.

- **Work with a coach or follow a custom program**

- Expert guidance ensures efficient and effective training which is why I'd highly recommend following a structured program or consulting with a strength and conditioning coach to tailor training to your needs.
- Example: Hire a strength and conditioning coach to assess your sport-specific goals, physical limitations and contraindications, and who will develop a custom program specifically for you.

Here's a weekly training schedule incorporating compound and functional movements, tailored for balance, strength, power, and recovery. This plan focuses on full-body efficiency, progressive overload, and functionality while allowing room for recovery. Make sure to add your warm up, cool down and mobility exercises.

Day 1 Full Body Strength	<ul style="list-style-type: none">• Barbell Back Squats: 4 sets of 8-10 reps• Deadlift: 4 sets of 6-8 reps• Lat Pulldowns: 3 sets of 8-10 reps• Push-Ups: 3 sets of 8-10 reps• Plank Variations: 3 rounds of 30-60 seconds
Day 2 Functional Movement and Mobility	<ul style="list-style-type: none">• Single-leg deadlift (dumbbells): 3 sets of 10 reps per leg• Turkish Get-Up (Kettlebell): 3 sets of 5 reps per side• Farmer's Carry: 3 rounds, 30-50 steps with heavy dumbbells• Step-Ups (Weighted): 3 sets of 10 reps per leg• Pallof Press (Anti-Rotation): 3 sets of 12-15 reps per side

STEP 2: GROW

Train smarter, not harder

Day 3 Power and Explosiveness	<ul style="list-style-type: none">• Box Jumps: 4 sets of 8 reps (focus on height and soft landings)• Medicine Ball Slams: 4 sets of 10 reps• Kettlebell Swings: 4 sets of 12-15 reps• Broad Jumps: 3 sets of 8 reps• Sled Push or Sprint (if available): 3 rounds, 20-30 meters
Day 4 Rest or Active Recovery	Options: <ul style="list-style-type: none">• Light yoga session (focus on hip and shoulder flexibility)• 20-30 minutes of brisk walking or swimming• Foam rolling and deep static stretches for tight areas
Day 5 Upper Body Strength and Core Stability	<ul style="list-style-type: none">• Overhead Press (Barbell/Dumbbells): 4 sets of 8-10 reps• Incline Dumbbell Bench Press: 3 sets of 8-12 reps• Dumbbell Rows or Barbell Rows: 4 sets of 8-12 reps• Push-Ups with Shoulder Taps: 3 sets of 10-12 reps• Plank with Reach or Stability Ball Roll-Out: 3 sets of 12 reps
Day 6 Lower Body Strength and Functional Movements	Front Squats (Barbell/Dumbbells): 4 sets of 8-10 reps Romanian Deadlift (Dumbbells): 4 sets of 8-12 reps Bulgarian Split Squats: 3 sets of 8-10 reps per leg Rotational Woodchop (Cable/Med Ball): 3 sets of 12 reps per side Glute Bridges or Hip Thrusts: 3 sets of 12-15 reps
Day 7 Rest or Recovery	Options: <ul style="list-style-type: none">• Attend a yoga class focusing on flexibility and breathwork• Take a hike or leisurely walk outdoors• Foam roll and stretch, focusing on any areas of tightness

Additional Tips:

- Progression: Gradually increase weights, reps, or intensity every 2-3 weeks.
- Form First: Prioritize perfecting technique, especially for complex lifts.
- Hydration & Nutrition: Ensure your body is well-fueled for each session

STEP 2: GROW

Improve recovery after training or injury

AFTER TRAINING

Here's a list of specific actions to improve recovery after **training**. These strategies focus on enhancing physical repair, reducing inflammation, and supporting long-term resilience. Make sure to consult with your doctor, physical therapist and/or certified strength coach to ensure that these strategies are best for your situation.

- **Follow professional guidance**
 - Consult a physical therapist, sports doctor, or trainer to create a tailored recovery plan.
 - Stick to prescribed exercises and avoid returning to full training prematurely.
- **Modify your training**
 - Unless your doctor instructs you otherwise, try to incorporate types of exercise that will not aggravate your injury and will move other uninjured areas of your body. You can do this by focusing on non-impacted areas or doing lighter intensity activities. If recovering from a leg injury and not able to do anything weight bearing, focus on doing seated upper body exercises or swimming. You might also want to consider using the machines in the gym rather which offer a bit more control and can be much safer through a certain range of motion than free weights like dumbbells and barbells.
- **Gradually return to your activity**
 - Progressively reintroduce intensity and load, and consider doing basic drills which focus on the fundamentals so you can ensure that you come back with proper form and technique. This also allows you to identify areas that may benefit from additional physical therapy before you move on to more advanced drills.
 - Example: Start with bodyweight movements before adding resistance or speed.
- **Use anti-inflammatory strategies**
 - Incorporate natural anti-inflammatory foods like turmeric, ginger, salmon, and leafy greens. In addition to rest, your physical therapist may also recommend physical strategies such as cold therapy, heat therapy, elevation, dry needling or compression therapy. Nutritional and physical interventions can help manage inflammation without over-reliance on medication.
- **Stay patient and be consistent**
 - Focus on progress, not perfection. Recovery may take time, but consistent effort yields better results. Remember that it's important to listen to anything that may hurt. Ignoring it and rushing back can lead to setbacks.

STEP 2: GROW

Improve recovery after training or injury

- **Manage stress**

- Incorporate mindfulness practices like meditation, journaling, or deep breathing. This reduces cortisol levels, which can interfere with recovery.
- Example:

- **Use recovery tools**

- Incorporate tools like compression sleeves or boots to enhance blood flow to support muscle recover and reduce soreness.

AFTER INJURY

- **Modify your training**

- Focus on non-impacted areas or lighter intensity activities.
- Example: If recovering from a leg injury, focus on upper body strength or swimming.

- **Gradually return to activity**

- Progressively reintroduce intensity and load.
- Example: Start with bodyweight movements before adding resistance or speed.

- **Use anti-inflammatory strategies**

- Incorporate natural anti-inflammatory foods like turmeric, ginger, salmon, and leafy greens. This will help to manage inflammation without over-reliance on medication.

- **Support soft tissue healing**

- Incorporate gentle mobility exercises to maintain joint health and avoid stiffness.
- Example: Controlled ankle circles during a sprained ankle recovery.

- **Stay patient and consistent**

- Focus on progress, not perfection. Recovery may take time, but consistent effort yields better results.
- Why: Rushing back can lead to setbacks.

STEP 2: GROW

Improve recovery after training or injury

General Strategies for Both Recovery and Injury

- **Track Recovery:** Use a journal or app to monitor pain levels, soreness, and progress over time.
- **Stay Hydrated:** Water is essential for tissue repair and flushing out toxins.
- **Focus on Mental Recovery:** Address frustration or anxiety about setbacks through mindfulness or coaching.
- **Reassess Nutrition:** Ensure you're getting enough protein, omega-3 fatty acids, and micronutrients like magnesium and vitamin C, which aid recovery.

Here are detailed examples and routines for some key recovery strategies to improve post-training and injury recovery:

Post-Workout Recovery Routine (~20–30 minutes)

Hydration (Immediately After):

Drink at least 16–20 oz of water post-workout. Add electrolytes if the session was intense or involved heavy sweating. For example: coconut water mixed with a pinch of Himalayan salt and a splash of lime juice.

Nutrition (Within 30–60 Minutes)

Post-Workout Snack/Meal: Combine protein and carbs.

Example Meal: Grilled chicken (30g protein), roasted sweet potatoes (carbs), and steamed broccoli (antioxidants).

Example Snack: A smoothie with protein powder (choose one with at least 20g protein), frozen berries, spinach, almond milk, and a tablespoon of almond butter.

Foam Rolling and Stretching (~10 Minutes)

Foam Roll: Focus on large muscle groups like quads, hamstrings, and back.

Stretching: Perform static stretches, holding each for 20–30 seconds. Example Stretches: Hamstring Stretch, Child's Pose (for back and hips), Cat-Cow (spinal mobility)

Cold and Heat Therapy

Ice sore or inflamed areas for 10–15 minutes or take a cold plunge for 3-5 minutes. Follow with a warm bath or heating pad to relax tight muscles.

STEP 2: GROW

Improve recovery after training or injury

Daily Recovery Optimization for Injury (~15-20 minutes)

Gentle Mobility Exercises

- Make sure your mobility exercises include exercises approved by your physical therapist and do not interfere with your prescribed recovery plan.
- Example Routine: Perform 2–3 sets of 10–15 reps.
 - Controlled Ankle Circles (if recovering from a sprained ankle).
 - Shoulder Pendulum Swings (for shoulder recovery).
 - Seated Leg Extensions (if recovering from knee pain).

Soft Tissue Work (~10 minutes)

- Use a massage ball or foam roller around, but not directly on, the injured area.
- If prescribed, do myofascial release or light stretches.

Nutrition for Healing

- Focus on anti-inflammatory foods and micronutrients for tissue repair.
- Example Meal: Grilled salmon (omega-3s), quinoa (zinc and protein), and steamed kale (vitamin C).
- Example Snack: Greek yogurt topped with blueberries, walnuts, and honey.

Elevate and rest

If swelling is present, elevate the injured area above heart level for 15–20 minutes.

Breathwork and relaxation

No matter what your injury, your body will benefit from activating the parasympathetic nervous system. This will help your brain and body process any emotional or physical trauma and will encourage faster healing.

Example Exercise: Diaphragmatic Breathing

- Lie on your back, one hand on your chest and the other on your belly.
- Breathe deeply through your nose for 4 counts, hold for 4 counts, and exhale for 6 counts.

STEP 3: EVOLVE



Finally, we have the third step which is to evolve. This step is about creating lasting change and continually adapting to new challenges and goals.

- Reflect on your progress and make adjustments as needed.
- Embrace a growth mindset to overcome setbacks and seize opportunities.
- Integrate your athletic journey with your overall life vision for harmony and fulfillment.

Evolving means you're not just performing well today but setting yourself up for a lifetime of health and vitality

<input type="checkbox"/> ACTION 1	Optimize with ergogenic aids.
<input type="checkbox"/> ACTION 2	Upgrade your routines and habits.
<input type="checkbox"/> ACTION 3	Elevate your game with bio-hacks.

STEP 3: EVOLVE

Optimize with ergogenic aids

Here's a list of actions to help athletes safely and effectively optimize performance using ergogenic aids (substances, devices or techniques that enhance physical performance):

- **Understand the purpose of ergogenic aids**
 - Research how each ergogenic aid aligns with your performance goals.
 - Example: Creatine for explosive strength, caffeine for endurance or focus, beta-alanine for buffering muscle acidity.
- **Prioritize safety and legality**
 - Check the legality of ergogenic aids under your sport's governing body (e.g., WADA or USADA guidelines).
 - Example: Avoid banned substances like certain stimulants or anabolic agents.
 - Consult a sports nutritionist or medical professional before starting any supplement.
- **Focus on evidence-based aids**
 - Use aids with strong scientific backing. I've provided several examples in the following pages but would encourage you to do your own research on supplements and brands. There's a lot of crappy ones out there!
 -
- **Incorporate natural ergogenic substances**
 - Use whole foods with performance-enhancing properties or supplements that have been extracted from whole-food sources.
 - Examples:
 - Beetroot juice (nitrates) for endurance.
 - Tart cherry juice for recovery and reducing muscle soreness.
 - Caffeine from natural sources like coffee or tea.

STEP 3: EVOLVE

Optimize with ergogenic aids

- **Optimize timing and dosage**

- Follow research-backed timing and dosing protocols for each aid.
- Examples:
 - Caffeine: 3–6 mg/kg body weight, 30–60 minutes before exercise.
 - Creatine: 5g daily for maintenance (after an optional loading phase of 20g/day for 5–7 days).
 - Beta-Alanine: 3–6g daily, split into smaller doses to avoid tingling sensations.

- **Test ergogenic aids during training**

- Experiment with new aids during training sessions, not competitions, to evaluate effects and avoid adverse reactions. For example, test how caffeine affects your focus or stomach during practice runs.

- **Prioritize hydration with aids**

- Ensure proper hydration to maximize the effectiveness of certain aids.
- Example: Creatine requires sufficient water intake to avoid dehydration.

- **Combine with proper nutrition**

- Use ergogenic aids as a supplement to, not a replacement for, a solid nutrition plan.
- Example: Pair creatine with post-workout carbs and protein for optimal uptake and recovery.

- **Manage side effects**

- Monitor and adjust usage to minimize potential side effects.
- Examples:
 - Reduce caffeine intake to prevent jitteriness or sleep disturbances.
 - Take beta-alanine in smaller doses to reduce tingling.

- **Track performance and recovery**

- Keep a log of your workouts, recovery, and how you feel after using ergogenic aids.
- Example: Note any improvements in strength, endurance, or focus when using aids like creatine or caffeine.

STEP 3: EVOLVE

Optimize with ergogenic aids

NUTRITIONAL AIDS

This detailed table highlights key natural nutritional ergogenic aids that support performance along with a nutrient-rich diet and help to enhance benefits from training.

Ergogenic Aid	Benefits	Examples	When to use
Caffeine	Increases alertness, reduces perception of effort, enhances endurance.	<u>Legion Athletics Pre-Workout</u> , coffee, tea	30–60 minutes before endurance or high-intensity events (3–6 mg/kg body weight).
Creatine Monohydrate	Improves strength, power, and high-intensity performance; aids recovery.	<u>Legion Athletics Unflavored Creatine</u>	Daily supplementation (3–5g/day); optional loading phase (20g/day for 5–7 days).
Beta-Alanine	Buffers muscle acidity, delays fatigue during high-intensity exercise.	Beta-alanine powder or capsules	Daily (3–6g split into smaller doses); effective after several weeks of use.
Branch Chain Amino Acids (BCAAs)	Reduces muscle breakdown, promotes recovery.	BCAA powders or capsules	Before or during endurance or resistance training (5–10g)
Beetroot Juice (nitric oxide)	Enhances oxygen efficiency and endurance; reduces fatigue.	Beetroot juice, nitrate-rich vegetables (spinach, arugula)	2–3 hours before endurance events.

STEP 3: EVOLVE

Optimize with ergogenic aids

MORE NUTRITIONAL AIDS

Ergogenic Aid	Benefits	Examples	When to use
Protein Supplements	Promotes muscle repair and recovery, supports muscle growth.	Whey, casein, plant-based protein powders or <u>my favorite beef based protein powder</u>	Post-workout within 30–60 minutes; evenly distributed throughout the day to hit daily protein goals
Carbohydrates	Restores glycogen stores, fuels performance, prevents fatigue.	Fruit smoothie, banana, oats, <u>KiZe Energy Bar</u>	Before, during, and after exercise (depending on intensity and duration).
Tart Cherry Juice	Reduces inflammation and muscle soreness; aids sleep quality.	<u>Organic Tart Cherry Juice</u> or <u>Tart Cherry Juice Extract Capsules</u>	After intense training or before bed for recovery.
Electrolytes	Maintains hydration and electrolyte balance, prevents cramping.	Organic coconut water, sea salt, or <u>electrolyte powder</u>	During and after prolonged exercise or in hot/humid conditions.
Omega-3 fatty Acids	Reduces inflammation, supports joint health, enhances recovery.	Fatty fish, flaxseed, chia seeds or <u>fish oil capsules</u>	Daily supplementation or as part of meals.

STEP 3: EVOLVE

Optimize with ergogenic aids

EVEN MORE NUTRITIONAL AIDS

Ergogenic Aid	Benefits	Examples	When to use
Vitamin D + Vitamin K	Supports bone health, muscle function, heart health, and recovery.	<u>Supplements combining Vitamin D3 and K2</u>	Daily supplementation, especially in winter or low-sunlight conditions.
Iron	Prevents fatigue and supports oxygen transport, especially for endurance athletes.	Iron supplements, red meat, spinach	Daily (only if deficient); avoid taking with calcium for better absorption.
Magnesium	Reduces muscle cramps, aids recovery, and supports energy metabolism.	<u>Sucrosomial magnesium</u> , leafy greens, nuts	Daily, especially post-workout or before bed (300–400 mg).
Collagen + Vitamin C	Supports tendon, ligament, and joint health.	<u>Collagen peptides</u> and citrus fruits or <u>Vitamin C supplement</u>	30–60 minutes before activity for connective tissue support.
Organ Meats	Rich in bioavailable nutrients; supports joint health, endurance, recovery, and overall vitality.	<u>Heart and Soil Bone Marrow and Liver Capsules</u>	Regular dietary intake with meals to boost micronutrient intake

STEP 3: EVOLVE

Optimize with ergogenic aids

PHYSIOLOGICAL ERGOGENIC AIDS

Category	Benefits	Examples
Cooling Techniques	Reduces core temperature and delays fatigue in hot conditions.	Ice baths, cooling vests, cold towels during breaks.
Altitude Training	Increases red blood cell production and oxygen-carrying capacity.	Living at high altitudes, hypoxic chambers, or altitude tents.
Blood Flow Restriction Training (BFR)	Enhances muscle hypertrophy and strength with lighter loads by restricting venous blood flow.	Using BFR cuffs or bands during resistance exercises.
Cryotherapy	Reduces muscle soreness, inflammation, and recovery time.	Whole-body cryotherapy chambers, localized ice packs.
Compression Garments	Enhances venous return, reduces swelling, and speeds recovery.	Compression sleeves, socks, or tights. Normatec Boots are great for post-workout recovery
Hyperbaric Oxygen Therapy (HBOT)	Accelerates recovery by increasing oxygen delivery to tissues.	Oxygen therapy chambers used after intense competitions or injury.
Electrical Stimulation (EMS)	Stimulates muscle contractions to aid recovery, reduce muscle atrophy, and improve circulation.	EMS devices like Compex or PowerDot used after intense workouts.
Transcutaneous Electrical Nerve Stimulation (TENS)	Reduces pain perception by stimulating sensory nerves, aiding recovery and injury management.	TENS devices applied to localized areas of discomfort or chronic pain.

STEP 3: EVOLVE

Optimize with ergogenic aids

BIOMECHANICAL ERGOGENIC AIDS

Category	Benefits	Examples
Specialized Footwear	Reduces energy expenditure and enhances propulsion.	<u>Carbon fiber-plated running shoes</u> or <u>weightlifting shoes</u>
Supportive Gear	Provides stability, reduces injury risk, and enhances strength.	Weightlifting belts, <u>wrist straps</u> , knee sleeves.
Prosthetics and Orthotics	Restores or enhances function in athletes with disabilities or injuries.	Blade runners (e.g., Paralympic prosthetics), <u>custom orthotics for running</u> .
Biomechanical Optimization Tools	Improves movement efficiency and reduces strain on joints.	Gait analysis tools, motion capture systems for sports technique refinement.
Slant Board	Improves ankle mobility, strengthens tendons, and enhances squat mechanics.	<u>Inclined slant boards</u> used for calf stretches, squats, or tendon rehabilitation.
Plyometric Box	Builds explosive power, speed, and coordination.	<u>Metal</u> , <u>wooden</u> or <u>padded</u> boxes for box jumps, step-ups, and depth drops.
<u>Weighted Medicine Ball</u>	Enhances strength, power, and functional movement patterns.	Used for slams, rotational throws, overhead passes, and partner drills.

STEP 3: EVOLVE

Optimize with ergogenic aids

PSYCHOLOGICAL ERGOGENIC AIDS

Category	Benefits	Examples
Visualization/Imagery	Mentally rehearsing performance to increase confidence and focus.	Athletes imagining perfect execution of skills (e.g., gymnasts, golfers).
Mindfulness Meditation	Reduces anxiety and improves concentration under pressure.	Apps like Headspace or Calm; pre-event breathing exercises.
Goal Setting	Provides clarity and direction, boosting motivation.	Develop your Game Plan with SMART goals tailored to training cycles or competitions.
Positive Self-Talk	Reframes negative thoughts and builds confidence.	Affirmations like "I am strong and capable," repeated during tough moments.
Pre-Event Rituals	Creates consistency and reduces performance anxiety.	Listening to music, wearing lucky gear, or a specific warm-up routine.
Sports Psychology Coaching	Enhances mental resilience and strategies for handling pressure.	Working with a sports psychologist to develop coping mechanisms.

STEP 3: EVOLVE

Upgrade your routines and habits

Here's a comprehensive list of actionable steps to upgrade your routines and habits for long-term success:

- **Start small**

- Break larger goals into small, manageable steps to reduce overwhelm. Taking these small steps help to build confidence and momentum.
- Example: Start with 5 minutes of daily meditation rather than aiming for 30 minutes right away.

- **Anchor new habits to existing ones**

- Pair a new habit with a current routine because existing routines act as triggers for new habits.
- Example: Do 10 push-ups after brushing your teeth in the morning.

- **Use habit tracking tools**

- Tracking reinforces consistency and provides visual motivation. You can track your progress daily using a journal, app, or checklist.
- Example: Use a habit tracker app like Habitica or a simple calendar.

- **Create a supportive environment**

- Your environment can shape your behavior without relying on willpower so design your environment to make good habits easier and bad habits harder.
- Example: Keep workout clothes ready the night before or place healthy snacks in visible areas.

- **Set clear triggers**

- Triggers create consistency and help embed habits into your day. When creating a new habit, identify specific times or cues to perform those actions.
- Example: Set a reminder to stretch after finishing work or a daily alarm for drinking water.

- **Focus on systems, not just on outcomes**

- Systems drive consistent action, leading to results over time. Build systems that support your goals rather than obsessing over the end result.
- Example: Instead of aiming to lose 10 pounds, focus on daily habits like meal prepping or exercising.

- **Identify and address barriers**

- Anticipate obstacles and create strategies to overcome them. This helps to proactively manage barriers that will prevent missed habits.
- Example: If you're too tired to cook, have pre-prepared meals ready.

STEP 3: EVOLVE

Upgrade your routines and habits

- **Automate when possible**

- Automation reduces decision fatigue and increases consistency and nowadays it's easy to automate just about any task. These automation tools make habits easier to follow. But be aware that these automation tools can also support unhealthy habits so make sure your intention is to use them for good.
- Example: Set up recurring grocery deliveries for healthy foods or schedule workouts in your calendar.

- **Practice habit stacking**

- Stacking habits by building a chain of actions that naturally go together is a great way to create seamless routines.
- Example: Morning routine: Wake up → drink water → meditate for 5 minutes → stretch → drink coffee.

- **Review and reflect regularly**

- Reflection helps refine routines and reinforces commitment. Evaluate your progress weekly or monthly to see what's working and make adjustments.
- Example: Journal about what helped you stay consistent and what challenges arose.

- **Focus on identity-based habits**

- Identity-based habits that use "I am" assign identity to the action and create a stronger sense of purpose and ownership.
- Example: Instead of saying, "I want to exercise more," say, "I am an active person."

- **Eliminate energy drainers**

- Our energy is finite, so removing drainers creates space for better habits. Identify habits or routines that drain your energy and replace them with supportive ones.
- Example: Limit excessive social media scrolling and replace it with reading or walking.

- **Build accountability**

- Accountability increases motivation and follow-through. Share your goals with a friend, coach, or group.
- Example: Join a community like your "Athlete for Life" program for mutual support.

STEP 3: EVOLVE

Upgrade your routines and habits

- **Schedule downtime**

- Downtime prevents burnout and supports overall productivity. Incorporate rest and recovery into your routines.
- Example: Schedule 10 minutes daily for mindfulness or relaxation.

- **Use visual cues**

- Visual reminders keep habits top of mind. Place visual reminders where you'll see them.
- Example: A sticky note on your mirror reminding you to drink water or stretch.

- **Focus on one change at a time**

- Gradual change increases the likelihood of success. Avoid overloading yourself by introducing multiple new habits at once.
- Example: Work on a daily stretching habit before adding a journaling routine.

- **Embrace flexibility**

- Flexibility helps sustain habits long-term. Adjust your routines to fit your life circumstances while maintaining consistency.
- Example: If you miss a morning workout, do a shorter session in the evening.

- **Be patient and persistent**

- Consistency, not speed, determines success. Accept that building habits takes time and effort.
- Example: Focus on progress over perfection and celebrate persistence.

STEP 3: EVOLVE

Upgrade your routines and habits

Here's an example of a personalized plan to help upgrade your routines and habits, tailored to your goals and lifestyle.

Step 1: Define Your Goals

Primary Focus Areas:

- Health & Fitness: Maintain consistent training and recovery habits.
- Professional Growth: Enhance productivity and balance coaching, workshops, and community programs.
- Personal Well-being: Prioritize mindfulness, rest, and time for hobbies.

Step 2: Anchor New Habits to Your Existing Routine

1. Morning Routine (Set the Tone):

- Drink Water: Place a glass or bottle on your nightstand as a visual cue.
- Mindfulness: After brushing your teeth, spend 3–5 minutes meditating or journaling.
- Movement: Include 5–10 minutes of stretching or light mobility work to energize.

2. Midday Productivity Boost:

- Break Cue: Set an alarm every 90–120 minutes for a 5-minute movement break (e.g., walking or deep breathing).
- Visual Reminder: Keep your planner or priority list visible to stay focused on tasks.

3. Evening Wind-Down:

- Gratitude Practice: Write 3 things you're grateful for before bed.
- Digital Detox: Set an "unplug" alarm 1 hour before bed to limit screen time.

Step 3: Build Systems for Key Habits

Fitness Routine:

- Plan Workouts: Schedule your 4 strength training days into your calendar at consistent times (e.g., Mon/Wed/Fri/Sat).
- Use Triggers: Lay out your workout gear the night before to make starting easier.
- Track Progress: Use an app or notebook to log workouts and celebrate small wins (e.g., new PRs or consistent effort).

Nutrition Routine:

- Simplify Meal Prep: Plan meals for the week on Sundays and prep ingredients in advance.
- Create Reminders: Use phone alarms for hydration or snack breaks.
- Visual Cues: Place healthy snacks in visible areas and keep a water bottle on your desk.

Recovery Routine:

- Evening Stretching: Pair stretching or foam rolling with another habit (e.g., watching TV or listening to a podcast).
- Sleep Hygiene: Set a consistent bedtime alarm and create a calming pre-sleep routine (e.g., herbal tea, reading).

STEP 3: EVOLVE

Upgrade your routines and habits

Step 4: Use Habit Stacking and Tracking

Daily Habit Stacking Example:

1. Morning: Wake up → Drink water → Meditate → Stretch.
2. Midday: Finish task → Take a movement break → Hydrate.
3. Evening: Unplug screens → Reflect on the day → Stretch → Sleep.

Track Your Habits:

- Use a habit tracker app (e.g., Habitica, TickTick, or Streaks) or a simple checklist in your journal.
- Track Weekly Goals: Include metrics like workouts completed, water intake, or mindfulness sessions.

Step 5: Build Accountability

- Join Communities: Use your "Athlete for Life" program to share progress and gain support.
- Find a Buddy: Pair up with a friend or coach for weekly check-ins.
- Set Rewards: Treat yourself after hitting consistent milestones (e.g., new workout gear or a relaxing day off).

Step 6: Reflect and Adjust

- Weekly Review: Spend 10 minutes on Sunday reflecting:
 - What went well?
 - What challenges arose?
 - What can you improve next week?
- Adjust Habits: Modify timing, duration, or tools as needed to fit your current needs.

Sample Day with Upgraded Habits

Morning:

Wake up → Drink water → 5 min meditation → 10 min stretch.
Enjoy a nutrient-dense breakfast.

Midday:

Deep work session → 5 min walk and hydrate.
Lunch with protein and greens → Gratitude journal for 2 mins.

Evening:

Strength training or active recovery session.
Dinner → Unplug screens → Gratitude journal → Evening stretching.

STEP 3: EVOLVE

Upgrade your routines and habits

Weekly Schedule

Monday Focus on strength and mindfulness	Morning	Wake up → Drink water. 5 min meditation. 10 min mobility/stretching. Protein-rich breakfast.
	Midday	Deep work session → 5 min walk and hydration. Lunch: Include lean protein, healthy fats, and fiber. Gratitude journaling: Write 1–2 positive reflections.
	Evening	Strength Training: Full-body session (~45–60 mins). Dinner: Include carbs and protein for recovery. Unplug screens 1 hour before bed. 10 min evening stretch → Gratitude journaling.

Tuesday Focus on recovery and productivity	Morning	Wake up → Drink water. 5 min meditation or breathing exercise. Light mobility or yoga (~10–15 mins).
	Midday	Movement break every 90 mins: 5 min walk or stretch. Lunch: Focus on greens, omega-3s, and protein.
	Evening	Active Recovery: Light walk, yoga, or foam rolling (~30 mins). Reflect on goals: Plan adjustments for the week if needed.

STEP 3: EVOLVE

Upgrade your routines and habits

Wednesday Focus on strength and reflection	Morning	Wake up → Drink water. 5 min meditation. 10 min mobility/stretching. Protein-rich breakfast.
	Midday	Movement break every 90 mins: 5 min walk or stretch. Lunch: Focus on greens, omega-3s, and protein.
	Evening	Strength Training: Upper-body focus (~45–60 mins). Cool down with foam rolling or static stretching (~10 mins).

Thursday Focus on recovery and mobility	Morning	Wake up → Drink water. 5 min meditation or breathing exercise. Light mobility or yoga (~10–15 mins).
	Midday	Movement break every 90 mins: 5 min walk or stretch. Lunch: Focus on greens, omega-3s, and protein.
	Evening	Active Recovery: Light cardio (e.g., swimming, walking). Reflect: Journal 3 things you're grateful for.

STEP 3: EVOLVE

Upgrade your routines and habits

Friday Focus on strength and planning	Morning	Wake up → Drink water. 5 min meditation. 10 min mobility/stretching. Protein-rich breakfast.
	Midday	Movement break every 90 mins: 5 min walk or stretch. Lunch: Focus on greens, omega-3s, and protein.
	Evening	Strength Training: Lower-body focus (~45–60 mins). Plan weekend meals and activities.

Saturday Focus on mobility and reflection	Morning	Wake up → Drink water. 5–10 min breathing exercise. 20–30 min yoga or mobility work.
	Midday	Gratitude journaling: Reflect on the week. Grocery shop for the week ahead.
	Evening	Walk or active recovery activity (~30 mins).

STEP 3: EVOLVE

Upgrade your routines and habits

Sunday Focus on resting and prepping	Morning	Light stretching or walking (~10–15 mins). Reflect: Write down 1–3 goals for the coming week.
	Midday	Enjoy downtime or engage in an activity or hobby. Plan your workouts and weekly meal plan. Prep your meals for the week.
	Evening	Gratitude journaling → Relaxation routine → Early bedtime.

Daily Habit Checklist

Time	Action	Check
Morning	Drink a glass of water upon waking	<input type="checkbox"/>
	5 minute meditation or breathing	<input type="checkbox"/>
	10 minute stretching or mobility work	<input type="checkbox"/>
	Eat a protein-rich breakfast	<input type="checkbox"/>
Midday	Take a 5 minute break every 90 minutes	<input type="checkbox"/>
	Hydrate after each break	<input type="checkbox"/>
	Lunch with balanced macros	<input type="checkbox"/>
	Gratitude journaling: 1-2 things	<input type="checkbox"/>
Evening	Strength or recovery session	<input type="checkbox"/>
	Unplug screens 1 hour before bed	<input type="checkbox"/>
	10 minutes stretching or foam rolling	<input type="checkbox"/>
	Write 3 things you're grateful for	<input type="checkbox"/>

STEP 3: EVOLVE

Elevate your game with bio-hacks

Here's a comprehensive list of bio-hacks that are natural, safe, and effective for improving athletic performance, recovery, and overall well-being:

- **Optimize sleep**

- Sleep trackers provide insights to adjust habits for optimal recovery. Track and improve sleep quality with technology.
 - Use wearable devices like WHOOP, Fitbit, or Oura Ring to monitor sleep stages and recovery.
 - Use a smart alarm clock like Hatch Restore to wake up during light sleep cycles.
 - Invest in a smart sleep mask (e.g., Manta Sleep Mask) for complete darkness.

- **Prioritize Nutrition**

- Apps and services simplify consistent, nutrient-dense eating. Create plans and monitor nutrition with smart phone apps, delivery services, innovative technology and smart devices.
 - Use nutrition tracking apps like MyFitnessPal or Cronometer to log meals and macros.
 - Use a meal delivery service like Trifecta or Factor for pre-prepped, nutrient-dense meals.
 - Invest in a blender with nutrient extraction technology (e.g., NutriBullet Rx) for quick smoothies.

- **Leverage circadian rhythms**

- Proper light exposure aligns your internal clock for peak energy and recovery. Optimize light exposure with smart devices. Here are some examples:
 - Use a light therapy lamp (e.g., Verilux HappyLight) in the morning for circadian rhythm alignment.
 - Use smart light bulbs like Philips Hue to mimic natural daylight indoors.

- **Incorporate breathwork**

- Technology can support consistent and effective breathwork practices. Use apps and devices for guided breathwork.
 - Apps like Breathwrk or Pranayama guide specific breathing patterns.
 - Use biofeedback devices (e.g., Spire) to monitor and improve breathing during stress or workouts.

STEP 3: EVOLVE

Elevate your game with bio-hacks

- **Use cold and heat therapy**

- Devices provide convenience and consistency for these proven recovery methods. Enhance recovery with advanced tools such as:
 - Use portable ice baths (e.g., Morozko Forge) or cold plunge tubs for targeted cold therapy.
 - Invest in an infrared sauna blanket (e.g., HigherDOSE) for heat therapy at home.

- **Train barefoot or use minimalist shoes**

- Technology helps refine technique while footwear supports foot strength. Use technology to assess foot mechanics. For example:
 - Invest in gait analysis apps or tools like RunScribe for detailed insights into foot movement.
 - Use minimalist shoes like Vivobarefoot for daily training and gym workouts.

- **Practice mind-body techniques**

- Technology ensures consistent and effective mind-body integration. Incorporate guided practices with apps and smart devices such as:
 - Use meditation apps like Calm or Headspace to practice mindfulness.
 - Pair yoga sessions with smart yoga mats (e.g., YogiFi) for feedback on posture and alignment.

- **Harness the power of adaptogens**

- Technology simplifies incorporating adaptogens into daily routines. Use apps to learn and track adaptogen use.
 - Use herbal tracker apps like Herblist to monitor benefits and timing.
 - Try pre-mixed adaptogenic drinks (e.g., Four Sigmatic) for convenience.

- **Use red light therapy**

- Portable devices make it easy to incorporate red light therapy post-workout. Invest in portable devices for muscle recovery.
- Example: Use red light therapy panels (e.g., Joovv) or handheld devices for targeted application.

STEP 3: EVOLVE

Elevate your game with bio-hacks

- **Hydrate smartly**

- Smart tools make hydration consistent and easy. Use technology to stay hydrated such as:
 - Smart water bottles like HidrateSpark to track and remind you to drink water.
 - Portable electrolyte packs (e.g., LMNT or Ultima) to replenish minerals post-workout.

- **Improve gut health**

- Technology personalizes nutrition for gut health optimization. Track gut health with advanced tools.
 - Use devices like Viome for personalized gut health insights and dietary recommendations.
 - Incorporate probiotic supplements with data-backed strains (e.g., Seed or Bio-K+).

- **Incorporate contrast training**

- Technology tracks performance and ensures progressive overload. Use apps to design and track contrast training.
 - Use fitness apps like TrainHeroic to log heavy resistance exercises and explosive movements.
 - Use a weighted vest for enhanced plyometric training.

- **Strengthen mental resilience**

- Immersive technology builds mental focus and reduces performance anxiety. Use virtual tools for visualization and mental training.
 - Apps like Primed Mind provide guided visualization sessions.
 - Use VR headsets (e.g., Oculus Quest) for immersive sports performance scenarios.

- **Monitor recovery with HRV (heart rate variability)**

- HRV tracking ensures smarter training adjustments. Use wearable devices to monitor recovery.
 - Devices like WHOOP, Garmin, or Polar track HRV and provide insights into recovery readiness.
 - Sync data with training apps (e.g., TrainingPeaks) for actionable insights.

STEP 3: EVOLVE

Elevate your game with bio-hacks

- **Use foam rolling and mobility drills**

- Technology can help to enhance recovery through deeper and more effective release. Use vibrating or smart foam rollers.
- Invest in vibrating foam rollers (e.g., Hyperice Vyper) for enhanced recovery.
- Use mobility apps like ROM Coach for guided drills.

- **Align training with recovery**

- Smart tools ensure balance between work and recovery. Use smart scheduling tools. For example:
 - Use apps like TrainerRoad or Final Surge to periodize training and include recovery phases.
 - Invest in massage guns (e.g., Theragun) for active recovery sessions.

- **Ground yourself**

- Grounding devices provide consistent exposure to natural energy fields. The best way to ground is by walking on the earth barefoot. But you can bio-hack this by using wearable grounding devices or try grounding mats or pads (e.g., Earthing products) for indoors.

- **Leverage sound for performance**

- Music boosts motivation and reduces perceived exertion. Use smart headphones for tailored workout playlists.
 - Use apps like Spotify or Apple Music to create BPM-based playlists.
 - Invest in bone conduction headphones (e.g., Shokz) for safe outdoor workouts.

STEP 3: EVOLVE

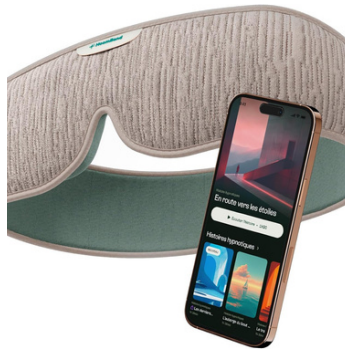
Elevate your game with bio-hacks

Here are some actions that combine healthy habits with some of my favorite bio-hacks.

BIOHACKS TO OPTIMIZE SLEEP



Track sleep with a smart device such as the **Aura Ring**



Fall asleep to a meditation with a **sleep mask that has bluetooth headphones**



Set up a **smart alarm clock** with sunrise feature



Use a **Google Nest smart thermostat** to create a schedule that lowers the temperature during the night, and raises it just before you wake up.



Wear **blue-light blocking glasses** if you use electronic devices before bed.



Use a **white noise sound machine** to drown out external noise and help you fall asleep faster.

STEP 3: EVOLVE

Elevate your game with bio-hacks

BIOHACKS TO PRIORITIZE NUTRITION



Use a continuous glucose monitor (CGM) to track how your body responds to certain foods. (Prescription required.)



Use Vivoo urine test strips to test for 9 different wellness parameters including pH, oxidative stress, and nutrient levels.



Use an at-home allergy test to determine which foods and environmental allergens might be triggering an immune response in your body.

BIOHACKS TO ADDRESS STRESS



Use a smart relaxation device to bring immediate calm to your body.



Use a grounding mat to help connect with the earth and relieve stress.



Use a breath trainer to strengthen your lungs and activate your parasympathetic nervous system.



LET'S GO!

Now that you've learned about some of the actions that might be useful to you for achieving your fitness, health and performance goals, you can return to your Action Plan on pages 8 through 11 to write down a list of actions you are going to commit to. The list of actions I've provided are just to get you thinking about certain ones that you might want to incorporate, so feel free to come up with your own actions that resonate better with your current situation.

If you need assistance with creating your game plan or identifying which actions will be the most effective for achieving your goals, please reach out. I'd love to help you!



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