

GRIT 21 PREP WEEK!

Lose up to 8 pounds in one week
with holistic changes!

*Results may vary and I stand behind a healthy weight loss of 2 lbs per week. However, through the compounding of healthy habits, I have assisted clients in dropping 8 pounds within 7 days!



Congratulations on your dedication to your health and WELCOME!

You have made such an important decision in your life and by being here today, showing up for yourself... it may not seem like much, but it's a huge indicator that you are going to be successful. There are people out there that never make the decision to start, they think about it a lot. They might even say "tomorrow is the day!" but they never fully commit. So seriously, congratulations on getting yourself on a successful track for your health, stamina, and results!

As we continue through this prep week and the 3 week *GRIT 21* program, much of what you're about to go through is a MENTAL battle, not physical. Your body will achieve what the mind believes! You have to lock in your mindset and believe that you're going to get this done... I believe in you and I KNOW that you're going to UNLEASH YOUR INNER GRIT! Let me say that again in case no one has ever told you that, I BELIEVE IN YOU!

To help you along the way, I have included Behavioral Coaching sessions as I am a Certified Health Coach along with Personal Trainer and Group Fitness Instructor. I do offer one on one coaching sessions per appointment if you are looking for more support than a recording can offer, I have had tremendous success with my clients, simply email me: audrey@inspirestrongfitness.com with subject: "1 on 1." Or get registered for my Grit 21 Gold Option!

*As an added bonus to the GRIT 21 program, I have included a weekly "Self Leadership Course" coaching from my husband and John Maxwell Certified Coach, Demetrius. You will get the opportunity to listen to one in this *Grit 21- Prep Week!*

I chose a 21 day program format because I wanted you to FOCUS. There isn't a finish line with our health journey... but I have helped you set a mini-goal for yourself to clean up your diet, get efficient and effective with your workouts, and lock in your mindset in just 3 weeks. That's a PUSH goal, I am here to make you better EVERY SINGLE DAY WE ARE TOGETHER!

I am telling you upfront, you are going to stumble along the way. Maybe you miss a day of workouts... Maybe you end up at a drive through fast food place for dinner even though you had planned on eating in... Maybe you have a huge life incident occur and derail and have to start over. Straight up, it's OK! I am not perfect nor can control crazy days in my life either and yet I STILL am reaping the amazing results from this program. You don't have to be perfect but you do need to continually show up and try!

Let's make positive changes together and step by step, month by month, your results are going to cumulate and blow your mind! It's not about motivation, it's about dedication! This program has the capacity to change the trajectory of your life... let it!

So, to get your mindset in the right direction, complete these daily exercises I'm sending, make small PUSH goals, remember WHY you started, and MOST OF ALL, let's have some fun together!!

I am always here if you need me -- never hesitate to reach out if you have a question or if you need some extra motivation! My contact info is below.

Xoxo,

Audrey Matuauto

Audrey Matuauto

audrey@inspirestrongfitness.com

fb.com/amatuauto

(801) 361-7359

Please print the following workbook pages.

BEHAVIORAL CHANGE

Time to commit!

DAY 1: GOALS

Watch video along with worksheet: <https://tinyurl.com/Grit21Prep1>

Mindset- Goal Setting:

1. Repeat after me! I AM DOING THIS FOR ME! I AM STRONG AND GOING TO GET STRONGER! I AM UNSTOPPABLE! NO MATTER WHAT, I WILL CONTINUE TO SHOW UP FOR MY GOALS!
2. In the next 1-2 years, my fitness goals are: (I really want you to dream big here! Ex: be able to go hiking with my kids and keep up; 30 pounds weight loss; increase in agility on the soccer field; etc.)
3. My 21 day goals are to: (I recommend 2 pound weight loss per week on goal setting. Ex: 6 pounds decrease, decrease pant size, increased toning, increase of energy, etc.
4. The reason I am committing at this time is (**why** are your goals important to you?):

Nutrition:

1. **Hydrate!** At least 60 oz per day. Ideally, at least half of your body weight in ounces. (Ex: 160 pound individual would drink 80 ounces.) "I commit to drinking more water each day!"
2. Start **cleaning up your diet**, that means let's start cutting the sugar and the fried foods... ASAP! The more you go "All in" the better your results will be however, if you think gradually cutting them will be a longer lasting solution (most of us)... let's go that route. You need to decide if you're the type of person who would acclimate "life's ocean" by running and diving through a wave OR the slowly wading in type. *Tips for sugar cutting will be shared in your Grit 21 program, get registered for the program on the [InspireStrongFitness.com Membership Options](https://www.inspirestrongfitness.com/membership-options) page if you're not already!!

***Fitness:* Time to grab your "Goodbye photos and measurements!" Track them on the following page.**

Move for at least 20-30 minutes each day this week and gear up for your first Day of Grit 21, coming quick-7 days!! During this preparation week, you can continue your current fitness regime, just get moving with walking or jogging 20-30 min, or I will be dropping in a sample workout from my website's *Premium Member Boot Camp Subscription* : <https://tinyurl.com/BCWOD1>. To learn more about my Premium Member Boot Camp for future participation, [CLICK HERE](https://www.inspirestrongfitness.com/premium-member-boot-camp-oi). (<https://www.inspirestrongfitness.com/premium-member-boot-camp-oi>)



Results Tracker

Watch this video to learn how: <https://tinyurl.com/GritPrepMeas>

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6
Date:						
Bicep Relax						
Bicep Flex						
Chest						
Waist						
Hips						
Thigh						
Calf						
Weight						
3 minute Resting Heart Rate						

I have taken my “Goodbye Photos!”

BEHAVIORAL CHANGE DAY 2

Let's lock in together!

DAY 2: Grit 21 Behavioral Contract

Watch video along with worksheet: <https://tinyurl.com/Grit21Prep2a>

Mindset:

Let's get Grit 21 specific now via a Behavioral Contract. I have seen these contracts help drive behaviors with my private clients and I am excited to share it with you today! Fill in the blanks of each section and be sure to sign at the bottom.

1. **I WILL do my best in completing the daily workout and fueling my body for function!** Fueling for function means: 1. Eat to satisfaction. 2. Water for the WIN! 3. Leading with veggies and eating fresh fruits (More info on this these soon!) **Write "I WILL!"** _____
2. **Start:** I WILL begin these healthy lifestyle changes today _____ (date) and I will be patient with myself. Progress is NOT perfection. (Life without cookies is no life for me! Haaa)
3. **Accountability:** I will be able to accomplish these 21 days of hustle and GRIT by holding myself accountable to checking in with the active Grit 21 Community (Request to join ASAP!) at <https://www.facebook.com/groups/605368213685048> Sweaty selfies are welcome or any other appropriate photos you would like to share with the group. You can ask questions, provide feedback, chat about challenges, etc. We need your energy in there! Write "I WILL!" _____
4. If I successfully make this positive lifestyle change by _____, I will reward myself with _____. (This is the most fun part of this contract! You get to pick a reward that really, really REALLY speaks to you! The most picked rewards are scheduling a massage for yourself, getting a new pair of fitness shoes or an outfit. An idea not involving money is taking a day off work or scheduling a "You day." Get creative and helps to add a push of motivation.
→→If I fail to successfully make this positive lifestyle change, I will forfeit this reward.

I, _____, have reviewed this contract and I agree to discuss the experience involved in accomplishing or not accomplishing this health-behavior improvement with the Facebook Grit community on the end date of _____.

Signed (Client): _____ Signed (Personal trainer): Audrey Matuauto

Nutrition:

Continue to hydrate! At least 60 oz per day. Clear out chips, cookies, and temptation from your cupboard. Have kids? Give them a special bin low and out of site for you.

Fitness:

Move for at least 20-30 minutes today and gear up for your first Day of Grit 21, coming quick- 6 days away! Just keep moving! Sample workout from my *Premium Member Boot Camp Subscription* : <https://tinyurl.com/BCWOD2> .

FORETHOUGHT

Planning is bringing the future into the present so you can do something about it right now. -Alan Lakein

DAY 3: FORETHOUGHT

Watch video along with worksheet: <https://tinyurl.com/Grit21Prep3>

Mindset: Scheduling for success

1. As I look at my next 4 weeks, I commit to exercising at these times (may be subject to change but it's great to mark your calendar for your specific workout time! Set alarms with digital calendars):

Monday: _____ am/pm Tuesday: _____ am/pm Wednesday: _____ am/pm

Thursday: _____ am/pm Friday: _____ am/pm Saturday: _____ am/pm

Sunday: _____ am/pm

2. What can I foresee as getting in the way of me achieving my goals AND how can I overcome them?

Nutrition-

We are going to make this a simple system, and with simplicity comes focus and results in nutrition.

Audrey's Easy Nutrition for FUELING for GRIT 21:

1. **Eat less. Smile more.** (Any Hamilton fans?? 😊) Start to listen to your body and go for the “satisfied” feeling instead of “full” or “oh my gosh I just ate that cow and am going to explode!” feeling. Also, the “smile more” is a cue to be *more* grateful for our food. Smile before/during/after and verbally say how grateful we are for it.
2. **Water for the WIN!!!** Consistently get at least **half your body weight in ounces!** Find what works for you: cold or warm? Straw or chug-type bottle? Huge bottle or small? Fruits/veggies/herbs in it for flavor or plain? (Refer to ISF Fuel-42 Week 2 handout for a listing of Audrey's detox water recipes.)
3. **Lead with the Veggies!** Fill your plate with **veggies first!** Try to get at least one serving with every meal, if not 2 with every meal. (Veggies at breakfast are thank you gifts to your body!!) By the end of the day, 4-8 servings of fruit and veggies should have made an appearance on your plate! Aim to have no fried foods or sweets. (And don't worry, I have yummy alternative recipes to help keep you on track when you unlock the [GRIT 21 program!](#) I've got your back!)

*We will be digging more into this in the program! Get excited about GOOD NUTRITION HABITS! EEEK!

Fitness:

Move for at least 20-30 minutes today and gear up for your first Day of Grit 21, coming quick- 5 days away! Just keep moving! Sample workout from *Premium Member BC Subscription*: <https://tinyurl.com/BCWOD3>

FORETHOUGHT DAY 2

*You will never "find" the time to do anything.
If you want time, you must make it." -Charles Braxton*

DAY 4: FORETHOUGHT with nutrition.

Watch video along with worksheet: <https://tinyurl.com/Grit21Prep4>

Mindset- Focus "From mindlessness to Mindfulness!"

Take a peek ahead at the 2 day nutrition challenge down below... As you go through this challenge, I'd like you to reflect on the food you eat and how it makes you feel when you are done. Do you feel energetic? Heavy? Bloating? Light? Satisfied? Over-stuffed? Add these reflections along with your food journal.

And how are you doing with cravings? If you went cold turkey off sugar and salty junk foods, your body might be going through some major changes! When you find yourself desiring a particular processed food, try to look up a healthy alternative for yourself. *I'll be sharing some good healthy alternatives to some of your favorite meals with you in the Nutrition section of the program.

Nutrition-

****TRACK FOOD FOR 2 DAYS** (Keep it simple!)**

Grab a pen and paper or use your phone... I want you to bring MINDFULNESS to what you are putting into your body.

Example:

-Breakfast: 2 eggs with chopped green beans, onions; wheat toast with ¼ avocado and feta cheese- I feel full and satisfied, I could eat more but am calling it good.

-Lunch: ½ plate salad, 1 slice buffalo chicken pizza- I load with veggies and only had 1 slice pizza (thin crust, too!) feeling good with lunch, I skipped out on cookies, too! Woot!

-Dinner: Ground turkey sloppy joes over zucchini- Interesting combo but it worked and I filled up plenty with a TON of zucchini.

-Dessert: Stuck with just one square of dark chocolate and it was delicious!

-Water: 86oz water

*Easy and simplified, right?! Now that's a tracking system that is TOTALLY DOABLE! So let's DO!

Fitness:

Move for at least 20-30 minutes today and gear up for your first Day of Grit 21, coming quick- 4 days away!

I recommend an active recovery day today but if you still wanna push... <https://tinyurl.com/BCWOD4>

MEAL PLANNING

Planning your meals prevents poor decisions!

DAY 5: MEAL PLANNING

Watch video along with worksheet: <https://tinyurl.com/Grit21Prep5>

Mindset- Reflection

Continue to keep track on how you FEEL along with the meals you are eating.

Let's connect a different part of our brain to our stomach through reflecting on our food choices and from there we will be empowered to drive change. We have got to hit a "reset button in our brains" as we create new habits for ourselves. We have started good things in motion: 1. Gratitude for our food. 2. Eating until satisfied. 3. Filling our plates with fresh fruits and veggies. 4. And now, connect what types of food make you feel AMAZING! You're doing great so far! Just keep honing in a tiny percent more every day!

*For guidance on how to dish up each of your meals, refer to the [Grit 21](#) Food Guidance booklet in week 1 of the program.

Nutrition-

Day 2 of 2: TRACKING FOOD FOR 2 DAYS*** (Keep it simple!)

Food picking- Meal PLANNING:

Today is the day where you are going to create your own meal plan for week. A simple way to do this is to focus on dinners. Start to look over this [Sample Meal Plan 1](#). Get some ideas for vegetables you can start to stock up on and quick and healthy meals you might be able to meal prep. Then, create a shopping list.

Let's lay out a simple dinner makeover for you. Perhaps you do a crockpot of chicken that will feed your family for 2 or 3 nights and Salmon. Click here for one of my favorite recipes:

<https://www.inspirestrongfitness.com/single-post/2017/06/25/The-BEST-Cafe-Rio-Homemade-Chicken>

Monday: Shredded Chicken Mexican Salad with jicama, corn, cheese, tomatoes and salsa.

Tuesday: Grill some salmon and zucchini.

Wednesday: Mexican chicken bowl over cauliflower rice topped with some corn, pico de gallo, tomatoes, avocado and Greek yogurt for sour cream.

Thursday: Grill salmon again with a different flavor and an Italian salad.

Friday: Lettuce wrap shredded chicken fajitas with peppers, onions, mushrooms.

Saturday: Date night out... make healthy choices!

Sunday: Healthy Clam Chowder soup: <https://www.skinnytaste.com/clam-chowder/> (Or one of your favorite go to soups.)

*Tips for the grocery store shopping and access to more meal plans is accessible in your Grit 21 Program!

Fitness:

Move for at least 20-30 minutes today and gear up for your first Day of Grit 21, coming quick- 3 days away!

Just keep moving! Here is the *Premium Member Boot Camp Subscription* : Day <https://tinyurl.com/BCWOD5> .

To learn more about my Premium Member Boot Camp for future participation,

<https://www.inspirestrongfitness.com/premium-member-boot-camp-oi>

MEAL PLANNING 2

Results are 20% workouts and 80% nutrition, LET'S GO!

DAY 6: MEAL PLANNING

Watch video along with worksheet: <https://tinyurl.com/Grit21Prep6>

Mindset- Affirmations

Would you talk to anyone else in the same manner you speak to yourself? Heck no!!! We all need more self-talk positive vibes. I challenge you to write down 3 negative things that you have caught yourself saying in your mind, cross it out, and turn them into a positive statement: (Ex: ~~I'm not that smart.~~ → I am smart!! *Said with gusto of course!!) Then, repeat it out loud and feel it's power!

1. _____
2. _____
3. _____

Nutrition-

Go GROCERY SHOPPING so you can meal prep and cook meat and veggies either today or tomorrow!

Food picking- Meal PLANNING:

There's no ONE right meal plan that is sustainable long-term & effective for everyone. We are venturing on a process of discovery! Everyone's goals, activity level, lifestyles, genetics, and food sensitivities are different. You have to figure out what works for YOU and keep improving on that every day! I have found I don't like to meal prep on the same day I shop, life tends to be too busy, so I split the days: Saturday shop, Sunday cook.

Don't expect to follow a PERFECT meal plan for a few weeks and think you can maintain that for the rest of your life. That's why we are focusing on developing sustainable habits. Making small changes and improving line upon line. I haven't included specific measurements for that very purpose, it's time to get used to what your body is trying to tell you. Give new habits time to work—WEEKS if not MONTHS. Figure out YOUR triggers...grazing out of stress or boredom, sugar addictions, portion sizes, cravings at night, eating out too often, eating frozen and processed foods, drinking, skipping meals and slowing your metabolism, and/or yo-yo dieting to just name a few. Discover small solutions and stick to fixing one issue at a time.

If you want to look over a more simplified meal plan (which is what I recommend for week 1 of GRIT 21 as we detox your body from salt and sugary cravings, log into your [GRIT 21](#) program and review my Week 1 Meal Prep video! Plus, check out my "curb your cravings" section! Build your shopping list today and load up on lean protein and lots of veggies for the upcoming week! It's about go time y'all!!! You will be able to join me in my kitchen as we meal prep together during the program! Can't wait to share more tips and tricks! 😊

Fitness:

Move for at least 20-30 minutes today this week and gear up for your first Day of Grit 21, coming quick, 2 days away! Here is another workout from *Premium Member BC Subscription* : <https://tinyurl.com/BCWOD6a> .

MEAL PREPPING

Prep once, eat healthy all week.

DAY 7: It's GRIT Time!! EEEEEK!

Watch video along with worksheet: <https://tinyurl.com/Grit21Prep7>

Mindset-

Review from day 1 your "WHY." Some days you are going to feel absolutely amazing and ready to go ALL OUT! Some days you're going to have to dig inside for that INNER GRIT to carry you through. But the way you stay dedicated to your journey is through that personal attachment to your purpose for showing up.

Grit Agreement!

GRIT is the ability to persevere through obstacles or even failure. This journey you are about to take is all about having direction and commitment. Bring the passion and we will persevere together as we commit to our path of change. As we continue to build our grit, we will stay committed to ourselves, our work ethic, and our goals. LET'S GO!!

I agree! (Sign here!) _____

Nutrition- Cooking!

Did you decide what you're going to cook? Did you shop? Are you trying some Mexican shredded chicken recipes along with me? It doesn't matter what recipes you chose, get a couple big batches of proteins and veggies prepped!

Fitness:

Move for at least 20-30 minutes today in a leisure way. Just keep moving! I recommend a day of active recovery today. Do some gentle cardio and stretching.