



# THE HABIT TRANSFORMATION PROGRAM

*Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.*

**START PROGRAM**



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## WE ARE CREATURES OF HABIT

We are creatures of habit.

We like routine and do well by following guidelines and advice.

On the flip side most of us do not do as well with strict rules. These usually mean restriction and limitation.

When it comes to nutrition, exactly the same thing applies.

Give someone a set of guidelines to follow, they do it; set strict rules and the chances are they will break the rules and just give up.

As the saying goes, rules are made to be broken.

For many people who are starting out on improving their nutrition, counting and tracking daily calories is a difficult task.

You may also not know what a calorie is, nor have any understanding of 'how much of what' is in the foods you eat. This can be a big learning curve, and one that can instantly put you off.

As a nutrition coach, I know calories matter in relation to your goals, so I might have certain food/nutrient requirements in mind for you.

And here's the thing – someone new to good nutrition does not need this amount of detail to see results.

We therefore need a different approach, and this is about providing guidelines and principles to follow, not rules.

Many people have acquired bad nutritional habits, and they practice these every single day, such as:

- Skipping breakfast
- Snacking between meals
- Drinking too much coffee instead of eating
- Adding sugar to drinks or snacks
- Buying takeaways rather than home cooking
- Drinking too much alcohol
- Staying up late and late night binge eating
- Many, many more bad habits

As you can see it's not just a case of counting calories or food logging, it's about breaking and improving habits.

By changing your daily bad habits for improved and healthy habits, the 'numbers' usually take care of themselves and impressive results can be achieved from this alone.

From experience there are a number of good habits that most people could do with forming, and then adhering to, every single day.

Unlike numbers that come across as rules, the new set of habits comes across as guidelines to simply follow and stick to.

Experience has shown that great results can be achieved from this alone, and no numbers should be applied until these guidelines become daily consistent habits.

If you are thinking that this program is easy and that you know you should be doing this stuff, then it's time to make it happen. Don't underestimate the effectiveness of the basics when they are completed consistently. I've seen many clients achieve incredible results by following the habits in this program.



# THE HABIT COACHING BLUEPRINT



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## STEP 1: ONE HABIT AT A TIME

Pick only one, easy habit that you can do each day. Make it ridiculously easy for you to follow.

You should be able to stick to this habit for at least 90% of the time. It should only take you one to two minutes to complete each day to begin with.

## STEP 2: PERSONALIZE YOUR HABIT

Make the habit personal to you.

This is part of giving yourself options, and ensuring you can find the best starting point. Adjust the habit until you are comfortable with doing it.

## STEP 3: WORK IN 14-DAY HABIT CHALLENGES

Follow a specific habit, which of course has been personalized to you, for 14 days. Every 14 days you should change the habit.

The habits you are using are building upon one another, so that with time this process leads to big results.

## STEP 4: AIM FOR 6 DAYS OUT OF 7

Achieve the habit you've set for 6 days out of 7. Give yourself some flexibility every week.

Habit-based coaching is about MOMENTUM not perfection.

## STEP 5: WEEKLY HABIT REVIEW

Conduct a weekly habit review. The goal here is to reflect on the past week or so of doing the habit.

Some key questions to ask are:

- What has it actually been like?
- What have you learnt?
- What do you appreciate?
- What obstacles have come up and are there ways to overcome them for the next week?

## STEP 6: WEEKLY HABIT ADJUSTMENT

If all went well the week before, lengthen the habit you are doing. If you've struggled, keep it the same as last week or make it even easier.

Never make too big an adjustment so that it becomes too difficult.

This slow change process of expanding the habit a little at a time helps overcome the resistance of the mind to change and discomfort.

Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.