

THE HABIT CHALLENGES



THE HABIT CHALLENGE: EAT CARBOHYDRATES BASED ON ACTIVITY

WHY?

Everyone can and should have carbs in their diet.

That's because they can provide some awesome benefits: increased metabolism (better fat loss and health), full glycogen stores (more energy), increased leptin levels (controlled appetite and fewer cravings), improved libido (you know about this one) and increased anabolism (more muscle mass/strength).

Without carbs, we are missing out on some great performance and health potential. It makes sense to include carbs in your diet.

It's also clear that the carbohydrates we do include in our diets should provide the fuel for activity. By getting this input of energy vs. output of energy right for you, significant weight reduction can occur.

This habit will show you how to keep carbohydrates in your diet, while still achieving your fat-loss goals.

HOW CAN I PERSONALIZE THIS HABIT?

Choose which sources of carbohydrates you would like to eat, and in which meals. Follow the basic guidelines to help you:

Low activity level (no daily movement or weekly workouts):

1 carb-based meal per day

Moderate activity level (daily movement or weekly workouts):

2 carb-based meals per day

High activity level (daily workouts or physical job):

3-4 carb-based meals per day.

It's recommended that you eat your carb-based meals around any workouts or training throughout the week e.g. before and after. You can also alternate between these three levels depending on your activity level that day.

HOW CAN I MAKE THIS HABIT EASY?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. Have one day off per week from completing the habit.

THE HABIT CHALLENGES



WHAT CAN I PIGGYBACK OFF OF?

It's likely the existing trigger to eat something will be the cue for this habit. It could also be linked to meal preparation if you like to bulk cook for days ahead. Just pick a pre-existing habit to use as your reminder.

TO DO:

Create your personal version of the habit to commit to this challenge!

HERE'S A TEMPLATE:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

HERE'S AN EXAMPLE:

I am 90-100% confident that I will eat 2 carbohydrate-based meals for 6 days a week after I complete my daily exercise.

P.S. Don't worry about making this perfect. We'll help you adjust.