



# Fitness Acceleration Mentorship: Your First 28 Days

## Onboarding



Onboarding is all about getting communication & technology setup while gaining detailed optics on your lifestyle, nutrition, movement, & preferences for us to craft the right approach for you.

## WK 1 - Fast Track



This will be your six-day ramp up that starts on Monday. This week is all about getting organized & installing the right fundamental habits. **You will need to allocate 30 minutes a day** to complete all of the daily lessons.

## Kick Off Call



This is your opportunity to review your tactical blueprint with your coach to clear up any confusion, make any last minute adjustments, and ensure you start off on the right foot.

## WK 2 - Execute



This is where the rubber meets the road! It's time to actually roll up your sleeves and do the work. Your Two key targets will be:

- 1) Nail your protein intake
- 2) Complete all of your training

Your coach will be coaching you daily to reduce friction & ensure you hit your targets.

## WK 2 - Evaluate



After completing your first week of training we'll review your execution, updated body metrics, and any additional feedback from your weekly review.

## WK 3 - Refine



Week 3 you'll build on your foundation and lay the next set of bricks by doubling down on what worked and adjusting anything that didn't to reduce unnecessary friction points.

Your coach will provide daily performance coaching and you'll complete your 2nd weekly evaluation.

## WK 4 - Reinforce



At this point you'll be hitting a good stride with both training & nutrition. Here's where the results will really begin compounding. We'll keep building on each day and each week.