



The Results-Guaranteed!
Workbook

By
Kyle Battis CSCS, L/ATC, NSCA-CPT

The Results-Guaranteed! Workbook

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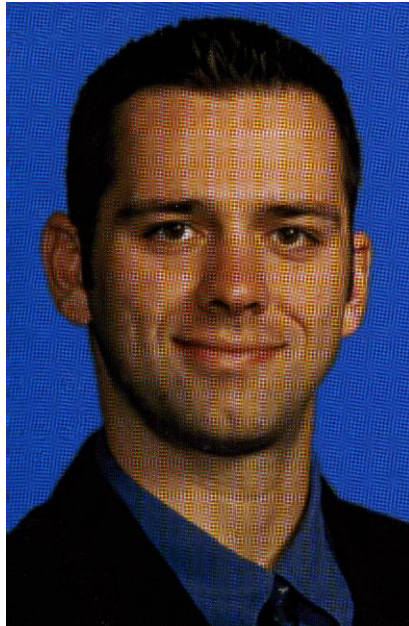
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“So Who The Heck Is Kyle Battis?”

Kyle Battis is Your Personal Fitness Coach whose goal is to help you achieve your fitness goals!



Kyle's Biography

Kyle owns and operates Professional Fitness Coaching and specializes in athletic performance enhancement, injury rehabilitation, and body transformation programs. Kyle may be contacted through e-mail at kyle@profitnesscoaching.com or by phone at (603)-867-4934.

Kyle graduated from Colby-Sawyer College in 1999 with a Bachelor of Science Degree and a dual specialization in Athletic Training and Exercise Science. He is a Certified Strength and Conditioning Specialist (CSCS) and Certified Personal Trainer (CPT) through the National Strength and Conditioning Association (NSCA), a Certified Athletic Trainer (ATC) through the National Athletic Trainer's Association (NATA) licensed in the state of NH, a Certified Club Coach through United States Weightlifting (USAW), and an IDEA Professional Level Personal Trainer.

. Kyle stays active with Strength Training, Olympic Weightlifting, Competitive Kickboxing, Basketball, Mountain Biking, Running, Hiking, and Fishing. He also gets a thrill from giving presentations on fitness and truly loves helping people achieve their fitness goals. To this date Kyle has helped hundreds of people achieve their fitness goals!

The Results-Guaranteed! Workbook

PFC Clients are “Spilling The Beans!”

Initial Test Day!



Change in 8 Weeks!



“With a demanding career and many hours of coaching college athletes during the winter months I didn’t have time for my own exercise and I felt defeated. Kyle met with me and motivated me to take it one day at a time with better nutrition and a customized workout plan. Rather than considering this plan as a diet, Kyle taught me to look at it as life style alterations. With healthy eating habits, a resistance training program and cardiovascular activity Kyle helped me to succeed. I have since lost ***thirty-five pounds*** and feel Phenomenal! My physique has become very defined and it has helped to increase my self confidence while enjoying a greater quality of life. I feel very energized and motivated in all aspects of my life and everyone around me sees the difference Kyle has made for me. Thank you Kyle!”

-Chuck Lloyd

"The 10 Absolutely-Essential Steps You Must Follow In Order To Achieve Your Health and Fitness Goals!"

“To transform the world we must begin with ourselves; and what is important in beginning with ourselves is the intention. The intention must be to understand ourselves and not leave it to others to transform themselves.....This is our responsibility, yours, mine; because, however small may be the world we live in, if we can bring about a radically different point of view in our daily existence, then perhaps we shall affect the world at large.”

-J. Krishnamuriti

SELF IMPROVEMENT

Self improvement is all about making ourselves better. That is why you have purchased this Workbook after all right?

There are entire shelves in book stores devoted to the topic of self improvement. Throughout the history of mankind the desire for self improvement has almost been drilled into all of us.

Oliver Cromwell once said that, **“He who stops being better, stops being good”** and I whole-heartedly agree with what he said.

“The victory of success is half won when one gains the habit of setting goals and achieving them. Even the most tedious chore will become endurable as you parade through each day convinced that every task, no matter how menial or boring, brings you closer to fulfilling your dreams.”

-Og Mandino

The great thing about being human is that you can control who you are by controlling your perceptions. How you perceive yourself in turn controls your actions so

if you want to start the process of self improvement the first thing to look at is your mind. This Workbook is packed with some great drills which will help you pick apart your mind and piece it back together in a way that will help you achieve your wildest dreams.

Your mindset dictates your daily actions and your daily actions accumulate to determine your overall results (or lack there-of!). Do you see now why some of your previous attempts at achieving a leaner physique might have failed?

Be sure that the thoughts going through your mind are supporting what you want to accomplish! With the help of this guide you will start to identify how you perceive yourself and then you'll determine how to change those perceptions in order to accomplish your goals.

Self-defeating thoughts have no place in your mind and you must do your best to replace them with positive, goal-directed thoughts.

Is it easy to change your mindset and replace ingrained patterns of thinking with new ones?

Absolutely not!

If it was easy though, everyone would be an Olympic-caliber athlete and everyone would be in great shape.

That is obviously not the case but I encourage you to NOT be one of the herd. One of my mentors Charles Staley once told me that "If you look at what most people do and do the EXACT OPPOSITE you will get great results!" Think about this for a second. It really is quite profound.

Most people don't critically look at how they think and how they perceive the world. Most people don't consciously set goals, make a plan, determine daily actions, and follow through until they have accomplished their goal. DO THE OPPOSITE and use this guide and I promise you'll be a step closer to achieving your fitness goals!

Challenge yourself every day. Learn about something new. Try to interact with like-minded people who also have an innate desire for self improvement.

After all, "**Self conquest is the greatest of victories**" according to the late Bruce Lee.

For example, here are some ideas to get you started. Here are some of the things I do on a weekly basis in my personal quest for Self Improvement. Try to develop your own self improvement profile. Be sure it is directed self improvement though and don't do it unless it is something that really fires you up.

Here are some of the things I do to improve myself:

-TRAINING: I challenge myself 4-5 days/week with moderate to intense physical training. I don't workout. Working out is exercise without direction. Training is physical exercise with goal-directed outcomes. One month I might train to increase my bench press strength, another month I might train to improve the number of total pull-ups that I can perform without stopping. There are thousands of things to train for. Pick one that fires you up and you will likely see great results in body composition as a byproduct of training for your performance goal (I learned this one from Coach Charles Staley).

-READING: I think I am currently reading 6 or more books right now. Some of these are books on training, some on nutrition, one on philosophy, one on business development, one on self improvement, and one on a topic I know very little about. It's hard to experience all that there is in life but finding a mentor (even one through a book) is a great way to improve your knowledge base and experience more.

-COACHING: I am a member of a couple different Coaching Groups that focus on training theory and business development. We share ideas, improve each other, and help each other grow as individuals and professionals. The key here is to surround yourself with like-minded individuals who can help you grow. There are chat rooms and forums just like this for free out on the web. If you are interested, check out the Coaching Forum that my Coach Charles Staley operates (I highly recommend it!). Here is the link: http://www.myodynamics.com/prod_cat.html?afid=102628&u=kbattis1&p=tiger18&email=kbattis@hotmail.com

-INTERACTIONS WITH OTHERS: Every day we are presented with new opportunities to meet people. Everyone has something to offer and if you take time to meet new people and actively listen, you would be amazed at what you can learn. Try to meet someone new every day and see what you learn about others and about yourself.

Well, there you have it. Those are a few of the things I do to improve myself. The key thing is the intention. Do you want to improve or get worse? The choice is yours and I encourage you to take regular steps and devote some time during your weekly schedule to self improvement.

I think you have chosen to improve yourself by purchasing this Workbook. Just follow the steps and fully invest yourself in the following drills and you'll see some great improvements in your life and in your physique!



“A gem is not perfected without rubbing nor a man perfected without trials.”

-Unknown

HOW TO GET THE MOST BENEFIT FROM THIS WORKBOOK

- 1. Get a journal or notebook where you can write out your answers to each assignment in this Workbook. You can also simply print this workbook out and write in your answers. The choice is yours.**
- 2. Find a quiet place, free from distractions where you can read and perform the assignments.**
- 3. Do it now! Set aside some time each day and work through at least one assignment. The amount of time is not always important but the quality of the effort is!**
- 4. Follow through and do each of the exercises!**
- 5. Once you have accomplished a goal that you set for yourself don't stop there. Re-evaluate your situation and start the whole process over again. Remember, if you stop striving to improve you will backslide.**

Enjoy the journey and I look forward to hearing your stories of success! Please Shoot me an e-mail (kbattis@hotmail.com) if you have any questions or would like to share your experiences.

Train with Purpose,

Kyle Battis CSCS, L/ATC, NSCA-CPT
Professional Fitness Coaching
www.ProFitnessCoaching.com

Before we get to the interactive exercises I wanted to share a little mini-article I wrote in a previous issue of the Professional Fitness Coaching Newsletter.

Check it out:

“I’LL START WHEN.....”

If I had a dime for every time I heard these three words I would be a rich man. Countless people have prefaced their statements to me with these words explaining why they can’t start working out or eating supportively at this point in time.

-I’LL START eating well WHEN I eat the rest of the junk food in my house.

-I’LL START eating well WHEN I get to go to the grocery store next week.

-I’LL START eating well WHEN the Holidays are over.

-I’LL START working out WHEN things at work calm down.

-I’LL START working out WHEN the New Year comes.

-I’LL START lifting weights WHEN I learn how to do some of the lifts properly.

-I’LL START performing cardio WHEN I figure out what my target heart rate should be.

I could share countless other instances where people have used this statement to defend their current inability to train regularly or eat supportively. Granted, not everyone is ready to make significant changes in their lifestyles at this point in time. It is not an issue that can be forced and the individual has to eventually come to the realization that the WHEN they are referring to rarely ever comes.

Perfect circumstances are almost never realized. Instead of waiting for these ideal circumstances to magically arrive it is more realistic to understand that life is never perfect. If you want to see changes in your physique NOW is the time to take the steps you need to take in order to see results.

I have a secret for you.

Work will always be crazy. There will always be family functions and holiday parties to deal with. There will always be something that you don’t know how to do.

How is it that anyone in today's busy world sees any progress with everything they have going on? Time management is a big part of the equation but making the DECISION TO DO SOMETHING TODAY is a major part of the solution.

Right now is what you have to work with. No matter what decisions you made yesterday you will be presented with hundreds of decisions today and the choices you make today will dictate what your body looks like tomorrow.

-Will I drink that soda or have some water?

-Will I go to the gym and do my workout or will I skip it and watch Seinfeld re-runs?

-Will I get a slice of pizza or a grilled chicken salad?

-Will I seek out a mentor who can teach me how to train efficiently or will I stumble along on my own seeing little if any progress?

These and countless other choices are yours to make today. What will you choose? Why will you choose what you choose?

Our lives and especially our physiques represent a collection of the choices we have made leading up to this very day. The human body is an amazing adapting machine and can be changed if we make the right choices.

I challenge you to make a decision to change your body TODAY.

When I ask you the question,

"When will you start eating well and training frequently?" What will you say?

Will you say I'LL START.....WHEN or will you say **I'LL START TODAY!?**

Building a New You!

The 10-Step Process You Should Follow In Order To Achieve Your Fitness Goals!

These interactive homework assignments are a vital part of the process in attaining your best body! The mind controls your body and it is responsible for making the daily decisions we are all faced with. Change your mind and you will change your body!

If possible, do this exercise in a secluded spot away from distractions that will prevent you from getting the full benefit. A pen, a pad of paper, and your mind are the only tools that you need for this exercise. Some people spend 5 minutes doing this assignment and get very little out of it. Other people have been known to spend hours writing and later on they attribute a great deal of the success that they achieved to the time spent performing this valuable, soul-searching exercise! The quality of the effort is more important than the time spent so ensure that you are giving each exercises your undivided attention and your best efforts.

"The first requisite for success is the ability to apply your physical and mental energies to one problem incessantly without growing weary."

-Thomas Edison

Take as much time as you need, take breaks, come back to it on another day, but be sure to spend some quality time thinking about the questions listed below. Read the first assignment, write out your response and then proceed onto the next assignment. Do each assignment one at a time because they will build on each other. Be honest with yourself in answering these questions. Keep in mind that you do not need to show anyone else what you have written. The answers to these questions are tools for you to help develop clarity and precision focus in achieving your goals. Good luck and enjoy the ride!

Step 1. Identify where you are starting from; define your current situation and how you feel about it.

It has hard to know what you need to improve upon if you don't know where you are starting from. I want you to record what you eat every day and what you do physically every day for three days straight. I would prefer that you track what you do for two week days and one weekend day (because we all eat and move a little differently on the weekends).

For your food log, keep track of what time you eat, how much you eat, grams of protein, fats, and calories for each item in each meal. You can pick up one of those little books at the supermarket that have listings for how many grams of protein, fats, and carbs are in a typical food choice. You can also use some resources online to find this information.

A great online resource for finding detailed food information can be found here: <http://www.nutritiondata.com>

For your activity log, track everything you do (or don't do) for those same three days. Keep track of how much time you spend in front of the computer, how much time you stay seated, how far you walk each day, how many floors you climb, how many trips in the elevator, how much time you spend on the treadmill or performing cardiovascular exercise outside, how much time you spend in the gym and what exactly you do.

Record everything you do with your body during those three days and by the completion of this exercise you should have a pretty good idea of how active you currently are.

If you are not very active, in order to make progress you just need to do a little more than you currently do in order to see better progress.

If you are already fairly active, perhaps you need to research ways to optimize your time in the gym or find a coach who can help do this for you.

After you have completed these two exercises you should have a pretty good idea of where you are starting from. Once you are done with these two steps, pat yourself on the back, and move on to the next step in your Goal Achieving Process!

Step 2. Determine what you want to accomplish (As Steven Covey says, "Start with the end in mind and work backwards.")

ASSIGNMENT #3: DEVELOP YOUR VISION!

"The future belongs to those who believe in the beauty of their dreams."

-Eleanor Roosevelt

Now that you have taken inventory of where you are in your life I would like you to fast-forward to the future and dream about what you would like your body to look like!

Describe every glorious detail of how you would like to feel about your body, how you imagine you will look, describe how you will move, what you will be able to do physically, how other people will see you, how other people will think of you, imagine what activities you will be able to do with your new body, and write down whatever else you can imagine about how you envision your ideal self!

Let your imagination run wild, do not hold back, and let it all out! You can even write about other aspects of your life and how you want it to be. You could write about the dream job you want to have, you can write about what type of future you desire for yourself, imagine the business you want to build, imagine what kind of house you want to live in, and imagine what type of financial situation you would like for yourself.

Be Positive in your descriptions and use as much detail as possible in this exercise! Make the image as concrete in your mind as you possibly can. Describe small details and use all of the senses: smell, taste, touch, sight, sound, and feeling as well.

The more details that you can come up with the better your vision will be! The clarity of your vision will help you shape your body the way you want it so be certain that you have a clear picture of where you want to go. Enjoy this exercise and have fun with the process of developing your vision!

Do not worry about organizing your vision into concise statements at this time. Just write down the images as they come and have fun with the exercise.

“THE STORY OF YOUR LIFE”

An Auxiliary Exercise to help clarify your Vision:

I once read a great book entitled “The E-Myth” by Michael Gerber. It was an insightful book about business and life and there is a section of this book I wanted to share with you.

Mr. Gerber reminds us of a great point in the E-Myth. He reminds us that we should **“go to work on our lives, and not just in our lives.”** So many of us get caught in simply living our lives and we tend to forget what it is that we really want. Sooner or later we wake up and it is ten years later and we still have not achieved our goals.

Developing a VISION of the future is the key to getting what you want out of life. **Great people have a vision of their lives that they practice emulating every day (read this last sentence again! It is that important!).**

Mr. Gerber states that **“The difference between great people and everyone else is that great people create their lives actively while everyone else is created by their lives passively waiting to see where life takes them next. The difference between the two is the difference between living fully and just existing. The difference between the two is living intentionally and living by accident.”**

That quote is so powerful! Think about it. Do you just go through your days REACTING to situations and haphazardly drifting through life or do you have a VISION of what you want to achieve and stay fixated on the end result?

A person with great vision compares what they have done with what they intended to do. When they find that there is a difference between the two, they don't wait very long to make up the difference.

Do you want to achieve a lean physique? Do you want to be stronger? Do you want to look better, feel better, and achieve a sense of accomplishment?

If the answer is a resounding YES! (and it should be), Then I encourage you to live your life by design. Live your life with intention.

Here is a mental exercise from Mr. Gerber's book that I would like you to spend some time on. **“You will die some day. How will the story of your life go? What will you have accomplished? How will you have lived? What will your friends and family remember about you when you are gone?”** Spend some time and write down how YOU want your life story to unfold. Write with as much glorious detail as you can and get the story of your life down on paper. This is the Vision of your life.

All that you have to do now is to come back to the present and live your life as you have envisioned it. Live as if. You might get off track and that is fine. Try to continue emulating your Vision as soon as you can and the results you'll achieve great results!

Step 3. Clarify your Vision and make it crystal-clear

(Define your vision in one paragraph.)

ASSIGNMENT #4: REFINE YOUR VISION AND DEVELOP A VISION STATEMENT!

Now that you have taken a great deal of time to write down thoughts about what you want your body and your life to be like I would like you to try to refine your vision.

You may have written one page or 10 pages, but now I want you to refine your vision into a single statement or paragraph (That's right! Just one paragraph!).

This is a challenging assignment if you have written pages of material but do your best to refine your vision into a concise statement. Below I have listed my vision statement for my personal training business as an example of a refined vision statement. Your refined vision statement will be your guiding reminder throughout your quest to achieve your best body so be certain that it clearly defines what you want to accomplish! Good luck!

PFC-Professional Fitness Coaching Vision Statement:

“Through a proprietary coaching method Professional Fitness Coaching strives to provide the highest-quality services, educational materials, and training programs with the goal being that clients will become empowered and develop an impressive understanding of how they can shape their bodies by utilizing self-analysis, goal-setting, supportive nutrition, and the appropriate fitness training methods. Professional Fitness Coaching aims to thrill each client by delivering the results that the client seeks in an enjoyable fashion and in the end, giving them more than they ever expected!”

Write Your Vision Statement Here:

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Does it pass the stop light test? If you had 30 seconds to share your vision while at a stop light could you get it all out?

Step 4. Brainstorm everything that can possibly go wrong, what negative habits or behavior patterns must be changed in order for you to achieve your goals? What obstacles will get in the way?

ASSIGNMENT 5: Identify Behavior Patterns Not Conducive to Achieving Your Goals

What I want you to do now is to please take a few minutes to identify some behavior patterns in your current life that will slow down your progress towards your fitness goals if they are not addressed. An example of this would be the individual who sets a fitness goal of losing one pound per week but still eats an entire gallon of ice cream every night (an exaggeration I know, but it does happen!). Another example would be the morning exerciser that stays up late every night watching Jay Leno and as a result, does not have the energy to devote to their early-morning workouts. Write down three negative behavior patterns that will need to be addressed in order to achieve results in your program in the space below and then continue to the next section.

"Most of our obstacles would melt away if, instead of covering before them, we should make up our minds to walk boldly through them."

-Orison Swett Marden

Write Down Some Negative Behavior Patterns Here:

ASSIGNMENT 6: Develop Alternative Behavior Patterns

ASSIGNMENT 7: Come up with solutions IN ADVANCE to problems that might possibly arise

Many people never reach their goals because problems arise and they lose focus on the prize. By having the answers to some potential problems in advance you will greatly increase your chances of success.

I want you to take some time and brainstorm everything that might possibly go wrong in your quest. What things will get in the way? What situations will pose a challenge for you in achieving your goals?

Will Holidays, birthdays, parties, friends, family, special occasions, money problems, eating on the run, traveling, lack of equipment, lack of knowledge, lack of a training partner, lack of a social support group, or any other combination of problems slow you down or will you have answers in advance so that you can navigate around these landmines?

“Strength does not come from winning. Your struggles develop your strength. When you go through hardship and decide not to surrender, that is strength.”

-Arnold Schwarzenegger

Assignment 7: Brainstorm At Least 10 Problems That Might Arise and How You Might Deal With Them

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

6. Set Long-Term goals and Short-Term goals that will bring you towards your Vision.

“Only passions, great passions, can elevate the soul to great things.”

-Diderot

Often times many people take on major challenges without a plan or sense of direction. Due to this lack of planning these people sway easily from their exercise programs and do not see the results they are looking for. By setting some **S.M.A.R.T.** goals before you begin your exercise program you will have a clear picture of what you are working so hard for.

Make sure you are setting S.M.A.R.T. goals! Many people set very vague and general goals and just as easily lose focus in their exercise programs because they never had a clear picture of what they were working for from the beginning. An example of this would be setting a goal of “getting into shape (sound familiar?).” Well, what does getting into shape truly mean? If you ask ten different people, you will likely get ten different answers. To avoid setting a vague goal use the following acronym to help you set realistic, achievable, and challenging goals.

S = Set *Specific* goals. Ex. “I want to lose 5 pounds of Fat weight by June 1st!”

M = Set goals that are *Measurable*. Ex. “I want to run a 5k race in 23 minutes and beat my old time of 29 minutes!”

A = You should set goals that are in fact *Achievable*. Ex. “I want to increase my bench press by fifteen pounds by March 20th!”

R = Be sure to set *Realistic* goals. Ex. “Stating that you want to squat 1000 pounds may be physically possible for a select few but the question you should ask yourself is if your genetic potential and your current training level will allow this to become a reality in the near future.”

T = Set your goals on a *Time-Table*. Ex. “I want lose one pound per week for the next 12 weeks!”

Now that you know how to set S.M.A.R.T. goals, please list two to three long-term goals (6-12 months) and two to three short-term goals (2-3 months) in the spaces provided on the next page. Take as much space as you need! Establishing these goals will be the foundation that will dictate the direction of your exercise program.

The “Do It Now” Mentality!

I used to be a big procrastinator. I was notorious for putting things off to the last minute only to rush and try to get them done. As a result, the results of my efforts were half-hearted and lacked the quality I knew I could put into the project if I had only taken the necessary time to do it correctly. This was a hard habit to break (I am much better now!) but as a result of my efforts I am now able to complete even more projects and finish them with a higher level of quality, transforming my body included!

When it comes to transforming your body you need to realize how important it is to create a sense of urgency. You must cultivate the “Do It Now!” mentality. By creating some positive pressure for yourself you will be much more likely to stay focused on your goals and perform the necessary daily actions that will help you achieve the desired result.

When you can attach some kind of deadline to your goal, you will create a different attitude towards food and exercise. With a definitive deadline in place ‘roadblocks’ will seem insignificant when you have a meaningful goal to complete in a limited amount of time. Do it now, not tomorrow!

For example, I have worked with many Law Enforcement Officers and Military Personnel that start to bust their butts at the gym so that they can pass their mandatory physical fitness tests that are quickly approaching in a month’s time. As I sit here and write this newsletter I am in-between consulting sessions with soldiers in the NH National Guard who are about to be deployed (possibly to Iraq). Some of these soldiers need to get into fighting shape in one month’s time. Talk about developing a sense of urgency, it does not get more urgent than this. They need to be in top physical condition so they can live through the experience. Their lives may even depend upon how fit they truly are.

Another example would be a woman, who months before her wedding date, starts dieting and working with a personal trainer because she wants to look her very best on the big day. She knows that this is one of the most important days of her life and it allows her to suddenly develop tremendous willpower to pass on the Ben and Jerry’s Ice Cream and head to the gym instead. Foods that previously had full control over her life are now relegated to an insignificant corner. This is the power of a Compelling Vision of change combined with a sense of urgency.

This kind of positive pressure is very effective and will strengthen your resolve during the inevitable temptations that will present themselves to you throughout your program. If you didn’t have some kind of goal to achieve in a certain limited time span, chances are you wouldn’t be as diligent in sticking faithfully to every aspect of your program. Trust me, I have been there. I am always more likely to “cheat” if I don’t have a particular reason to stay faithful to my nutrition and exercise regimen. With a deadline looming you know full well that if you messed up at any point along the way it could affect the entire outcome of your results.

Some people use their high school reunions as the positive pressure to increase the magnitude and importance of doing everything right to lose fat and get in shape in time. To be honest with you, you can use any event, meeting, challenge, contest, or occasion that you want to give yourself an urgent deadline.

Maybe you want to lose 3 pounds by New Years to get a head start on your body transformation. Maybe you want to lose a couple pounds of fat so that you feel better about your appearance when you meet up with some old college or high school friends over the holiday break. You need to find something to give you a sense of urgency so that you get off of your duff and do it now! If you wait until the New Year to start, added damage will already be done and you will only be making it harder on yourself (remember the typical American will gain 10 pounds between Thanksgiving and the New Year!). If you start working your butt off at the gym and buckling down on your nutritional regimen you will be happy when you go into the New Year in better shape than you have ever been in before!

Developing a sense of urgency is one of the most important factors in how quickly you can transform your body. If there is no sense of positive pressure driving you towards your goal you tend to rationalize. “Sure I can have these chips, I’ll just have a few drinks at the Holiday party, it won’t be a problem if I go out to dinner with some friends and 'just tonight' I’ll have all the food and drink I can eat, I’ll just get back on track with my workouts after the Holidays.” Yeah right! Do it now or you will only be making it harder on yourself and you’ll be increasing your chance of failing exponentially!

Without a sense of urgency there will be nothing important and near (time-wise) for you to stay away from excesses guaranteed to sabotage your progress.

Develop a sense of urgency; focus on your Compelling Vision, follow your plan and the results will come!

Now, I want you to take a minute and think about what occasion, event, or meaningful date that you can train for to create that sense of urgency to maximize your results. Here is another tip, once you have achieved those results by that date, figure out another event you can train for to create a new sense of urgency. Do it now and train with purpose!

Step 6. Develop a comprehensive plan that systematically carries you towards achieving your goals.

You have taken Inventory, you developed a Vision, you Refined Your Vision, you set Long and Short-Term Goals and now it is time to develop a Plan that will make your vision a reality!

Time for some questions again.

What types of things will you need to do in your training to achieve your goals? How will you have to alter your lifestyle to accomplish your goals? What types of eating habits will you need to modify in order to accomplish your goals? What things will you have to learn in order to accomplish your goals? How will you structure your training program so that you achieve the results you are looking for?

You have a couple of options here.

You can either stumble along on your own trying to figure it all out from scratch or you can learn from a pretty smart guy named Albert Einstein.

Old Albert once said, "I am able to do what I have done because I stand on the shoulders of giants." What he is saying is that you can achieve a lot more A LOT faster by learning from people who have done what you want to do.

Find a mentor! Find a coach! Cut your learning time in half by seeking out someone who has done what you want to do! There are books, online forums, coaches, fitness professionals, and people who have successfully achieved their goals.

With some help from a mentor you can develop an individualized plan that will allow you to achieve your goals in the most expedient manner.

Step 7. Determine which Daily Actions will help you achieve your short term goals

“I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half of the things you do you might just as well turn over to me and I will be able to do them quickly and correctly. I am easily managed--you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically.

I am the servant of all great men; and alas, of all failures as well. Those who are great, I have made great. Those who are failures, I have made failures. I am not a machine, though I work with all the precision of a machine plus the intelligence of a man. You may run me for profit or run me for ruin--it makes no difference to me. Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I? I am habit!”

-Unknown

You need to work on making positive daily habits a part of your life (they say it takes 27 consecutive days of doing a particular action before it becomes a habit), when one daily action becomes a habit change focus on a new daily action and gradually you will develop a lifestyle conducive to achieving your goals.

Sample Habits:

- do have the courage that you can change your body
- do eat Breakfast every day
- do eat a lean protein with each meal
- do eat a small meal every 2-3 hours
- do eat fruits and/or veggies with each meal
- do minimize intake of refined foods White bread, pasta, sugar, etc)
- do something active every day
- do things that will help you achieve your goals

“Five frogs are sitting on a log. Four decide to jump off. How many are left? Answer: five. Why? Because there's a difference between deciding and doing.”

-Mark L. Feldman & Michael F. Spratt

“FIVE SMALL THINGS I CAN DO TODAY”

Today I want you to do a little exercise. This exercise comes from a great book entitled “Reinventing Yourself” by Steve Chandler (definitely worth picking up a copy!). OK, on to the exercise.

“Take out a sheet of paper. On top of your sheet of paper, list a problem you now have, some situation you wish were not there, some frustrating situation that you think about a lot but don't know what you can do about. (I'm about to show you that your spirit knows!).

Now, under the “Problem” heading, write this sentence:

“Five Small Things I Could Do About This Today.” Then number 1, 2, 3, 4 and 5 on the page with space beneath each one for your ideas. Don't get up until you've written the five things. Force yourself to write something.

Once you've written the five ideas, take the paper with you throughout the day and don't go to bed until you have all five things done. Remember, these are little things you can do.

By the time you finished, you will be surprised at how you have altered the nature of your problem. In many cases you will have solved it completely. In other cases, you will see in your mind that it is no longer a problem, but, instead, a new project.

A work in progress if you will.

Do this a few times and you'll start to see what Thomas Jefferson meant when he said, “The more you do, the more you can do.”

Alright, you have now read Steve Chandler's tip on how to solve your problems. I WANT YOU TO ACTUALLY DO IT NOW!!!! Grab a piece of paper and get to it. I can tell you that I just used this exercise a few minutes ago to work on one of my weak links (my managerial skills such as filing are not always the best ☹, but I am working on it).

This exercise is very powerful so I encourage you to use it to help solve some of the “problems” that are plaguing you right now.

"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."

-Helen Keller

Step 8. Track where you started from, track your measurements, track progress or lack there of and make adjustments as necessary

Keeping track of what you do ever day is VERY important if you want to make sure you are improving. Over time, you should be performing more repetitions, lifting more weight, or somehow increasing the stress you put on your muscles. If you want to see positive adaptations from your training you want to progressively challenge your body. Keeping a training log can facilitate this process and help you stay on track.

Pick up a blank notebook, pick up a copy of the PFC Training Log (<http://www.ProFitnessCoaching.com/products>), or if you are a "techie" you can use this great software that Coach Charles Staley developed to track your training and nutritional status (http://www.myodynamics.com/prod_cat.html?afid=102628&u=kbattis1&p=tiger18&email=kbattis@hotmail.com).

In some form or another you should keep track so use one of the methods mentioned above and keep track. Below you will find some ideas of things to track and how to go about doing it.

Why a training log is beneficial:

- **Allows you to see measurable progress (“My body fat percentage has decreased!”)**
- **Allows you notice trends and individualize an approach that delivers results (i.e. “I lost 2 pounds per week following XYZ program but did not lose any weight when following ZYX program.”)**
- **Gives you beneficial information letting you know if you are actually making progress in the areas you want to see improvements in (i.e. If you have a goal of fitting into a smaller Bikini size you might want to track particular Girth measurements around the abdomen and hips, and to monitor your overall body fat percentage)**

Possible **Objective** Measurements to track **during** your training sessions:

- Total workout time (one way to progress is to do the same amount of work in less time)
- Weight used on your lifts/exercises
- number of repetitions/set
- number of sets/training session
- Speed of various lifts (special equipment required)

Possible **Objective** Measurements to track your **overall progress**:

- Body fat percentage
- Body weight
- Lean Weight (Total bodyweight – Fat Weight = Lean Weight)
- Fat Weight (Total bodyweight – Lean Weight = Fat Weight)
- Girth measurements (neck, chest, biceps, forearm, abdomen, hips, thigh, calf)
- Skinfold Measurements (chest, mid-axillary, subscapular, triceps, suprailiac, thigh, calf)
- Resting blood pressure
- Resting Heart Rate (best taken upon waking up) : Increased resting heart rate compared to your normal rate may indicate overtraining or possibly a sign that excessive stress is taking a lot of the body’s energy.

- Waking body temperature
- Personal Record List (this could be a page in your log book devoted to keeping track of your personal records such as personal best in various lifts, etc)
- Vertical Jump Height (Great measure of lower body power)
- Long Jump Distance
- Max Reps to failure for a given exercise (test of strength-endurance)
- 1 Repetition Maximum for certain lifts such as Squats, Bench Press, Power Cleans, etc
- 2, 3, 4, 5 or more repetition maximums for various lifts

Possible **Subjective** Measurements to track:

- **Willingness to Train (WTT)** (scale of 1-10 where 1 = not motivated to train at all, and 10 = Very Motivated to Train). Can be a useful measure in avoiding overtraining. If anything below a 5 cancel your workout for the day. If anything below an 8, perform a more extensive warm-up prior to your training session to improve quality of training session. If a 9 or a 10, train hard and have a blast!
- **Rate of Perceived Exertion (RPE)** (scale of 1-10 where 1 = really easy 5 = moderate intensity, 10 = very, near maximal effort) for each set
- **Rate of technique (ROT)** (scale of 1-10 where 1 = very poor technique, 5 = poor technique, 10 = pristine, perfect technique) You might be rating how quickly you lower the weight, how quickly you lift it, how long you pause, how steady you feel, how 'crisp' the movement is, how close you are to perfect technique
- Any other Subjective notes on your performances and how you feel you are progressing (i.e. "I feel like I am getting leaner," "I feel stronger today," etc.)

Step 9. Set up your environment so that it is conducive with your goals.

“You are a product of your environment. So choose the environment that will best develop you toward your objective. Analyze your life in terms of its environment. Are the things around you helping you toward success-Or are they holding you back?”

-W. Clement Stone

ASSIGNMENT #15: KEEP YOUR VISION FRESH IN YOUR MIND!

We are bombarded with millions of pieces of information each day. The human mind can only process a fraction of this information so how is it decided what gets processed and what does not? In a way your mind acts like a filter. Your state of mind is what determines what gets through the filter. When you are in a positive state of mind and truly believe that anything is possible, and most importantly are focused on what you desire, your mind will let information associated with these things enter. Suddenly you will “see” opportunities were always there. The only difference is that before you were focused you were blind to these opportunities due to the state of mind that you were in.

Opportunities exist everywhere for the achievement of everyone’s dreams. You simply have to “tune in” to the possibilities by focusing in on what you desire! It has been said that you are what you think about all day, so be careful to think about the things that are most important to you and to be positive and focus on what it is that you truly desire! Once you get into the habit of doing this for a long period of time you will see opportunity after opportunity appear in your life! It is a very powerful process! Listed below is your final assignment! Review this assignment on a regular basis and see how it improves your state of mind.

4 Powerful Steps for Successfully Implementing Your Vision Statement!

- 1. Review your vision statement everyday. Post it on the top of each page of your workout log, post on the refrigerator, post it on the bathroom mirror, or just read it to yourself everyday in the morning.**
- 2. Be in a positive state of mind and know that you have the power to create anything you desire in life.**
- 3. Visualize the achievement of your goals. This will help to program your subconscious to focus on what you desire and allow the amazing power of your mind to produce strategies to achieve your goals.**
- 4. Review your daily actions against your Vision Statement. Are the actions you are taking aligning you more precisely with your vision?**

I wish you the best of success in implementing this strategy. If you follow through consistently with the plan you have laid out you will be pleased with the results and it is only a matter of time before you achieve your goals!

Step 10. Take time to regularly evaluate your results. Did you make progress or not? Why?

“Insanity is doing the same thing and expecting different results.”

-Unknown

John Berardi once said **“Despite the novelty of a program, every once in a while it is a good idea to see if the program is working.”**

This is such an important piece of the process that most people overlook and it costs them the chance to truly achieve their goals.

You should be checking in on your progress AT LEAST every 2-4 weeks so that you can make sure that you are moving in the right direction.

A plane flight from here to Hawaii might be off course hundreds of times from take off to landing! So how is it that anyone ever gets to Hawaii?

They get there because the pilots know EXACTLY where they want to go and they use their instrumentation and objective data to make sure that they are staying on course and heading in the right direction.

If you want to stay on course towards your health and fitness goals you should also be tracking some vital pieces of information along the way.

The objective measurements you track might differ depending on the goal you choose. Someone training to fit into a size 6 might track different items than someone training to bench press their bodyweight.

For example, the things you might track if you were trying to fit into a smaller clothes size could be bodyfat percentage, girth measurements, skinfold measurements, and of course clothes size.

Someone training to bench press their bodyweight might track bodyweight (if this goes down they have to bench press less!), 1 repetition maximum bench press, 2 rep bench press max, 3 rep bench press max, med ball chest pass distance from a kneeling position, and possibly triceps strength in various exercises.

The key is to track things that will let you know you are on the right track (or off it!) so that you can readjust as necessary. If things are working, keep doing them. If things are not working, make some changes and see if that puts you back on track. Don't leave it up to guess work. Make it systematic, test it, and you will ensure your results!

Great Job!!

If you have made it this far let me congratulate you! Not many people actually follow through with drills such as these and that is a leading reason as to why most people NEVER achieve their goals. Don't be like everyone else and really commit yourself to what you have written above.

I encourage you to sign a contract with yourself and really commit to achieving what you have written above!

My Contract With Myself

"I, _____ (print your name), do hereby commit to myself here and now that I will stick to the plan I or my coach have outlined herein and will follow through on the challenge I have set for myself as if their lives of my closest friends and family members depended on my success!"

"Life shrinks or expands in proportion to one's courage."

-Anais Nin



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