

NUTRITION & MINDSET

WEEK 1

Mindset Theme: Clarity
 Nutrition: Setting the Foundation

WEEK 2

Mindset Theme: Insight
 Nutrition: Setting specific food goals
 Streamlining Meal Prep,
 Recipes, Hacks Etc

WEEK 3

Mindset Theme: Momentum
 Nutrition: Reflecting on Last Weeks
 Prep & Optimizing

WEEK 4

Theme: Empowerment
 Nutrition: Enhancing Nutrition Quality

WEEK 5

Theme: Presence
 Nutrition: Mindful Eating Habit

WEEK 6

Theme: Resilience
 Nutrition: Managing Craving and
 Emotional Eating

STRONG FEELS GOOD VIP EXPERIENCE CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH TEST ASSESMENT #1	Upperbody	Lowerbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	Upperbody	Lowerbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	Upperbody	Lowerbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	Upperbody	Lowerbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	Upperbody	Lowerbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	WARRIOR WEEK					

NUTRITION & MINDSET

WEEK 7

Mindset Theme: Exploration
Nutrition: Nutritional Balance and Variety

WEEK 8

Theme: Consistency
Nutrition: Optimal Hydration

WEEK 9

Theme: Intention
Nutrition: Mindful Snacking Strategies

WEEK 10

Theme: Endurance
Nutrition: Sustainable Eating Habits

WEEK 11

Theme: Adaptability
Nutrition: Navigating Dining Out & Social Events

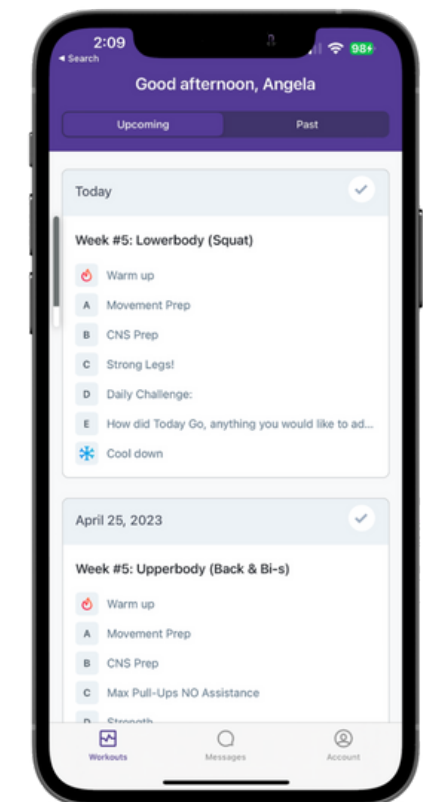
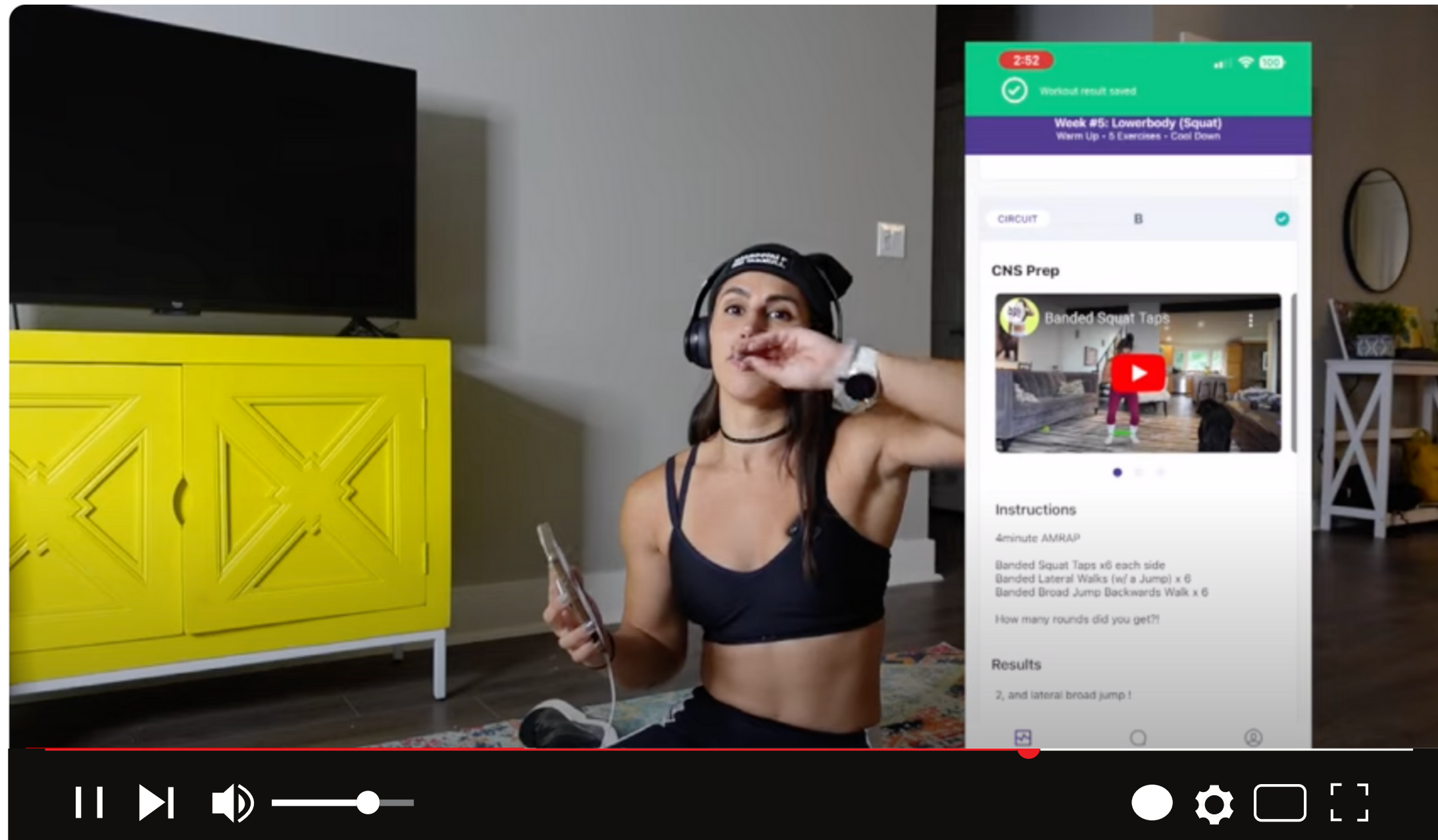
WEEK 12

Theme: Reflection
Nutrition: Celebrating Progress and Future Goals

STRONG FEELS GOOD VIP EXPERIENCE CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
STRENGTH TEST ASSESMENT #2 HALFWAY POINT CHECK-IN	Lowerbody	Upperbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	Lowerbody	Upperbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	Lowerbody	Upperbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	Lowerbody	Upperbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	Lowerbody	Upperbody	Core/HIIT	Upperbody	Lowerbody	Optional Mobility Day
WEEKLY CHECK-IN	WARRIOR WEEK					STRENGTH TEST ASSESMENT #3 FINAL STRENGTH TEST

SAMPLE WORKOUT



**STRONG
FEELS GOOD**