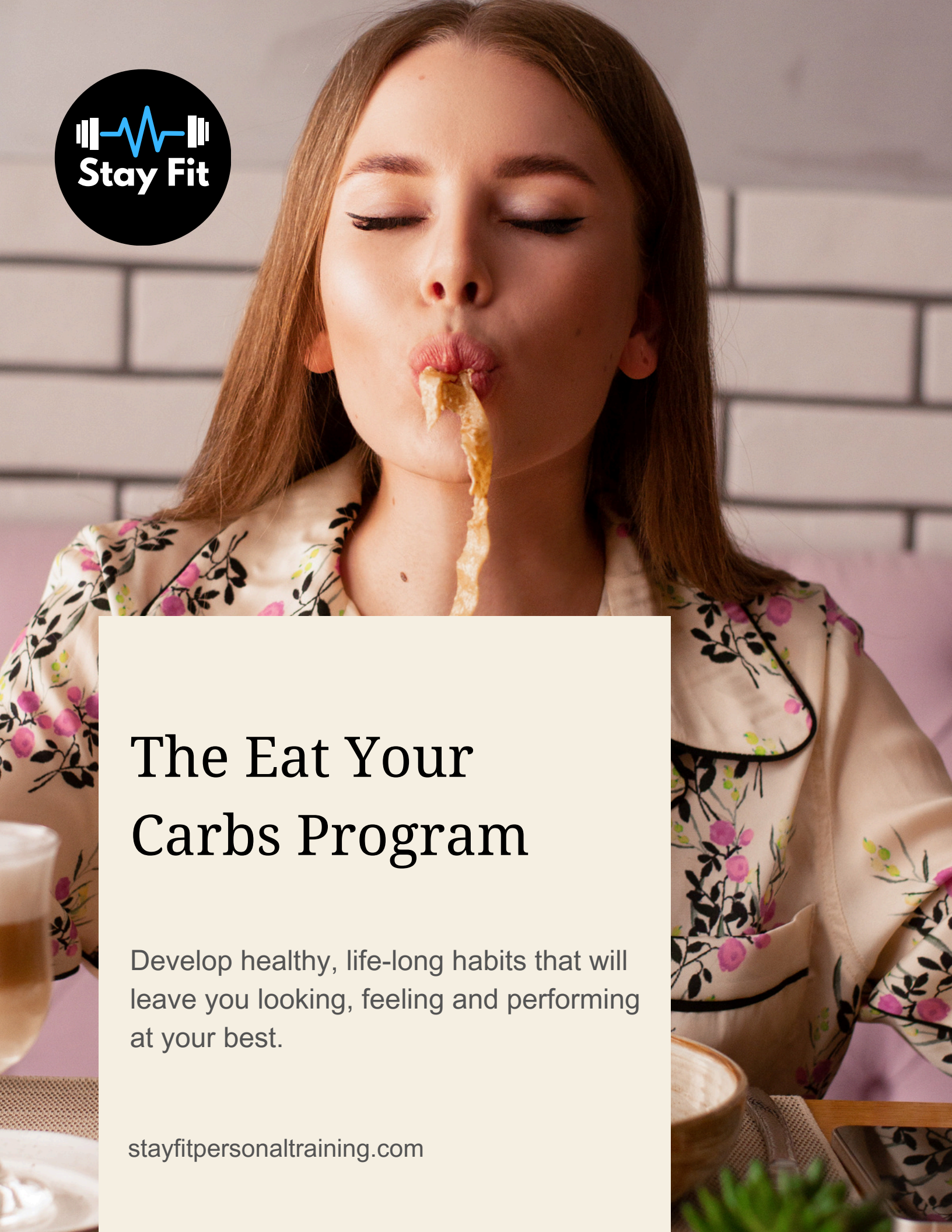


Stay Fit

The Eat Your Carbs Program

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

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Hello!

I’m a Fitness & Nutrition Coach. Passionate about helping clients reach their health goals.

With 25+ years of experience, I create fitness and nutrition plans that get results. Dedicated to making healthy living simple and sustainable.

Let's crush those fitness goals together!

Welcome to The Eat Your Carbs Program

This 2-week habit coaching program encourages you to eat carbohydrates based on your daily activity level. By getting this input of energy vs. output of energy right for you, significant weight reduction can occur and numerous great performance and health benefits can be achieved.

Day 0: Introduction Of Habit (Sunday)

For the next two weeks, I challenge you to eat carbohydrates based on your activity level.

Now, here's the good news… 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?
Decide when and what carbs you want to eat during the day.

Here's a simple guide to help you:

- Low activity level (little or no daily movement or weekly workouts): Have one meal with carbs daily.
- Moderate activity level (some daily movement or weekly workouts): Aim for two meals with carbs per day.
- High activity level (daily workouts or physically demanding job): Shoot for three to four meals with carbs daily.

It's best to schedule your carb meals around your workouts or training sessions during the week, like having them before and after. You can adjust your carb intake based on your daily activity.

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.

What Can I Piggyback Off Of?

Look for an event you can use as a reminder to do the habit: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. 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 adjust my carbohydrate intake according to my activity level, consuming 1 carb-based meal for low activity, 2 for moderate, and 3-4 for high activity levels, for 6 days per week after I assess my daily needs.

Day 1: Start of Habit Review (Monday)

How was Day One?

Did you complete a personalized version of the habit?

Today, after completing your habit for the first time, I want you to answer these two questions:

- What did I do well today?
- What did I learn today?

These questions are so important that I want you to reflect on them every day.

The truth is, the most overlooked factor in building new habits is bridging the gap between what you want to do and the behavior that you're trying to make automatic.

You've got to close the loop between your intention and your behavior, and it's as simple as answering these two questions.

So here they are for you again:

1. What did I do well today?
2. What did I learn today?

Day 2: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

'Carbohydrate' refers to molecules in foods like fruits and grains that are made of carbon, hydrogen, and oxygen. While proteins and fats are essential, carbs aren't necessary for life since we can get crucial nutrients from other sources.

Debates arise over whether we truly need carbs. Some experts argue against them, while others see them as essential.

Various diet plans adjust carb intake accordingly. One thing is clear: your activity level directly affects your carb needs. The more active you are, the more carbs you need to fuel exercise and recovery.

I recommend high-intensity exercises and weight training, which burn energy and help build muscle.

With more exercise comes increased food intake and potential for body transformation. This hinges on the 'energy balance': the balance between energy input from nutrition and output from exercise. Maximizing daily energy turnover is crucial, with intense exercise playing a pivotal role.

Improved nutrient use is vital – directing more calories toward muscle growth and repair rather than fat storage. Quality foods offer more nutrients for long-term success.

In simple terms, you’ve got to earn those carbs!

Day 3: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

If we have other people in our lives, sometimes we're lucky and they support us. But often they resist the habit changes we make.
Sometimes their unhealthy habits stand in our way. You're trying to eat healthy foods, and yet your partner or spouse would rather eat pizza and cookies than asparagus.

There's no simple answer.

We shouldn't abandon our attempts to change, nor is it helpful to try to force change on loved ones. This can be one of the toughest obstacles, because we don't have complete control over others. We can't force other people to be supportive.

If others wont get onboard with your changes, ask just that they give you the space to make the change on your own, without their help.

This isn't a small thing sometimes – others can be threatened by your changes, or dislike the disruption of their routine that you're causing.

Ask for the space to do it alone, and ask that they not criticize or make it hard on you.

Day 4: Weekend Win (Thursday)

It can be difficult to stay consistent with a habit if you have a lot going on in your life, or if you take a break from your normal routine.

The perfect example of this is the weekend. So let's set you up to win this weekend.

How?

By doing an easy version of your habit for the weekend.

This should be so easy that it should require as much energy as brushing your teeth.

Today, I want you to plan how you'll stick to this habit over the weekend.

Day 5: Daily Lesson To Reinforce Habit And Accountability (Friday)

Body type can affect how well you handle carbohydrates. Ectomorphs, typically tall and skinny, can usually consume more carbs than endomorphs or mesomorphs. While some focus heavily on body typing and its impact on nutrition and training, it is one of many factors to consider. Here's a rough guideline:

- **Ectomorphs** are tall and skinny, with a small frame. Due to their fast metabolism, they struggle to gain muscle. They need higher caloric intake and often have greater carbohydrate sensitivity.
- **Mesomorph:** This is the envy-worthy, hard-bodied individual with defined muscles. They gain muscle quickly, have an athletic physique, and can manage fat gain with calorie control.
- **Endomorph:** Often described as 'short and stocky,' with soft features and a rounder physique. They gain muscle and fat quickly due to a slower metabolism, requiring careful monitoring of calorie intake and having lower carbohydrate tolerance.

The current body fat-to-muscle ratio indicates how well someone tolerates carbs. Generally, those with muscle mass and/or less body fat can handle more carbs daily.

Today, take a moment to reflect on your body type and whether your carbohydrate intake aligns with it.



Day 6:
No Daily Lesson
(Saturday)

Day 7: Weekly Group Review (Sunday)



When you complete the habit today, take a minute to reflect on the past week or so of doing the habit.

- What was it actually like, as opposed to the fantasy you had about it before you started?
- What have you learned?
- What do you appreciate?
- What obstacles have come up, and are there ways to overcome them for next week?

Consider writing a short journal entry about these reflections, to solidify your learning.

Treat habit formation as a learning process, a way to learn about yourself, your mind, mindfulness, resistance and more.

Day 8: Adjustment Of Habit (Monday)

If all went well last week, and you didn’t struggle or skip the habit for more than a day, I recommend that you lengthen the habit this week. If you’ve struggled, keep it the same as last week or make it even easier.

For example, if you’ve just been eating a very small amount of carbohydrates with meals, then try increasing the amount this week.
Or if you’ve struggled to reduce the amount of carbs in your daily diet, then put greater focus on reducing these.

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.

Each step isn’t difficult, so your mind doesn’t rebel much. Gradually the habit becomes your new normal and you can expand a bit more, pushing your comfort zone a little at a time.

Day 9: Daily Lesson To Reinforce Habit And Accountability (Tuesday)

Over the years I've tested out a lot of different carbohydrate levels for myself and clients, and here's my general outlook:

High Carb Diet – 200g+ per day

Some people do very well on a higher carb diet, and some of my clients can eat 300-400g per day while still losing body fat. Jealous yet?

Most are not so lucky, and those who can, usually fall into the same category – young, lean and metabolically efficient with an active lifestyle.

If you do not tick all those boxes then chances are you will not lose weight optimally eating this amount (while maintaining a balanced diet).

Moderate Carb Diet – 100-200g per day
This is a very common daily carb range for the majority of active and healthy people looking to cut the body fat.

This still allows for some starch in the diet, yet limits the amount quite significantly.

You still get all the benefits of having carbs in the diet (so you feel good and perform well), yet lower the intake and overall amount to therefore optimise fat burning (to look good).

Low Carb Diet – <100g per day
This could be described as ketogenic diet – one in which no starchy carbs (or very few) are consumed daily. This is when the body is forced to use fat for energy.

To do this, the person will go through a fat adaption phase, when the body releases ketones for muscle and brain fuel. This can be the most difficult part of such a diet as energy levels can significantly drop until this process is complete.

This energy slump is also common for those transitioning to a moderate carb diet plan.

Most people lose weight quickly on this type of plan, but it suits those who are inactive, diabetic or seeking that last bit of fat loss. A low carb diet also works better with females, as they carry much less bodyweight than men, and require less energy as a result.
Today, have a quick think about how many carbohydrates you are eating daily and compare it to my guidelines above.

Day 10: Daily Lesson To Reinforce Habit And Accountability (Wednesday)

One reason changing your diet is such a difficult task, is because of the discomfort it brings.

Your mind and body doesn’t like discomfort.

We have to face discomfort when we decide to eat better for the first time, or exercise more, or when we simply put ourselves out there in the world.

These are scary, uncomfortable situations. But if we don’t push into discomfort, we severely limit ourselves. We limit what we achieve, we can make ourselves unhealthy and we limit our progress.

So today, consider pushing yourself into discomfort, either with the habit or with something else.

Stay with the discomfort, find curiosity about it, see if you can be OK with the uncomfortable feeling.

Day 11: Weekend Win (Thursday)

It’s almost the weekend. Even if you don’t have a lot going on, it’s possible you’re not fully focused on this habit, or fully committed to it.

So let’s set you up to win this weekend and achieve your habit with ease.

Today, think about your super easy, almost effortless version of the habit for the weekend.

How are you going to achieve the habit this weekend?

Day 12: Daily Lesson To Reinforce Habit And Accountability (Friday)

We’re almost at the end of the ‘The Eat Your Carbs Program’ habit challenge.

For the next few days, pay attention to your motivation levels – is it as high now as when you first started?

If it is dipping, this is probably because the reality of doing the habit for this long isn’t something you’re used to.

This is a great opportunity to turn from your expectations for this habit, to learning what other things can motivate you. Other motivations you could explore: the joy of doing, the pride of accomplishment, the feeling of satisfaction when sticking to something, tackling difficulties, the love of learning.

These are all great motivations to explore for any pursuit. Stay focused this weekend and remember to have some fun in the process!



Day 13:
No Daily Lesson (Saturday)

Day 14: End Of Habit Review (Sunday)

Over the last two weeks you've completed the 'The Eat Your Carbs Program' habit challenge – nice work!

Today, take a minute after practicing your habit to reflect again on the past week of doing the habit.

- What has the habit been like and how have you done?
- What have you learned?
- What parts or how much of this habit will you continue to do?

Consider writing a short journal entry about these reflections, to solidify your learning. Treat habit formation as a learning process, as a way to learn about yourself, your mind, mindfulness, resistance and more.

