

The Habit Transformation Program

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

stayfitpersonaltraining.com



roy@stayfitpersonaltraining.com
(727) 542 1813

Roy Gutierrez

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 Habit Transformation Program

Over the next two weeks, I challenge you to stick with one daily habit.

Wait to start doing the habit challenge.
Your first week of the program should be a slow start, and you'll spend some time preparing your first habit and starting as easily as possible.
Aim to achieve the habit six days a week, with one day of rest each week.

Note: If you miss multiple days, that's OK; keep going and pick up where you left off - we're not on a deadline.

Getting Started With Your First Habit

stayfitpersonaltraining.com

Day 1: Pick One Change



Today, I'd like you to read about our upcoming habit challenge. This is the habit we will be following as a group.

Think about how this can bring a positive, meaningful change for you.

Don't start until day six!

Day 2: Create A Vow



Today, consider your intention with this new habit.
Why are you doing it? Does this reason feel important to you, connected to one of your deeper purposes? Understand your reason and set an intention.

Now, commit yourself – be all in, and vow not to let yourself down.

Please write this vow down somewhere you can see it daily, and honor yourself by following it to the utmost ability.

Day 3: Make It Small



We made a big vow; now, we will make the habit as small as possible. We're not going to start yet, but today, I'd like you to consider how to make this habit as easy as possible once you get started.

Can you cut it down to just a few minutes per day? For example, our first habit is recording what we eat. Can you say you'll try to do one minute or so for the first week?

You can expand this time once you get into a rhythm, but to start with, consider how small you can make this habit.

Day 4: Create A Space



Today, I'd like you to create a space to focus on the change you will make.

If this habit is to be a priority, you need to set aside some time. When will you do it? Figure out when is best for you.

Make this a priority and set aside at least 10 minutes to make this habit – even if you're only going to do it for a minute.

Consider this a sacred 10-minute space, which can't be violated by checking things online or other busy work. You'll only focus on your habits and these daily lessons during this time.

Day 5: Set A Trigger & Reminder

A trigger is something already in your routine that you will tie the habit to.

To become more automatic, a new habit must be bonded to a trigger. By repeating the trigger-habit sequence over and over, you create a heartbeat rhythm that becomes ingrained in your mind.

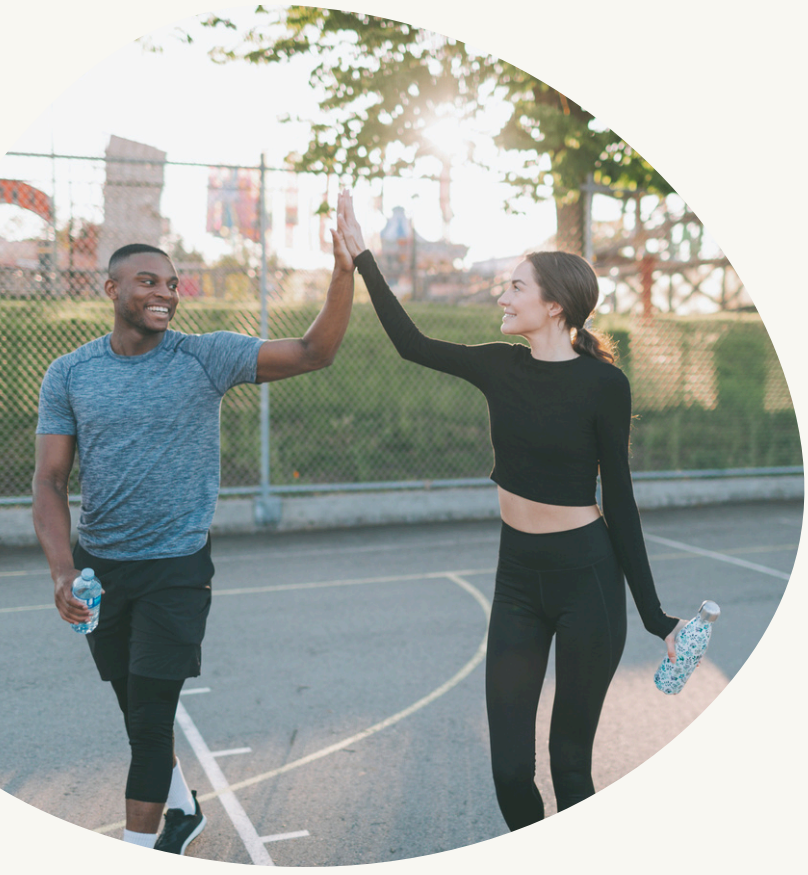
So, before you start the habit, find a trigger you already do each day. If you don’t think you have a routine, you might write down everything you do in the morning and see if there’s something you do every day on that list.

Some possibilities are morning coffee, opening your laptop, getting to work, showering, brushing your teeth, having breakfast, driving home, and going to bed.

After you’ve picked a trigger, write a reminder on a piece of paper and put it near where the trigger happens, e.g., near the coffeemaker if the trigger is drinking coffee.

This reminder will be helpful when you start doing the habit tomorrow.

Day 6: Start Easy



Today is the day that you start the habit!

To start, I'd like you to do the Minimum Viable Habit – the most miniature version of the habit, which doesn't limit you to doing more but is the bare minimum you need for success.

Make the habit right after your trigger for the next week or so. Please remember to keep it as simple as possible to help you overcome resistance.

As you make your habit, try to enjoy it mindfully, and then congratulate yourself on sticking to your vow!