

Shannon Signature Training

12-Week Transformation Prep Checklist

Lay the Groundwork for Real Results

Success starts before day one. This checklist gives you the essential steps to get fully prepared - mentally, physically, and practically - for your 12-week transformation.

Inside, you'll:

- Clarify your goals and motivation
- Build a solid movement and mobility base
- Set up simple, sustainable nutrition habits
- Plan your routine and remove obstacles

Get focused. Get organized. Get ready to transform.

Mental & Goal Preparation

- ☐ Define Your Why - Be clear on your deeper motivation.
- ☐ Set Clear, Specific Goals - Choose 1-2 measurable targets.
- ☐ Create Accountability - Tell someone or use a progress tracker.
- ☐ Visualize Success - Imagine how you want to look, feel, and perform.
- ☐ Identify Obstacles - Prepare for common challenges in advance.

Movement & Body Readiness

- ☐ Assess Your Starting Point - Photos, measurements, and fitness level.
- ☐ Test Basic Movements - Squats, lunges, push-ups, rows, hinges.
- ☐ Address Imbalances or Restrictions - Improve mobility and stability.
- ☐ Begin Light Training - Start with low-resistance, bodyweight movements.
- ☐ Prioritize Recovery Habits - Consistent sleep, hydration, and stretching.

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Nutrition & Lifestyle Prep

- ☐ Clean Up Your Diet - Reduce processed foods, sugar, and alcohol.
- ☐ Track What You Eat - Use a food tracker to build awareness.
- ☐ Stock Your Kitchen - Keep nutritious staples and quick meals ready.
- ☐ Prep Simple Meal Options - Choose 2-3 reliable meals to rotate.
- ☐ Plan Your Grocery and Cooking Routine - Build a weekly structure.

Planning & Systems

- ☐ Schedule Your Training Times - Lock in consistent workout slots.
- ☐ Set Up a Progress Tracker - Monitor training, sleep, and nutrition.
- ☐ Have a Support System - Lean on a coach, friend, or community.
- ☐ Establish Your Non-Negotiables - Commit to key habits (e.g. daily steps).

Final Checks Before Starting

- ☐ Gear Ready? - Shoes, clothing, headphones, water bottle, etc.
- ☐ Training Plan Ready? - Know your program and structure.
- ☐ Mindset Ready? - Focus on consistency, not perfection. You're prepared.