



**FINDING  
“BALANCE”  
IN THE  
90/10 RULE**



**I WAS A STRAIGHT-A  
STUDENT ALL THROUGHOUT  
MY YEARS OF SCHOOLING.  
I LIKE SETTING MY MINIMUM  
BAR AT 90%.  
THIS MAY SEEM TOO HIGH  
FOR SOME PEOPLE.  
IT MAY SEEM TOO LOW FOR  
OTHER PEOPLE.  
BUT FOR ME, IT'S WHAT I LIKE  
& FEEL GOOD WITH.**



**SO WHAT'S THE 90/10 RULE?  
90% OF THE TIME, I EAT THE  
SAME MEALS THAT I ENJOY BUT  
ALSO ARE GOOD FOR MY BODY  
AND SERVE TO FUEL ME.  
THIS EQUALS ROUGHLY 18/21  
MEALS EACH WEEK.**



**THE OTHER 10%, OR 3/21  
MEALS LOOKS LIKE ENJOYING A  
TREAT (USUALLY ICE CREAM OR  
DARK CHOCOLATE).**

**SOMETIMES, I MAKE IT WORK  
WITH MY MACROS FOR THE  
DAY.**

**OTHER TIMES, I'LL BE A LITTLE  
OVER MY GOALS FOR THE DAY  
AS A RESULT.**





**WITH A 90/10 LEVEL OF  
DISCIPLINE, I CAN STILL GET  
GREAT RESULTS, WHILE  
ENJOYING THE SWEETER  
THINGS IN LIFE FROM TIME TO  
TIME.**

**I'M ACCEPTING THAT  
RESPONSIBILITY FOR MY  
RESULTS.**

**BUT ALSO NOT JUST ENJOYING  
EVERY TREAT I AM OFFERED -  
IT'S GOT TO BE A "HELL YES."**



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