



News

Q3 GOAL SETTING

Reset Your Routine

Summer schedules don't have to derail your progress. The people who see the biggest transformations aren't perfect—they're consistent.

Instead of trying to "make up" for missed workouts or unhealthy meals, focus on returning to your healthy habits as quickly as possible. Every meal, workout, and walk is a fresh opportunity to move forward.

This quarter, start here:

1

Prioritize Protein

Aim for 25–40g of protein at every meal to support muscle, recovery, and satiety.

2

Strength Train 2–4 Times Weekly

Building muscle improves metabolism, supports healthy aging, and makes everyday life easier.

3

Stay Hydrated

Summer heat increases your need for water. Start your morning with a full glass and aim for consistent hydration throughout the day.

4

Focus on Progress, Not Perfection

One missed workout doesn't ruin your week. Get back on track with your very next decision.

Small habits. Big results.
Consistency beats perfection
every time.

HYDRATION CHALLENGE

Your Challenge:

Drink half your body weight (lbs) in ounces of water every day.

Example:

- 150 lb = 75 oz
- 180 lb = 90 oz

Why it matters:

- ✓ Improves workout performance
- ✓ Helps regulate hunger
- ✓ Supports recovery
- ✓ Boosts energy and focus



HABIT SPOTLIGHT

MASTER YOUR DAILY BASICS

You don't need a perfect plan.
You need repeatable habits.

Try these this week:

- ✓ Hit your protein goal daily
- ✓ Drink your water goal
- ✓ Complete 3 strength workouts
- ✓ Walk at least 8,500 steps

Simple Goal:

Win the basics five days this week.



PROTEIN



HYDRATION



MOVEMENT



SLEEP

Eat well • Move well • Live well

♥ Coach Kim