

BEGINNING YOUR PROGRAMME

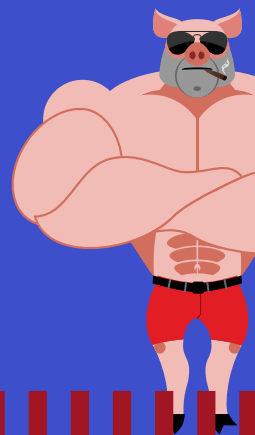
CLIENT GUIDE



SAMA,
PERSONAL TRAINER

AFTER A REAL TRANSFORMATION?

LIFTING ALONE ISN'T GOING TO BE ENOUGH



If you're feeling amped up on motivation, or even just determined to see some change, we need to make the most of it.

Motivation is a fickle beast. It comes and goes. We need to strike while the iron's still glowing.

And we need to make it count. We can't afford to leave it up to bending barbells.

For carving out physical and mental changes, you'd want all your eggs in line.

Training
Apex Nutrition
Resilient Lifestyle Habits

This sort of lifestyle change can sound a little heavy. But as with most steps into the unknown, the hardest challenge is kicking it off.

We want to back up the effort with clear, undeniable progress. So you'll want to start tracking a few things from Day One.



THE BEST TIME TO PLANT TREE WAS
20 YEARS AGO
THE SECOND BEST TIME IS NOW



THE CLIENT TO-DO LIST

STARTER GUIDE



Goal Setting
Measurements
Progress Pictures
Scale Check
Food Diaries
Habit Tracking





GOAL SETTING STRAIGHT AWAY

LIFE

What drives you?
Your overall goals and purpose
The life mission



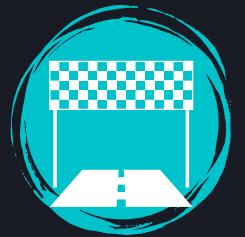
HIGH

What do you want?
Your fitness goals
2-3 Years



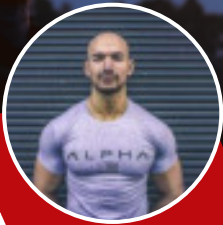
CLEAR

How do you get there?
The daily activities
24 Hours



SAMA SAVES

*I walk you through the
process of goal setting,
and we'll find a plan of
action from there.*



*WITHOUT LIFE GOALS,
THERE'S NO **MEANING**.
WITHOUT HIGH GOALS,
THERE'S NO **DIRECTION**.
WITHOUT CLEAR GOALS,
YOU DON'T MOVE **FORWARD**.*



MEASUREMENTS

EVERY 4 WEEKS

CHEST

HALFWAY UP

ARM

WHILE STRAIGHT

WAIST

NARROWEST PART

HIPS

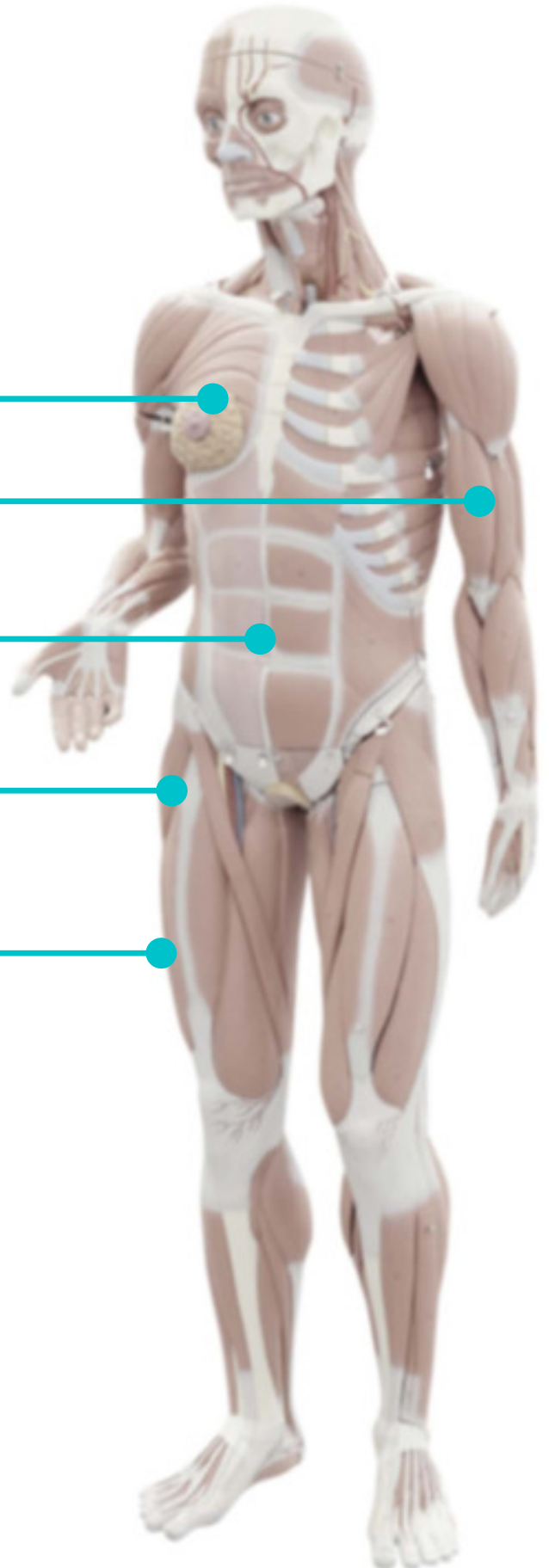
WIDEST PART

THIGH

HALFWAY

Measurements will show improvements regardless of whether your goal is to add or lose weight.

Muscle is **denser** than fat, taking up less space, so you should expect the waist to either drop, or get smaller relative to the hips.





PICTURES

EVERY 4 WEEKS



FRONT
RELAXED

SIDE
RELAXED

BACK
RELAXED

Take pictures first thing in the morning, before drinking or eating.

Make sure the **lighting** can be reproduced in the next shot, you don't want to cheat this one.



SCALE WEIGHT EVERY DAY

Weighing yourself every day helps throw out the anomalies, like excessive bloating.

This is how you find out your true weight.

1



GET AN APP

'Happy Scale' for Apple
'Libra' on Android

2



WEIGH DAILY

First thing in the morning

3



TRACK

The correlation will light the way





FOOD DIARY

MOST DAYS

1



GET AN APP

MyFitnessPal
Cronometer

2



TRACK

Anything that's a calorie
goes in

3



ADJUST

Make steady improvements
from there

SAMA SAVES



*I can give feedback for
shared food diaries
Or suggest an alternative
diet plan if needed*

Calorie counting isn't the alpha and omega that it's made out to be.

But it is a solid way to get a baseline on your current diet.

Where your calories are, the quality of foods, whether you're hitting the protein tally, etc.



HABIT TRACKING

EVERY DAY

Your transformation may well live or die by habits.

Progress is made by small steps taken relentlessly, every day.

In some ways, your personality is a product of the habits you keep.

1



GET AN APP

Habit Bull

2



CREATE HABITS

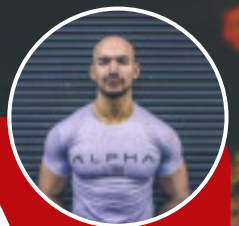
Pick the resilience habits that suit your routine, while pushing you forward

3



CHECK

Every time you complete a habit, cross it off your checklist

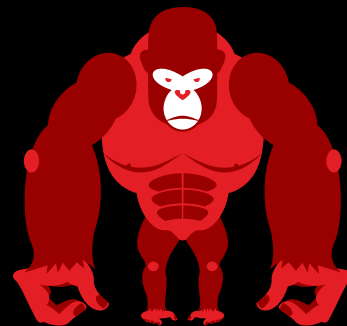


SAMA SAVES

We can butt our heads together and figure out the habits that fit your lifestyle

WHAT YOU'RE GETTING INTO

THE ROADMAP



0

Set up your goals, take the measurements, and start tracking

START

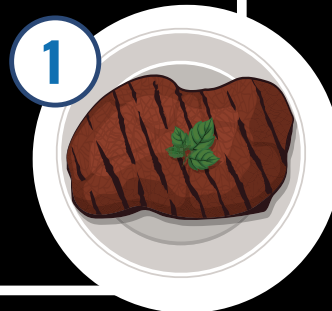
MOTIVATED

WEEK 4

RECAP



Add in new diet and training ideas, while maintaining habits



1

WEEK 2

ADJUST

Check up on progress made over the last month, and see what upgrades can be made



As your training goes from strength to strength, we can build on the initial goals to keep up momentum

WEEK 8+

EXPAND ON GOALS

CONTACT ME FOR A FREE CONSULTATION



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