



The Six Step Habit Transformation

Part 1

Getting Started

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

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Brant Rotramel

Certified Fitness Trainer Brant Rotramel holds five certifications from the International Sports Sciences Association in Carpenteria, California, and wears the title of Elite Trainer with honour.

Brant has been spreading the fitness lifestyle through nutrition, and exercise for 10 years while preaching a can-do attitude, of self-discovery, through physical exercise.

Brant has worked with people, ages 12-101, logging over 30,000 hours, and counting as a Personal Trainer.

Brant employs a mixture of modern exercise science, the latest tech, time-tested training methods, and plenty of time under the bar himself to bring the best fitness experience he can to his clients, both in the Gym and Online.



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Getting Started With Your New Habit

Your First Habit

Over the next 2 weeks, I am challenging you to stick with one daily habit. Why habits? I thought this was about fitness?! Hold on there.

Habits are behaviors that get imprinted onto our brain. This saves us a lot of effort because you don't have to relearn everything again.

This automation of your actions leaves ample energy at your disposal that can be used to focus on other tasks. Where the brain goes, the body follows.

Your first week of the program should be a slow start, and you'll spend some time preparing your first habit and then starting as easily as possible.

There will be no more rushing to success. Methodical and intentional are going to become your new favorite words.

Aim to achieve the habit six days of the week, with one day of rest each week.

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

Step 1 : Pick One Change Your First Habit

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



Don't start on it yet, we'll start at step 6!



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

Step 2: Create A Vow

Your First Habit

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. If you don't know the why just yet, that is alright, I want you to just start.

Now make a commitment to **yourself** – be all in, and vow not to let yourself down. We only have this one precious life. You deserve the best body and health you can achieve.

Write this vow down below so you can see it each day, and honor yourself by sticking to this vow to your utmost ability.

Today I _____, am vowing to make a change.

Date



Step 3: Make It Small

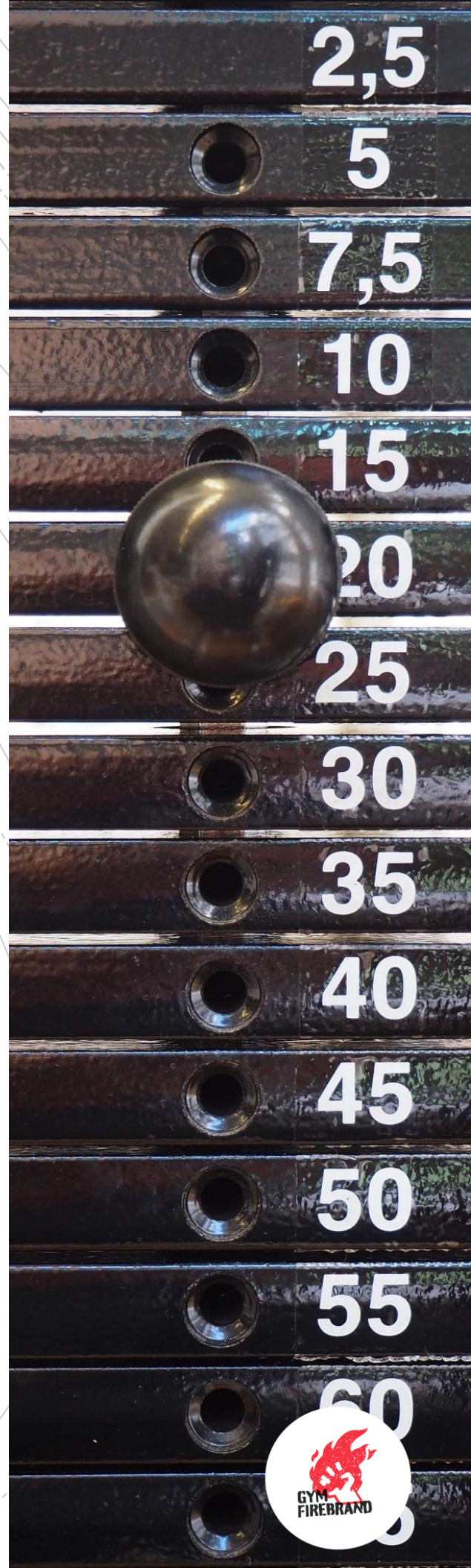
Your First Habit

We made a big vow, now we're going to make the habit as small as possible.

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 you eat. Can you say that for the first week or so, you'll just try to do one minute or so?

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



Step 4: Create A Space

Your First Habit

Okay, I want you to do something right now!



I'd like you to create a space to focus on the change you're going to 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 do this habit – even if you're only going to do it for a minute to start with.



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



Step 5: Set A Trigger & Reminder

Your First Habit

A trigger is something already in your routine that you're going to tie the habit to. A new habit, to become more automatic, 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 today, before you start the habit, find a trigger that 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 on that list that you do every day.

Some possibilities are morning coffee, opening your laptop, getting to work, taking a shower, brushing your teeth, breakfast, driving home, going to bed. After you've picked a trigger, write out 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 useful when you start doing the habit tomorrow.

FITNESS

IS LIKE A

RELATIONSHIP

YOU CAN'T
CHEAT AND
EXPECT IT TO
WORK

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Step 6: Make it Easy

Your First Habit

**Today is the day that
you start the habit!**

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

For the next week or so, do the habit right after your trigger.

But remember to keep it as simple as possible to overcome any resistance.

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

Congratulations, Now let's Move
onto Part 2!



Congratulations! This is the end of the starter kit, but this is just the beginning of your Fitness journey.

This is the end of the Starter Kit. Please proceed to chapter 2, Tracking, Measuring and Portion Control to begin. Remember, if you need help, don't hesitate to reach out to your Coach, a friend, or the Team in the Gym Firebrand App. You aren't alone and you don't have to do this alone.

Questions?

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