



The Habit Starter Kit

Part 1

Tracking, Measuring and Portion Control

Habits allow us to go from 'before' to 'after' and make life easier and better.

Habit Tracker



Why a habit tracker? Why pen and paper? Because it gets you to commit and put it down on paper. It's real at that point. You can hold it and see it. Other people can see it.

By putting something down you are saying that you are going to do this thing. You can see for yourself that you are making progress too!

The downside to using an app to track things is that it is out of sight out of mind. Our phones are too distracting. I want this paper to be used, filled out and kept either with you or by your triggers.

You're making a promise to yourself to change. That's why we are writing it down. It's a contract. And if you think about it in this way and you consider straying from what you decided, you will feel guilty. That emotional investment is what we want.

Habit Tracker

Use this tracker to add your current habit challenge and to monitor your daily progress over the next 2 weeks. Add a 'Y' to box if you achieved your habit that day, and a 'N' if you did not.

YOUR HABITS:	DAYS:	1	2	3	4	5	6	7	8	9	10	11	12	13	14
HABIT 1:															
HABIT 2:															
HABIT 3:															
HABIT 4:															
HABIT 5:															
HABIT 6:															
HABIT 7:															
HABIT 8:															
HABIT 9:															
HABIT 10:															
HABIT 11:															
HABIT 12:															



Food Log

A food log? Yep, a food log. Why? Because people have shown to be more successful in their nutrition goals if they track their food and meals.

People are notoriously bad at estimating calories. Especially in today's day and age, when we have very calorically dense foods that don't look like they are as calorie packed.

As an example, I had a client who was doing well eating lots of salads. Only when they would come to train with me and we would weigh, they had gained weight. Why? What did we do? I had them use a food log. After a day I knew right away that too much cheese was being consumed. It was like a bowl of cheese with salad on the side! Their reasoning was cheese is low carb. Yes, cheese is low carb, but a calorie is a calorie.

Once you get accustomed to logging your food you will get good at eyeing your meals. Trust me it gets easier.



Eating Log

BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACK (Ideally between lunch and dinner)	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

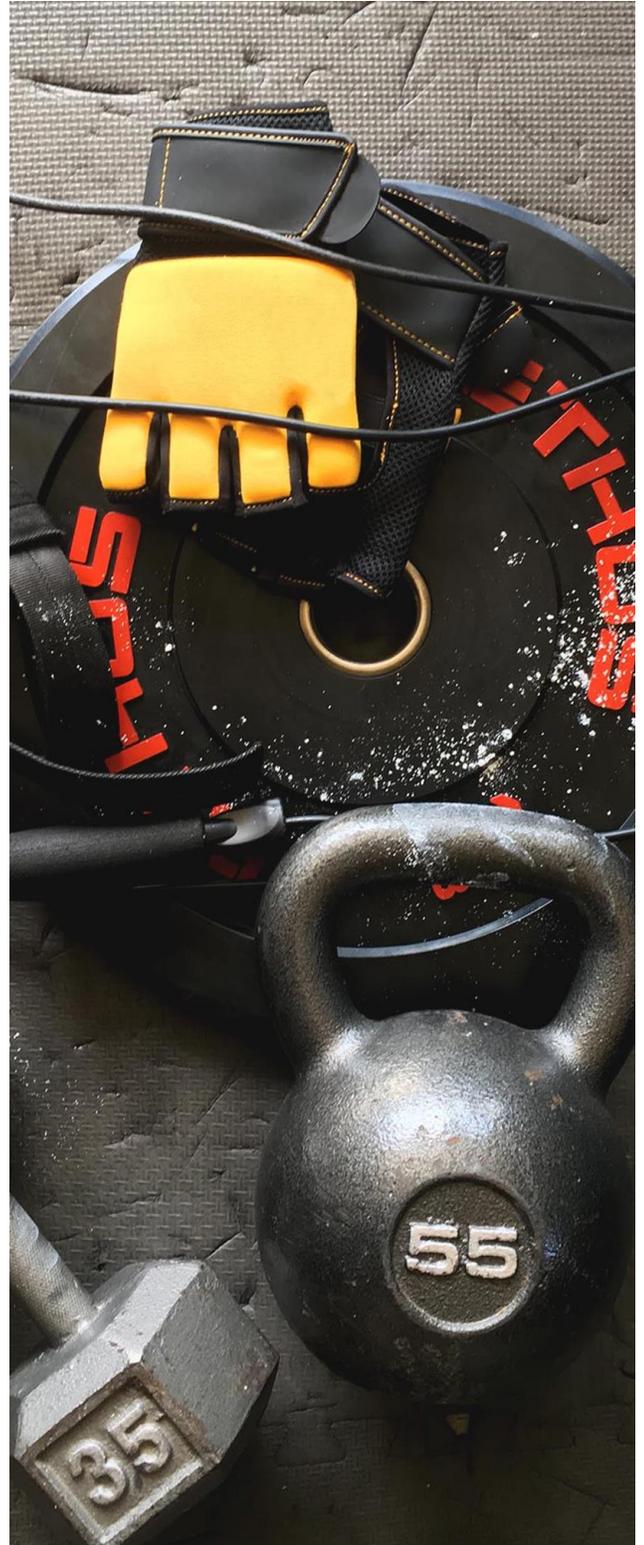
Training Log

Logging your training and workouts is critical to improving. At the beginning of your training, you may not want to use a fitness app to log your workouts and that's fine. What I want you to do is to use this training log.

We know there is the Gym Firebrand App, and if you are using that already that is great! What we want to do is see you log your workouts on paper. Why? Because it is tangible. It's real. You can hold it.

I don't want you to worry about recording numbers or weights or how much you lifted yet. I just want you to record what type of exercise you did, which workout you did, and for how long. If it was 10 minutes of cardio, write it down. If it was a p90x DVD write that down. We want to make this a habit that way you will end up doing it without thinking and it will be automatic.

You are going to track these workouts for 4 weeks. This is how you establish a new habit. Keep in mind exercise in a combination of skills and habits so don't get too frustrated if you feel like it is hard to do. Because it isn't easy to make something new, like exercise apart of your life. Especially when our culture rewards laziness and expects you to be sedentary.



TRAINING LOG

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 1
EXERCISE

TIME &
DURATION

WEEK 2
EXERCISE

TIME &
DURATION

WEEK 3
EXERCISE

TIME &
DURATION

WEEK 4
EXERCISE

TIME &
DURATION



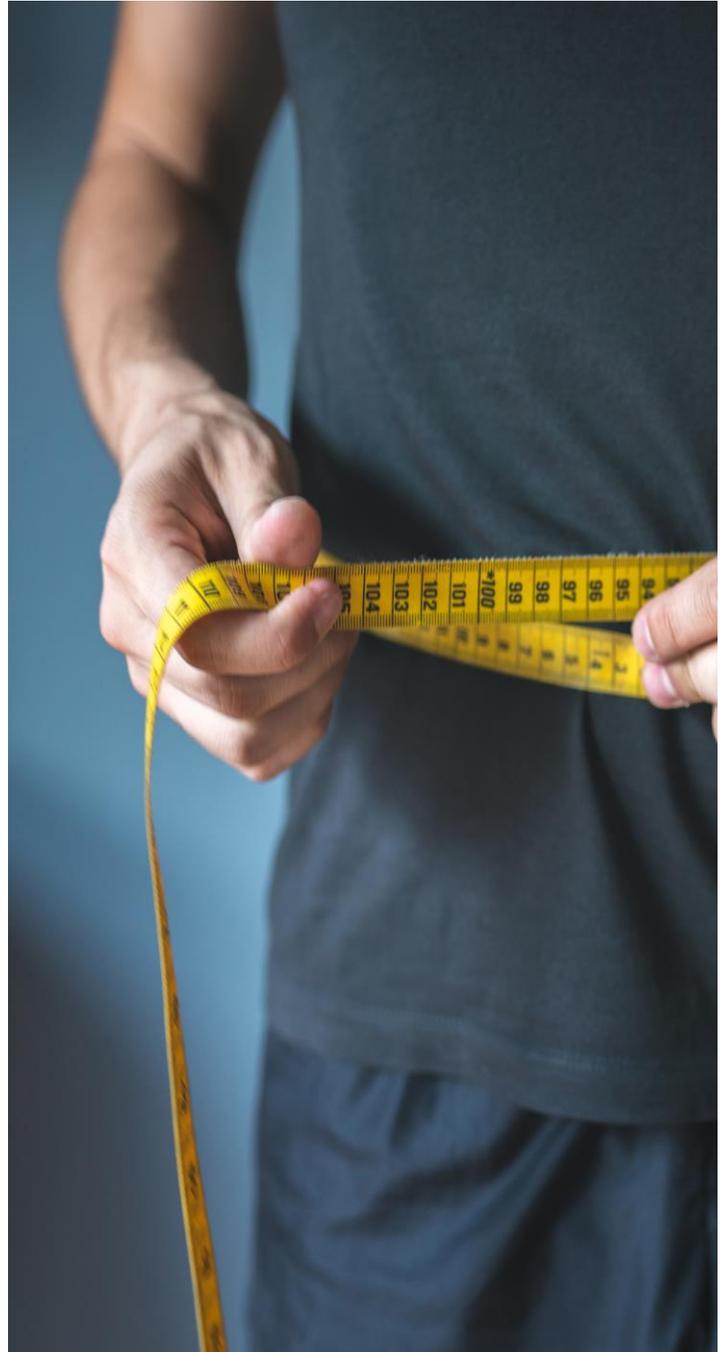
PHYSICAL MEASUREMENTS

I personally didn't start to see real changes in my physique and body until I started tracking everything. Literally, everything. Diet, Workouts, Weight, Calories, Sleep, Water intake, weights, sets, reps, blood pressure, heart rate and girth measurements.

You see, you need a way to measure change. A picture is okay but numbers on record are even better.

Numbers don't lie. The tape measure never cheats. The scale is always honest. There are three months of measurements I'd like you to take as you go through this process.

And just remember, all these numbers are going to help us get a better understanding of what is happening with your body. If you take pictures keep them on your phone, or upload them to the Gym Firebrand App.



PHYSICAL MEASUREMENTS

		Scale Weight	Waist Size 2" Above Belly Button	Waist Size At Belly Button	Waist Size 2" Below Belly Button	Bodyfat Reading	Pictures?
MONTH 1	WEEK 0						YES
	WEEK 1						-
	WEEK 2						-
	WEEK 3						-
	WEEK 4						YES
MONTH 2	WEEK 5						-
	WEEK 6						-
	WEEK 7						-
	WEEK 8						YES
MONTH 3	WEEK 9						-
	WEEK 10						-
	WEEK 11						-
	WEEK 12						YES

PHYSICAL MEASUREMENTS 2

		Scale Weight	Waist Size 2" Above Belly Button	Waist Size At Belly Button	Waist Size 2" Below Belly Button	Bodyfat Reading	Pictures?
MONTH 4	WEEK 13						-
	WEEK 14						-
	WEEK 15						-
	WEEK 16						YES
MONTH 5	WEEK 17						-
	WEEK 18						-
	WEEK 19						-
	WEEK 20						YES
MONTH 6	WEEK 21						-
	WEEK 22						-
	WEEK 23						-
	WEEK 24						YES



Portion Control

How many hours have you spent using portion control, weighing out all your food for the week, or plugging your meals into a macro-counter app to ensure you're eating the right amount of food to obtain your goals? Doing so can be tedious, and some studies have shown that these methods are often inaccurate.

Luckily, there's a better tool use portion control at your disposal—your hand. But just how accurate is that?

In this section I want you to use this visual reference of the Palm in accordance with how much food you consume. Another reference point I'd like for you to use is the serving suggestions on the back of most foods you can buy. It'll say serving size and give you a number. During this phase of your training, I just want you to get an idea of what an actual serving is. And this can help you really start to understand how much you're eating, or not eating! When changing the body to lose fat and build muscle, we want to make sure we prioritize the macronutrient Protein.

How to Count Macronutrients With Your Hand		
Directions: Use this guide to determine your portions at each meal.*		
Macronutrient	Male Portion	Female Portion
Protein	2 palm-size portions	1 palm-size portion
Carbs	2 cupped-hand-size portions	1 cupped-hand-size portion
Fats	2 thumb-size portions	1 thumb-size portion
Fruits & Vegetables	2 fist-size portions	1 fist-size portion
<i>*For active men and women who eat four times per day.</i>		



Male Portion Control



PROTEIN

LEAN PROTEIN WITH EVERY MEAL

Eat 2 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.



VEGETABLES

VEGETABLES WITH EVERY MEAL

Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.



CARBOHYDRATES

CARBOHYDRATES BASED ON ACTIVITY

Eat 2 handfuls worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.



FATS

HEALTHY FATS WITH EVERY MEAL

Eat 2 thumb sized portions of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

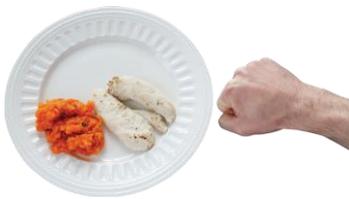
Female Portion Control



PROTEIN

LEAN PROTEIN WITH EVERY MEAL

Eat 1 palm sized portion of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.



VEGETABLES

VEGETABLES WITH EVERY MEAL

Eat 1 closed fist of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.



CARBOHYDRATES

CARBOHYDRATES BASED ON ACTIVITY

Eat 1 handful worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.



FATS

HEALTHY FATS WITH EVERY MEAL

Eat 1 thumb sized portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.



Congratulations! This is the end of Part 1, but this is just the beginning of your Fitness journey.

This is the end of Part 1 of the Habit Starter Kit. Once you have mastered the habits laid out before you, move onto Habit 3. 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. Please proceed to read the next chapter once you complete 4 weeks of logging your food in the journal. Make sure to continue tracking physical measurements for 6 months to get the full benefit of this habit.

Questions?

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Or Message me on my Website:

www.gymfirebrand.com

