



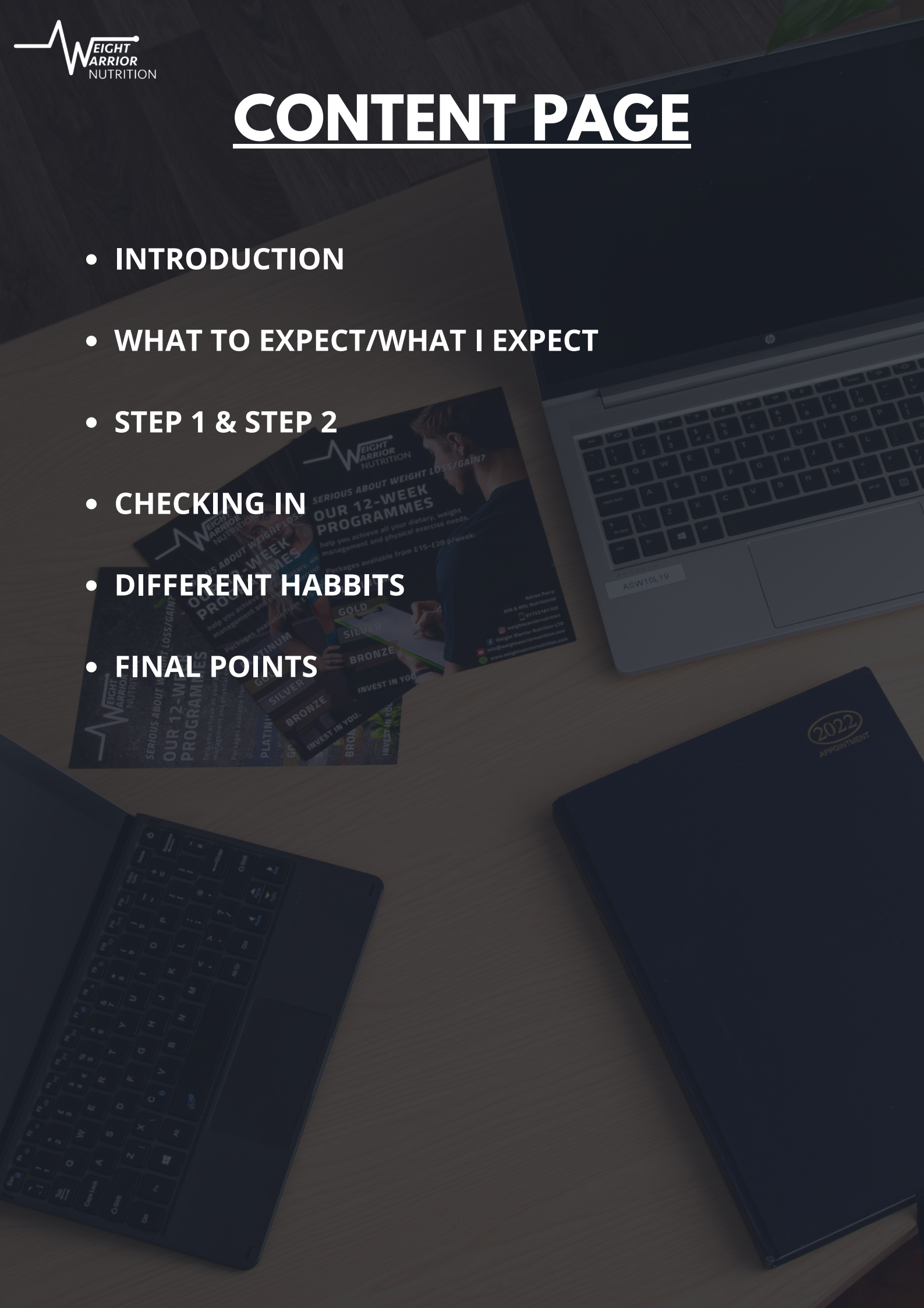
WELCOME PACK

Everything you need to know to get started as a
WWN client

#INVESTINYOU.

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INTRODUCTION

A huge welcome to the Weight Warrior Nutrition Team. If you are reading this, then you have decided to invest in yourself and have taken a big step forward to creating the new and ultimate version of yourself. **CONGRATULATIONS.**

With anything new, it can sometimes feel overwhelming, scary and exciting all at the same time. This introduction pack will give you all the necessary information you need to know before commencing, as well as quick easy wins you can complete right now.

Understand a transformation **TAKES TIME.** It's going to be hard; you will have to go through discomfort to push past the fear and uncertainty. This journey is however going to be life changing. If in your heart you truly want to make a change, it's time.

You will learn how fitness, nutrition and daily habits will guide you to become a superior version of yourself. Building confidence, discipline, mental toughness and a strong healthy physique consistently.

Remember....

"THE SECRET OF GETTING AHEAD IS GETTING STARTED".



WHAT I EXPECT

This program is specifically designed to help you achieve and maintain your goals through a straightforward, effective, and results-driven system.

The program covers everything from nutrition and training to daily tasks, educational content, and the importance of building habits and structure.

It's important to note that this isn't a quick fix guide. To make lasting changes, you need to prioritise your health and fitness as part of your daily routine.

You have control over your diet, training, and current situation; I will provide the tools for change, but you must actively embrace them.

As a client, I expect three things: **adherence, communication, and perseverance.** Regular communication is essential for your progress and satisfaction. If there are issues with exercises or recommended foods, please inform me.

Persistence is key during both highs and lows. While the journey may be challenging, staying committed during tough times is how we achieve lasting results. So follow the guide and systems, trust the process, and apply the provided tools to achieve your goals.

WHAT TO EXPECT

As your coach, my commitment is to fully support you and your goals.

Weekly check-ins will be delivered through personalised video links, ensuring clear communication and breaking down of the next steps for your progress.

You will receive customised training and nutrition plans aligned with your goals, considering your gym equipment, lifestyle, and addressing potential barriers and limitations we may experience.

My support to you comes with empathy, and passion. I will be fully transparent and honest, all I ask is match my energy and embrace feedback to achieve something remarkable.

If you truly want the result, it will happen.

STEP 1

After our initial consultation you will need to perform 2 actions before I can begin to create your tailored program.

- 1) Check your emails for an activation message from 'My PT Hub' to create your account.
- 2) Log in and fill out the '**PAR-Q**' and '**Start Up Form**' ensuring you answer every question. These are important.

Once these 2 actions are complete, please drop me a message and I can then get started on your program.

The next steps for you are simple. Access the members area via the link I have provided and head towards the '**Starting Steps**' folder.

Watch each video found in the folder as this will give you much more detail on key topics and certain tasks to complete.

- Introduction
- Initial Steps (Measurements, Pictures and Scale Weight)
- 10 Quick Wins
- 5 Laws for Success
- Planning like a Pro (Essential To Watch Before You Start)

There are also guided/demo videos on how to use 'My PT Hub' and 'myfitnesspal' if this is your first time.

STEP 2

Step 2 is to work your way through the other sections in the members area.

The videos/documents found inside contain key information and training aimed to give you as much education/value as possible. The more you know the better position you'll be in prior to starting your program.

The sections include:

'SIMPLE NUTRITION'

- Training Videos
- Recipes
- Meal Prepping/Batch Cooking 101
- Food Shopping Inspiration
- Different Snack Options

'EFFECTIVE TRAINING'

- Training Videos
- Supported Runs (I'll be coaching you on a series of different runs, aimed at getting you fit and smashing PB's).

'ULTIMATE LIFESTYLE'

- Training Videos
- Calories
- Supplements
- Strength/Fat Loss Checklist
- Recorded Live Group Trainings



CHECKING IN

Below is the information and metrics that will be needed during your check-in's.

IMAGES

Needed every week. Good quality, good lighting in the morning just before you complete the form.

SCALE WEIGHT / CM MEASUREMENTS

Submitted weekly.

AVERAGE CALORIE INTAKE / CALORIES BURNED

Number of calories consumed and expended must be tracked and inputted.

STEP COUNT

You can use your mobile phone or wearable to track but this must be tracked daily.

SLEEP / WATER INTAKE / PROTEIN

You can use your mobile phone or wearable to track but this must be tracked daily.

WELLNESS SUBJECTIVE DATA

Must be inputted weekly with written feedback and summary on how your week has gone for training, nutrition and lifestyle.

TRAFFIC LIGHT SYSTEM

Subjective assessment based on results but also internal feeling of how the week has gone.

Check-ins are a non-negotiable every single week and must be submitted before 10am (your local time). - **No check in = No Feedback.** If you are unable to check in, then please drop me a message and we can arrange a different day for the week.

A check-in link/reminder will be sent out the night before via the 'My PT Hub' chat box with step by step guide on how to get this completed.

There will be step by step guide on how to check in, as well as a video to watch when you press the link so, please follow this system.



Check Ins
WEIGHT
WARRIOR
NUTRITION
CHECK
CLICK TO SEE THE VIDEO

Weight Warrior Nutrition Private Weekly Check In

Please update your stats on the app before filling out the form. If it's your third week please upload your monthly progress photos as well.

Check ins are key to acknowledge progression made, reflect on accountability or bring to light any challenges/barriers that have slowed down progress.

Start press Enter ↵

Check in reminder and process 24.08.22

Please complete your update by Thursday 10am local time.

1. Take your scale and measurements and add these to the app (reminder dry condition, so first thing in the morning, after you've been to the bathroom and before any fluid or food)
2. Please complete this form: <https://kuiq0iv0b7typeform.com/to/m8tgeik2>
3. Please include all detail in your form for each response (we're looking to hit our 3 goals targets I've set you all last week).
4. Any help needed, please state this at the end of the form.
5. Please make sure photos have been updated every 4 weeks.

Really looking forward to your update and progress.

7:28pm · 4 Seen

YOU ARE YOUR HABITS

All staying in shape requires are good habits. Eating, lifestyle, work, sleep and training should be prioritised. Making some slight adjustments to your daily habits can have a profound effect on your overall transformation... so here are my **TOP 9 HABITS**.

1) **HYDRATION** - Stay hydrated throughout the day. So first thing when you wake up to just before you go to bed. An easy way to maintain this is by keeping a water bottle with you. It is important to be hydrated pre and post exercise so make this a priority.

2) **STEPS** - Increase your steps and activity at any opportunity. Take the stairs more instead of the elevator, go for a walk whilst making a call, walk on your lunch break, walk more and drive less. This is vital for fat loss, the higher the step count, the better.

3) **EAT MORE VOLUME** - We can always eat more food on a diet, just not calories. Fill your meals up with veggies as the base to maximise the amount of food you eat whilst keeping calorie intake as low as possible.

4) **PROTEIN IS KING** - Protein is the most important building block for: repairing and building muscle tissue, recovering faster after exercise, reducing muscle loss, helping you maintain a healthy weight and curbing hunger. - Make sure you hit your protein target.

5) **TRAINING** - Feel great by incorporating the provided training to build strength and fitness, safeguard bone health, and boost muscle mass. Prioritize perfect form and control during each rep, emphasizing quality over sheer force for more effective and transformative results

YOU ARE YOUR HABBITS

6) **YOUR ENVIRONMENT** - Your social circle, room cleanliness, and organisation impact your transformation's success. Surround yourself with positivity during this journey, even if it means temporarily changing your environment. We're not just shaping your body; we're shaping the person you're becoming.

7) **MENTAL GROWTH** - Invest 20 minutes daily in mental growth, whether it's in business, relationships, spirituality, or personal development. Building your mind is as crucial as sculpting your body. Prioritise learning through books, audiobooks, podcasts, documentaries, YouTube, and meditation, making it a priority over passive activities like Netflix.

8) **90-10 APPROACH** - The provided diet is tailored for your goal, but strictness every day isn't the best approach. Occasional treats like crisps or chocolate are fine for adherence; we're building a lifestyle, not training for a competition. Just ensure you track treats within your calorie intake. Use treats as rewards, not daily indulgences, to stay on track.

9) **SLEEP** - One of the crucial factors for optimal health is good sleep. It enhances concentration, productivity, athletic performance, and immune function. Prioritising sleep is essential for the best recovery of your body and mind, impacting performance in both business and exercise. Aim for at least 8 hours of sleep each night to elevate your energy levels and overall performance.

FINAL POINTS

ITS A JOURNEY

Achieving lasting results in health and fitness is a marathon, not a sprint. Despite life events, trust the process, stay true to your goals, and maintain daily habits.

The journey, with its daily pursuit and struggle, is the most crucial part. The process is what makes you feel most alive, doing the hard sh**. If we learn to love the process and discomfort, then we are a step ahead.

Embrace discomfort, try new things, and sustain consistent habits without negatively affecting other areas of life. Finding the right balance brings joy in making daily progress in both body and mind.

CELEBRATE THE WINS

It's a practice I've recently adopted—celebrating the small victories in life, whether it's running a half marathon or securing a work promotion. Embrace each win as a moment to be present and acknowledge your accomplishment.

While the drive for constant growth and new challenges is valuable, not celebrating small wins can hinder our ability to appreciate significant achievements.

Take time to recognise and celebrate, whether it's a meal out, a weekend getaway, or just a day off from the gym.

Breaking the cycle of overlooking achievements can enhance your training, nutrition, and overall well-being.

Discover your unique way to celebrate your victories.



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