



30 day free beginner coaching

Phase one is designed to help build good habits for the next phase. Each week contains simple actionable tasks that can be performed straight away. Each weeks tasks adds to the previous weeks tasks. This will allow you to build a solid base for your health and fitness.

Week one

Nutrition - Eat at least 5 serving of vegetables per day

Exercise - Plan for for incidental movement

Lifestyle - Turn off all blue light 1 hour before bed

Week two

Nutrition - Record and monitor your vegetable intake

Exercise - Every hour get up and move

Lifestyle - Create a consistent bedtime

Week three

Nutrition - Have a vegetarian day

Exercise - Walk for 30 minutes per day

Lifestyle - Create an ideal bedroom

Week four

Nutrition - Every meal contains vegetables

Exercise - Daily mobility work

Lifestyle - Box breathing

Summary after the four weeks you should be doing

Nutrition - Eating vegetables with every meal

Exercise - Moving every hour, walking for 30 minutes per day and doing daily mobility work

Lifestyle - Going to bed the same time every night with no blue light a hour before bed and doing daily box breathing