

Your BODYFUEL90 Looks Like This:

Week Zero – Success Setup

- Define your powerful **Why**
- Take **progress photos & measurements**
- **Stock your kitchen** for success
- Choose **home or gym** workout path
- Join the **Facebook/WhatsApp** group

Weeks 1–3 – Mindset Foundations

Crush all-or-nothing thinking

- Build **habits that last**
- Learn to **bounce back after slip-ups**
- Shift into a **growth mindset**
- Start showing up like the **future you**

Weeks 4–6 – Nutrition Education

Real food. Real results. No fear foods.

- Protein, carbs & fats **explained simply**
- Create **balanced meals without tracking**
- Understand sugar & **ultra-processed foods**
- **Portion control** without weighing anything

Weeks 7–9 – Lifestyle Skills

Make healthy living easier than unhealthy living

- **Shopping on a budget**
- Eating out **without losing progress**
- **Batch cooking & freezer hacks**
- Navigating **alcohol + social events**

★ Week 10 – Build Resilience

Break old patterns

- Spot your **triggers** before they derail you
- Escape the **all-or-nothing trap**
- **Stress eating 101**
- Build **weekend momentum**
- Manage **emotional triggers**
- Apply **resilience in action**

★ Week 11 – Own Your Identity

Step into the person you want to become

- **Identity > motivation**
- Upgrade your **self-talk**
- Define your **90-day identity**
- Collect “proof” of who you’re becoming
- Shape your **environment** to match your goals
- **Celebrate the new you**

★ Week 12 – Finish Strong & Future-Proof

Carry your success forward

- The power of **compounding wins**
- Set your **non-negotiables**
- Spot **red flags** early
- Track progress **beyond the scale**
- Build your **personal blueprint**
- Celebrate the journey 🎉

Extras You'll Love:

- Downloadable **12-Week Gym Strength** Programme
- **Home workout** videos and downloads
- **Recipe** library & **meal** ideas
- Lunchtime **quick tips** & the all-important **evening check-in**
- 12 weekly **group challenges**
- **24/7 access** to our Facebook & WhatsApp group