

**FIT BEFORE FESTIVE  
- SUCCESS MANUAL**

**YOUR BLUEPRINT  
FOR A FITTER,  
HEALTHIER,  
GUILT-FREE  
FESTIVE SEASON  
(AND BEYOND).**

A woman with dark hair, wearing a light-colored tank top, is holding a rolled-up white blueprint. She is looking down at the blueprint. The background is a blue-tinted image of architectural drawings, including a floor plan with labels like 'FAMILY ROOM', '3VL 1 3/4', and '2x2 @ 16" OC', and a cross-section drawing labeled 'SECTION' and 'SCALE 1/4" = 1'-0"'. The overall image has a blue color scheme.

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## Fit Before Festive – Success Manual

*Your blueprint for a fitter, healthier, guilt-free festive season (and beyond).*

### 1. Welcome & How to Use This Manual

This isn't a quick-fix diet book.

You won't find “magic calorie numbers” or “fat-blasting smoothies” in here.



What you *will* find is a set of rules and principles that actually work — if you stick to them.

Think of this manual as your **compass**. It shows you the direction.

The daily posts, weekly challenges, and group coaching are your **map** — they give you the step-by-step route.

Keep this guide in mind and you'll never feel lost, even when life (or Christmas) throws mince pies your way.

### 2. The Golden Rules (Your Non-Negotiables)

Everyone wants a secret hack, but the truth is success comes down to a handful of simple, non-negotiable habits: move your body, fuel it properly, sleep like you mean it, and don't quit just because you had one “bad” day.

The difference?

This time, you're not relying on willpower alone.

You've got structure, support, and a coach who won't let you vanish into the Quality Street tin.

Follow these rules, and you'll win.

### 3. Nutrition Blueprint

Food isn't the enemy — it's your fuel, your medicine, and yes, your enjoyment.

The problem is we've been lied to for decades by the diet industry.

Here's the truth:

- **Protein every meal.** This keeps you full, helps you recover, and protects your muscle while you lose fat.
- **Healthy fats matter.** Olive oil, nuts, avocados, oily fish — they're nutrient powerhouses.
- **And saturated fats? They're not villains.** Butter, red meat, coconut oil, eggs, full-fat dairy — these are nourishing, hormone-supporting foods. The real junk is the ultra-processed seed oils and "low-fat" Frankenstein products the supermarkets push at you.
- **Carbs are your friend, not the devil.** Rice, oats, potatoes, sourdough bread — eat them, enjoy them, just don't live on Pop-Tarts and Monster energy.
- **Veg = boring but essential.** Half your plate, most meals. End of story.

Your diet doesn't need to be complicated — it needs to be consistent.

## 4. Mindset Blueprint

Your body won't change if your head doesn't.

Period.

You can have the best workout plan and the tastiest recipes, but if you're still stuck in "all or nothing" mode, you'll never break the cycle.

Shift your mindset from "*I'll try*" to "*This is who I am now.*"

You're not "on a diet" — you're building a lifestyle.

Stop aiming for perfect. Instead, get back on track faster every time you slip. That's what creates lasting results.

## 5. Lifestyle Blueprint

This is where most people fall down.

You can nail a plan at home, but then life throws you a meal out, a stressful week, or the Christmas party buffet.

That's when your lifestyle skills matter.

- **Shopping smart:** real food, seasonal produce, and ignore the "low-fat" marketing BS.
- **Eating out:** lead with protein and veg, make smart swaps, and actually enjoy the occasion without guilt.
- **Labels:** don't fall for the shiny front — flip it over, check the ingredients. If it reads like a chemistry exam, ask why it's in your food.

- **Festive hacks:** don't "save calories" all day then blow it at the party. Fuel yourself, move your body, alternate drinks, and most importantly — enjoy Christmas without falling into the "I've ruined it" trap.

## 6. Your Success Formula (Putting It Together)

If you want to win this game, stop overthinking it. Here's the formula:

- **Daily:** move, eat protein & veg, hydrate, sleep, check in.
- **Weekly:** hit your workouts, reflect on progress, reset your plan.
- **Always:** consistency > perfection.

That's it.

Do this for 12 weeks and you won't just look and feel different for Christmas — you'll finally have the blueprint to stop yo-yo dieting for good.

## 7. Final Words

You didn't join this programme for another "quick fix."

You joined because you're sick of starting over every January or maybe you just want to set yourself up for a healthy sustainable future, especially if you have people relying on you and looking up to you.

Stick with this blueprint.

Show up daily.

Use the group for support.

And give yourself the gift of consistency this festive season.

Because when you walk into Christmas parties feeling confident in your clothes, and you step into January already ahead of the game — you'll realise this wasn't just about the next 12 weeks.

It was about changing the rest of your life.

Here's to your success

*Jason Brownlie Coach*

