

MINDSET MANUAL

Goal Setting & Tracking



DALE NELSON



Burger Theory

It is important to pick a motivating goal.

Weight loss is more likely when it is tied to an emotionally compelling reason.

So to do this we have to peel back the layers.



We do this by asking ourselves WHY we are making a decision. And we do this 5 times - 5 layers.




When you feel that pit in the base of your gut then you know you've hit the mark. It's uncomfortable, revealing, but hell is it motivating.



“Oh you both have layers”




For example:



1 “WHY” Deep 	I want to lose weight because of a snide comment about being fat from the colleague at work. <i>Why does that motivate you to want to lose weight?</i>
2 “WHY’S” Deep 	Because I have never been able to lose the weight. <i>Why is the weight a problem?</i>

<p>3 “WHY’S” Deep</p> 	<p>Because I don’t like the feeling of being called or known as the fat one at work.</p> <p><i>Why is being known as fat an issue?</i></p>
<p>4 “WHY’S” Deep</p> 	<p>Because going through school I was made fun of about my weight and it was not pleasant.</p> <p><i>What made the feeling unpleasant?</i></p>
<p>5 “WHY’S” Deep</p> 	<p>It was probably worsened by the fact that I thought I ate healthy but when I told mum she agreed with the mean girls saying that I could afford to lose the weight. And I have struggled with food ever since.</p>

Emotional response, her mind took her back to a time when she had little support peers or family. Her motivation comes from here, not from the other girl at work. The other girl at work was a trigger. So when the girl at work is nice again and everyone is getting along you may feel “Oh it’s ok now” I can relax. It just takes another comment to take you back. To fix this let’s give you the tools to be comfortable to make food choices and stick to them.

No it’s your turn. What are your 5 why’s?

<p>1 “WHY” Deep</p> 	<hr/> <hr/> <p>Why _____?</p>
<p>2 “WHY’S” Deep</p> 	<hr/> <hr/> <p>Why _____?</p>
<p>3 “WHY’S” Deep</p> 	<hr/>

	<hr/> <hr/> <i>Why</i> _____ <hr/> _____?
4 "WHY'S" Deep 	<hr/> <hr/> <hr/> <i>Why</i> _____ <hr/> _____?
5 "WHY'S" Deep 	<hr/> <hr/> <hr/>

This will outline your main reason for partaking in a new fitness regime.

Now in the next section we are going to come up with a series of small attaining targets to help maintain your focus throughout the next 90 days.

Goal Setting

30 Day Goal	
Goal 1:	
Goal 2:	
Goal 3:	

60 Day Goal	
Goal 1:	
Goal 2:	
Goal 3:	

90 Day Goal	
Goal 1:	
Goal 2:	
Goal 3:	

Example Goals:

- > Lose 8lbs of fat in 30 days
- > Reduce waist circumference measurement by 2cm in 30 days
- > Add 10 LB to my squat 10 rep max in 30 days
- > Reduce a dress size in 30 days
- > Lose 20 LB fat in 90 days
- > Drop 3 dress sizes in 90 days
- > Workout 5 times per week consistently for 90 days
- > Only have 5 cheat meals in 90 days
- > Stick with my diet and the diet plans for 90 days
- > Improve marker of health in 90 days

Tracking

Front, Side & Back Photo Taken

Week 0

Week 6

Week 12



	Scale Weight	Belly Button Measure	Hip Bone Measure	Bum Measure	Right Arm Measure - Tensed / Flexed	Right Leg Measure - 20cm Up From Knee
Week 0 Date: / /	kg	cm	cm	cm	cm	cm
Week 2 Date: / /	kg	cm	cm	cm	cm	cm
Week 4 Date: / /	kg	cm	cm	cm	cm	cm
Week 6 Date: / /	kg	cm	cm	cm	cm	cm
Week 8 Date: / /	kg	cm	cm	cm	cm	cm
Week 10 Date: / /	kg	cm	cm	cm	cm	cm
Week 12 Date: / /	kg	cm	cm	cm	cm	cm

