

The logo features a teal semi-circular gauge with tick marks, containing the number '90' in a large, bold, teal font. Below the gauge, the words 'DAYHABIT' and 'TRANSFORMATION' are stacked in a grey, sans-serif font. A small 'TM' trademark symbol is positioned to the right of the gauge.

90TM
DAYHABIT
TRANSFORMATION



CHANGE YOUR HABITS.
IMPROVE YOUR LIFE.



90-DAY HABIT TRANSFORMATION BASIC OVERVIEW

Sustainable fitness and nutrition success comes from a strong infrastructure based on proactive habit consciousness, motivational linking, internal and external environment management, structured workouts and a deliberate projected outcome.

We must create a mindset for identifying when we automate toward undesirable choices and have a structure in place to impede the negative habit response and provide a positive reward. Once we learn to circumvent destructive actions in our life, we can build a set of constructive actions that lead us to our intended outcome.

To do this you will work with coach Michael S. Parker, to create specific strategies to help you overcome food temptation triggers, identify obstacles, set realistic goals, establish rewards and coach you through a mindset for long-term wellness success. The 90-Day Habit Transformation program is an immersive and highly personalized fitness and nutrition coaching experience.

READY TO GET STARTED?



90-DAY HABIT TRANSFORMATION

SCHEDULE OVERVIEW

WEEK ONE OBJECTIVES:

- Read Part I of the 90-Day Habit Transformation book
- Evaluate your internal and external mindset and determine areas of consequences you would like to address immediately.
- Set up a system for tracking your food intake via mobile app or a traditional journal.
- Review and understand your exercise plan and ensure it is in-line with your condition and goal.
- Schedule workouts and meal prep for the next four weeks and prioritize these activities.
- Complete Week One activities in the 90-Day Habit Transformation Workbook.

WEEK TWO OBJECTIVES:

- Identify your Internal set of “Intrinsic Motivators” and external or “Extrinsic Motivators” and complete the Week Two assignment in your workbook.
- Outline rewards for habit alteration or milestone successes.
- Track your food intake for each meal and snacks to create a baseline for reference and potential alteration. This should be an ongoing habit.
- Reflect on the previous week’s exercises and adherence.
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal

WEEK THREE OBJECTIVES:

- Complete your workbook assignment “Six Fitness Cornerstones of Life.”
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.

WEEK FOUR OBJECTIVES:

- Review the last four weeks of exercise adherence and food tracking.
- Complete the “Internal and External instigator” portion of your workbook
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.



WEEK FIVE OBJECTIVES:

- Complete the “Solutions Discovery” portion of the workbook.
- Outline a list of positive rewards for adhering to your plan and any rewards that need to be replaced with something proactive.
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.

WEEK SIX OBJECTIVES:

- Complete the “Are You Ready to Change” portion of your workbook.
- Reflect on your position in the Stage of Change and willingness to address your discoveries made between week one and week six.
- Outline a reward structure in your workbook.
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.

WEEK SEVEN OBJECTIVES:

- Time to “Clean House” by eliminating all temptations in environments you control.
- Complete Week Seven assignment in the Workbook.
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.

WEEK EIGHT OBJECTIVES:

- Review the last four weeks of exercise adherence and food tracking.
- Outline negative effects of your most destructive habit and determine the long-term consequence.
- Identify and list persons who are or could be part of your support structure in your workbook.
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.



WEEK NINE OBJECTIVES:

- Based on the sum of your eight-week review, amend your action plan and develop strategies for overcoming newly discovered or lingering negative habit behaviors.
- Outline a habit with a monetary association and complete the exercise in your workbook for Week Nine.
- In your workbook, write your “Projected Self-Description” and “Life Quality Description.”
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.

WEEK TEN OBJECTIVES:

- Review the past ten weeks and develop a very specific plan for executing your exercises, food management and mindset for the next 6 months.
- Include others in your plan and share with at least one significant support person in your life.
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.

WEEK ELEVEN OBJECTIVES:

- Act on your revised plan from week ten and complete your week eleven workbook assignment by outlining long-term specifics related to how you will continue to track progress, how often you will track and who you share this data with.
- Review your habit reward structure and make any amendments necessary to continue facilitating positive rewards for ideal behavior outcomes.

WEEK TWELVE OBJECTIVES:

- Complete the “Stress Management Strategy” portion and outline solutions for each stress type in your workbook.
- Complete this week’s 90-Day Habit Transformation Weekly Success Journal.



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