



# STEP GUIDE TO TIME SAVING WORKOUTS & NUTRITION



**STEP 3 >>**

# DISCLAIMER

The information contained in this plan is provided as an educational resource. It is designed to help you build a sustainable programme to help you achieve fat loss and build strength from home.

It should not act as a replacement for the relationship you have with your doctor or healthcare professional. Any information within this programme is not deemed as medical advice or prescriptive.

If you have concerns about your health please consult your doctor prior to starting this programme.

## SETTING UP YOUR ENVIRONMENT & HABITS FOR THE WIN

**HOW ALTERING YOUR ENVIRONMENT CAN SAVE YOU TIME  
AND GET YOU ON THE FAST TRACK TO RESULTS.**



YOUR GOALS IN YOUR CURRENT ENVIRONMENT

YOUR GOALS IN YOUR NEW ENVIRONMENT

THE main reason people find it so hard to achieve their results is down to their environment. If your environment is making it hard to take action, find motivation, cement new healthy habits and eat well whilst at the same time making it easy to skip a workout and keep bad habits then you are going to be fighting a losing battle when it comes to hitting your goals.

In this step you are going to learn how to make improvements in your environment to save you time and help you achieve your goals with the least amount of friction possible.

## To change your environment you must first identify what holds you back and makes achieving your goals more difficult.

Identifying what holds you back is the first step in changing your environment. You will want to sit down and write a list of what makes achieving or committing to workouts difficult, what makes eating healthy and cooking quick meals hard. Follow the answer up with what actions you can take to make all of these situations easier.

### Here are some examples to help you get started

**Problem** - I struggle to find motivation and time to go to the gym after driving home from work.

**Solutions** - 1) To address this I can take my gym clothes and a small snack to work with me so I can go straight there when I finish.  
2) Before I leave for work I make sure I have my gym clothes, headphones and shoes laid out in my bedroom so as soon as I get in I'm reminded to get changed and go.  
3) I can have my gym clothes and home workout equipment laid out before I leave work so as soon as I get home I can start training with minimal friction.

**Problem** - I get bored and peckish in the evenings which results in me snacking all night.

**Solutions** - 1) To go through my cupboards and remove all the high calorie snacks foods I pick on in the evenings. This doesn't mean I can't ever eat them but it makes it harder for me to over consume them if they're not in the house.  
2) Make healthier choices more visible and easily accessible in my house compared to the high calorie foods.

**The more your environment conflicts with your goals the harder it will be to achieve results.**

When trying to change your environment it may be hard to identify what is holding you back a great way to address this and get ideas flowing is to ask yourself "What would someone who has already achieved my goals have in their environment?"

**You want to try and model your environment around others who have already achieved your goals.**

If your goal is to lose weight you can ask yourself the following:

**Would a person who has achieved my goals have this many high calorie snacks in the house?**

**Would a person who has achieved my goals park so close to work and take the elevator?**

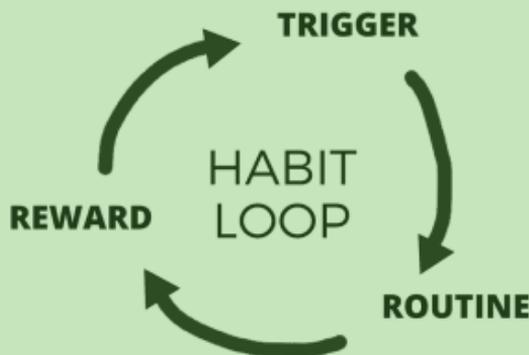
**Would a person who has achieved my goals sit down as much as I do?**

**Would a person who has achieved my results be as inconsistent with their workouts as much as I am?**

Again start asking yourself "What can I change in my environment to match theirs and help me achieve my goals?"

## MOTIVATION IS WHAT GETS YOU GOING HABIT IS WHAT KEEPS YOU GOING

*"YOU DO NOT RISE TO THE LEVEL OF YOUR GOALS, YOU FALL TO THE LEVEL OF YOUR SYSTEMS"* - James Clear



Too many people rely on motivation to reach their goals but it's their habits that keep them from obtaining them. Motivation is never always there, there will be days you're raring to go and other days where you can't be bothered. Habits are there no matter what your motivation is. I'm sure as a kid you had to be constantly told and reminded to brush your teeth, especially the days you didn't want to, now, however, you brush your teeth every night and morning without thought.

**Habits are what will carry you through when motivation isn't there.**

## **BUILDING POWERFUL HABITS THAT HELP YOU REACH YOUR GOALS**

Building good habits are just as important as your environment and they both go together. Changing your environment can be challenging at the start, not trying to stock your house with high calorie foods, trying to prep your gym clothes and snacks the night before work. This, to begin with, is changing your environment, if you stay persistent and keep ensuring you do these things they will become a habit that you don't need to think about.

Some habits are a blessing whilst others can be a curse, you need to identify the ones that are a curse and replace them with one that can be a blessing.

Having your gym kit out and ready for each workout can be a blessing whilst having 3 biscuits with every cup of tea can be a curse.



There will be things that you currently do without thinking because they are so ingrained. This can be things you picked up in your childhood like rewarding yourself with sweet when you're feeling down or it can be things you picked up in your adult life like having a slice of cake with every coffee you have out. Either way, you must identify what these habits are and replace it with a new habit.

**Change might not be fast and it isn't always easy. But with time and effort almost any habit can be reshaped.**

## Why is your environment & habits so important to change in a book designed to save time?

This 5 step formula isn't designed to be an 8 week transformation plan its to help you achieve and sustain life long results. If you never address your environment or habits then your journey will short lived.

Is it time saving to lose 1 stone in 8 weeks to put on 1.5 stone over the following 16 weeks?

How much time could you save per week if you had your gym clothes and snack packed in your work bag rather than going home to gather them, get distracted and make a snack before heading back out?

How much time could you save in achieving your results if you removed all the foods from your cupboards that don't align with your goals and keep delaying you from achieving them.

### Food For Thought

Below is a list of foods and drinks I regularly come across that are habitually eaten and how many calories they add up to over a month.

**2 biscuits a day = 4,704 Calories a month**

**2 large lattes a week = 2,192 Calories a month**

**2 glasses of wine per night = 7,000 Calories a month**

**Friday night takeaway = 8,400 calories per month**

**4 cups of tea with 1 sugar per day = 5,040 calories per month**

**Totals = 27,336 calories a month = equivalent of 7.8lbs of fat.**

# CONNECT

WITH LOUIS KENNEDY

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