



ZARATE FITNESS



Experiment Overview & Scoring Guide

There Are Many Factors That Go Into Living A Fulfilled Life Of Health, Wellness, & Happiness! Generally, The Focus Is Losing Weight...Which Is Fine & Great But Within This Experiment, We Are Going To Focus On Creating A Series Of Habits & Skills That Lead To A Complete Life Of Health, Wellness, And Happiness! You May Decide To Lose Weight, Maintain Weight, Or Gain Weight...Which You Can Certainly Do Throughout The Experiment, However, We're Interested In Making Short-Term Success But More Importantly Making A Healthy Lifestyle Stick For Good And Always Working To Better Our Lives While Not Forgetting To Enjoy It!

Throughout The Experiment, You Will Be Earning Points That Will Help To Develop The Overall Person And Create A Full Life Of Health, Fulfillment, And Happiness! ... And Even Win Some Prizes!

You Will Earn Points By Completing The Following Three Categories!

1- The Daily Focused 5

2- Random Challenges

3- Weekly Focus

*Disclaimer: It Is Critical That You Work On The Fundamentals At Your Pace! Yes, You Should Be Pushing Yourself To Do More...However, Remember That Nothing Is Mandatory, And You Don't Have To Complete Everything... There Is No Standard To Try And Live Up To, Or Comparison To Make With Others... You Are Exactly Where You Need To Be! Getting More Points Is Great And You Should Certainly Try, But More Points Simply Equals A Greater Chance To Win Prizes... The True And Genuinely Best Prize Will Be Learning About Yourself And How To Apply Some Skills & Habits To Get Out Of The Trap Of Poor Health Forever!

The Daily Focused 5:

These Are The Essentials That We'll Work On Every Day, 5 Foundations For Thriving In Health And Wellness! They Might Not Be Glamorous, But They're Huge For Sustainable Success - Both Now And For The Long Haul! When We Embrace These Daily Essentials Without Fail, A Life Full Of Health And Happiness Is Within Reach.

The Goal Each Week Is To Hit At Least 3 Of These 5 Tasks For At Least 6 Of 7 Days In The Week! If You Do, You're Awesome And You'll Get A Point. If You Miss Some, You'll Still Be Awesome, Just Not Get A Point.

- **Water:** Set A 'Minimum' Ounces Of Water Limit To Drink Every Day! Choose A Number That Reflects Where You Are In Your Health And Wellness Journey!
 - Suggestion: 25oz Minimum, Scale Up From There!
- **Movement:** Get Your Body Grooving With 'Intentional Purpose' For At Least 15 Minutes Minimum! Whether Stretching, Walking, Biking, Or Lifting Dem Weights... Doesn't Matter What, Just Get Moving! Pick What Suits You Each Day And Move That Body!
 - Suggestions: Planned Walk Around Town, Full Body Resistance Training 3x Per Week, Bootcamp Class, Local Yoga Studio Flow, Stationary Or Real Bike Ride.
- **Accountability:** Pick A Partner (Or A Few!) And Daily Check-In To Keep Each Other On Track. It Could Be A Quick Text, A Call, Or Even A Meet-Up. Success Soars When We Lean On Each Other For Support And Accountability!
 - Tip: Choose Someone Who Cheers You On While Keeping You Honest, Not Someone Who Enables Bad Habits!

- **High ROI/Impactful/High Yield Eating:** For At Least One Meal Per Day (The More The Merrier), Plan & Eat Foods That Give You A Big ‘Bang For Your Buck’ In Terms Of Nutrition. This Can Mean A Number Of Things Such As A Focus On Nutrient-Packed Options That Load You Up With Essential Stuff Like Vitamins, Minerals, And Antioxidants For Every Bite. Could Be Going For Foods That Are High In Volume But Low In Calories That Help You Get The Most Out Of Your Meals, Keeping Things Balanced And Efficient For Your Body... It Can Most Basically Be Described As ‘Eat Like An Adult.’
 - Suggestions: Eat At Least 2 Servings Of Veggies Each Day And Scale That Number Up To Reflect Where You Are In Your Healthy Eating Journey (Making At Least 1 Be A Green Veggie), Prioritize Protein In Each Meal, Balance A Plate With Carbs, Fats, Protein, And Low Calories, Etc.
- **Fulfillment:** Deliberately Engage In Activities That Bring Fulfillment To Your Life And Brighten Your Day And Others’... Do Things That You Love! Dedicate Time To Enhance Your Life Beyond Just Nutrition And Exercise. Fulfillment Comes With A Joyful, Meaningful Life Of Health And Happiness!
 - Suggestions: Meet Up W/ A Friend, Solitary Reading Time, Gardening, Drawing, Watching Seinfeld, Etc. Anything That Is Planned That You Could Easily Put Off (And Probably Often Do).

So As You Can See, They Are The Basics, Yet To Truly Master The Basics Is The Real ‘Hard Work’!

The Key To The Experimenting With Many Of These Basics Is That You Set Your Limit! You Want To Push Yourself But Not To The Point Beyond What You Can Cement As A Habit... Start Slow, But Don’t Cheat Yourself Out Of Progress!

- Be Ok With Getting Uncomfortable!
- Begin Where You Are At In Your Health And Fitness Journey!
- Enjoy The Daily Goal Of Checking Them Off Your List!
- Mix It Up With Some Of The Categories & Experiment With New Methods!
- When Something Is Working...Repeat, Repeat, Repeat!

Random Challenges:

Staying Fresh And Staying Challenged Each Day Is How We Grow Healthier. On Random Days Throughout The Challenge, You Will Have The Opportunity To Earn Bonus Points Called “Random Challenge Points”. These Will Keep You On Task, On Point, And One Step Ahead Of Unhealthy Living. These Will Be Posted Either The Night Before Or The Morning Of In The Private Facebook Group.

You Have The Opportunity To Earn A Specific Number Of Points Per Day For Completing An Impact Challenge When Posted.

On Random Days, There May Be A Challenge Put Out In The Beginning Of The Day. If You Complete That Challenge By The End Of The Night, You Get A Point.

Challenges Range From Logging Food, Taking Pictures Of Meals, Describing Your Exercise For The Day, Doing Something Creative, Describing Your Breakfast, Etc.... There Are A Lot Of Things...But Fair And Open To Everyone!!!

Your Weekly Focus:

The Last Way To Earn Points Is By Choosing Something To Focus On Each Week That You Think Will Help You Most, Or You Simply Want To Improve On/Work On The Most In Your Life. These Don’t Have To Be Big, They Should Just Suit You And Your Needs.

So Choose Something That You Think Would Better Your Life In Some Way... A Goal, A Nagging Issue, A Task You Wish To Complete... Anything... It’s Your Focus Of The Week!

Here Are Some Suggestions (Although It Doesn't Have To Be From This List, But These Are All Great!):

- **Weekly Weight Goal:** Weight Isn't The Most Significant Aspect Of Health...But It Is Very Trackable And Plays A Role In Your Overall Health, So Each Week You Will Set Your Own Weekly Goal To Either Lose Weight, Maintain Weight, Or Gain Weight...Depending On Your Goals. Each Goal Has Its Limits: You Will Earn 1 Point For A Weekly Weight Goal Being Met Or Not.
 - Lose Weight = .5 - 2.5lbs
 - Maintain Weight = Within .4lbs Up Or Down
 - Gain Weight = .5lbs

If You Choose This, I Would Suggest You Weigh Yourself Every Monday Morning After You Go To The Bathroom And Before You Eat. Use The Same Scale Positioned In The Same Place Each Week...No Mid-Day Weighing Or Nighttime Weighing!

- **Fitness Focus:** A Goal That Is Related To Physical Fitness...Examples...Do A Pushup, Pull-Up, 10 Min Mile, 30 Sit-Ups In 2 Minutes, Squat To Parallel, Etc.
- **Nutrition Focus:** A Goal That Is Related To Nutritional Habits...Examples...A Macronutrient Focus And Hitting A Certain Number Of Protein Or Fats Each Day, Meal Prep For An Entire Week, Log Food Every Day In An App Or On Paper, Set/Hit A Macronutrient Goal With All Three, Eliminate Or Decrease Pop, Candy, Etc.
- **Personal Focus:** A Goal That Is Related To Personal Development...Examples...Read 2 Books, Organize Your House, Declutter An Attic/Garage, Manage/Organize Your Budget, Take An Online Course, Meditate Regularly, Etc.
- **Community Focus:** A Goal That You Support That Benefits The Community...Examples...Donate Time/Money To A Charity, Volunteer At A Nursing Home/Homeless Shelter, Organize A Clothes Or Food Drive, Read To Kids At A School, Sponsor A Child Overseas, Mentor Somebody Else In Need, Take An Afternoon To Pick Up Garbage Around Your Neighborhood, Etc.
- **Creativity Focus:** A Goal That Forces You To Create Something...Examples ... Write A Story/Memoir/Song, Play Or Learn To Play An Instrument, Plant A Garden, Build A Table, Chair, Gazebo, Anything, Paint Or Draw A Picture, Make A Sculpture, Make A Blanket, Scarf, Hat, Piece Of Clothing, Etc.
- **Sleep:** Sleep Is The Most Critical Aspect Of Overall Health And The Most Neglected By Many. You Can Work On A Sleep Routine With Habits That Lead To A Full 8 Hours Of Sleep Or A Respectable Improvement Depending On Where You Are Currently At. Working On Systems That Get You To Sleep Faster, Deeper, And Overall Better Would Be Amazing. This May Be Shooting For A Certain Amount Or Simply Successfully Following Through With A Task That Will Lead To Better Sleep.
- **Spiritual Focus:** A Goal That Is Focused On A Dedication To Your Spirituality (Whatever That Might Be)... For Me Personally, I Can Attest To The Reality That Allows The Chaos Of Life To Put My Faith On The Back Burner, Which Is Not Ok For Me In My Life. So Perhaps A Focus On A Certain Amount Of Praying Time, Devotional Reads, Serving With Others, Attending Church A Certain Amount, Or Practicing Your Spirituality In Any Way That It Serves You Best... Taking Time For Your Own Spirituality Is Important.
- **Flexibility & Mobility/Mindfulness Focus:** Most All Of Us Are Tight, Achy, Sore, And 'Locked Up' In Our Own Bodies. Years Of Sitting, Poor Posture, And Failing To Work Our Entire Muscle Ranges And Ligaments Fully Have Caused This Epidemic. Improving Our Flexibility And Mobility Throughout Our Entire Body Would Help Us Move, Feel, And Look Better...It Can Aid In Pain Relief, Energy, And Even Fat Loss...Yet We Blow It Off Easily!

Scoring For This Is Simply Based On Your Perceived Effort & Effectiveness In Working Toward Your Goal For The Week. The Pass/Fail Guide Below Can Help... But All You Really Have To Do Is Base It Off Of Your Judgement.

Pass: You Stayed Locked In On Your Goals, Powered Through Any Challenges, And Put In An Amount Of Time And Energy To Get Things Done That You Feel Is Appropriately Challenging. You Reflected On Your Progress, Kept Improving.

Fail: You Let Distractions Pull You Off Track This Week, Maybe Rushed Through The Work, Or Didn't Put In Enough Time Or Effort. Maybe The Temptations Got The Best of You But You're Going To Learn From Them and Implement New Strategies and To Right The Course Next Week.

How Do You Submit Points?

Each Monday Morning You Will Get An Email With A Simple Form To Click Whether Or Not You Got Your Daily Focused 5 Points, Random Challenge Points, & Weekly Focus Points! You Just Click The Points You Completed And Send It Back And You're On Your Way To Winning Some Prizes!

At The End Of The 5 Week Experiment, The Group Will Remain Open To Continue To Work On Ourselves, However, You Will Then Get To Enter To Win A Prize(s) Of Your Choice!