



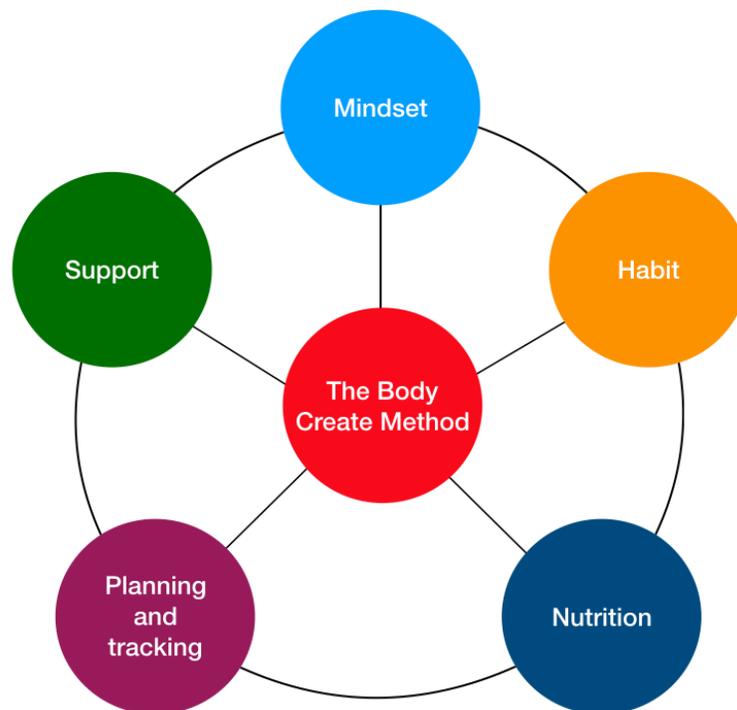
The Body Create Jumpstart Checklist

24 key strategies for creating the body you love.

The 5 step process to building a Fit, Strong, Beautiful Body

The Body Create Method is a framework that helps busy entrepreneurial women build Fit, Strong, Beautiful bodies that enables them do amazing things at work and wonderful things in the bedroom.

This is a breakdown of the 5 step process that is the foundation of the Body Create Method. Use this checklist to set up an environment that will allow you to lose weight, get fit and sustain your results.



1. Mindset

Develop the right mindset for getting fit and healthy. This essential first step is the difference between the person who sustains their result and the one who doesn't.

2. Habits

Develop good habits that make health and fitness activities a part of your daily routine. This leads to consistency with a fitness lifestyle.

3. Nutrition

Get sustainable weight loss results and improve your health by applying simple sustainable nutrition guidelines.

4. Planning and tracking

Making simple plans around your exercise and nutrition makes it easier to accomplish your goals. Use simple tracking techniques to measure your weight loss progress.

5. Support

Set up a simple support system to help you stay on track and achieve your goals.

Use the checklist below to set up the Body Create Method 5 step process and start to develop that sustainable fitness lifestyle.

MINDSET

- Find your Fitness WHY. This is the deep emotional reason why YOU want to get fit and healthy. It could be because you want to keep up with your kids, feel more confident or stop being teased.
- Create 3 - 5 affirmations that are inline with your goals e.g
 - I am fit.
 - I am strong.
 - I am beautiful.
 - I honour my body through exercise and healthy eating.
 - I appreciate and love my body.
 - The older I get, the healthier I become.
- Write down your Fitness WHY and your affirmations, stick them on your mirror, wardrobe, wall.....somewhere you can see them daily.
- Read them out at least once a day.
- Find someone who embodies what living a fit and healthy lifestyle means to you and draw inspiration from them. This can be done virtually by following them on social media.

HABITS

- Set the intention for your workout. Decide when, where, duration and write it down. e.g
 - I will workout for 30 minutes on Mondays, Wednesdays and Fridays at 6 a.m in my bedroom.
- Prepare for deviations from your plan using the “If.....then” method. e.g
 - If I don’t workout at 6 a.m, I will workout at 6 p.m.
 - If I don’t workout on Monday, I will workout on Tuesday.
- Design your environment for success by setting up triggers that remind you of the new habits you’re trying to develop. Some triggers to consider include:
 - Putting your training shoes in the middle of your bedroom.
 - Putting your active wear on your bed or dressing table.
 - Buying a water bottle and filling it up with water every night before you go to bed and placing it within eye sight.
- Create distance between you and your bad habits. e.g
 - Do you have a habit of drinking soda? Stop stocking up soda in your home.
 - Does following certain food accounts on social media make you crave unhealthy foods? Unfollow those accounts.
- Substitute bad habits with good ones.
 - Addicted to soda? Try fruit infused water instead.
 - Love sugary snacks? Try frozen grapes or other healthy alternatives instead.
 - Do you sit at your desk for hours? Set a reminder to get up and walk around every 50 minutes.

NUTRITION

- Use the BCM shopping list for whole foods.
- Get rid of all processed foods and sugar filled drinks.
- Use only healthy oils e.g Olive oil and coconut oil.
- Let these three rules guide your nutrition:
 - Eat real food (not processed).
 - Eat mostly foods that grow out of the ground.
 - Practice portion control.

PLANNING & TRACKING

- Set specific and realistic weight loss/fitness goals.
- Use before and after pictures to measure and track progress.
- Use the way your clothes fit to track weight loss progress.
- Use a food journal to keep track of what you eat, when you eat, how much you eat and how you felt after eating.
- Review your food journal at least once a week.
- Map out 1 day of the week to shop for groceries and cook your meals for the week.
- Use portion control bowls to aid meal planning.

SUPPORT

- Get an accountability partner.
- Use a fitness tracker for accountability.
- Join a community of like minded people that will support your goals such at the [Body Create Method Community](#)

Make these the foundation of your health and fitness and watch yourself start to get Fit, Strong and Beautiful.