

PREMIERE COACHING ACTION ASSIGNMENT

Goal/Action - Assignments (Downloadable PDF)

LIFESTYLE - Week 2: ACCOUNTABILITY

1. This week you are still laying the foundation so stay accountable and follow-up with some checks and balances from last week. Follow-up with your doctor to discuss the results of your physical check-up. Check yourself. Were you at the top of your “To-Do” List? Did you follow through?
2. Get my “Take Back Your Life Action Guide.” You will be able to journal everything I share with you and more. (You can find it at www.wendyida.com)

NUTRITION - Week 2: BREAKFAST

1. Journal what you have eaten for the past three days – from sun up to sundown.
2. Try my new breakfast ideas and compare notes on what works for you and how it makes you feel.
3. Drink water equal to half your body weight in ounces. For example, if you weigh 150lbs, the amount of water you drink should be at least 75 ounces (90 to 100 ounces if you are working out).

Breakfast Favorites:

1. Oatmeal is a great choice - rich in fiber, Omega-3 fatty acids, folate and potassium.
 - ½ to 1 cup is all you need.
 - Add flaxseed, blueberries and a scoop of protein.



OR

2. Organic egg omelet w/ veggies (i.e. spinach, collard greens, broccoli or spring lettuce mix)



Vegetarian Breakfast Favorites:

3. Vegan sausage patty, with 1 whole egg and Ezekiel bread
or
4. Kale and Tofu Omelet

WORKOUT - Week 2: CONSISTENCY

Did you do your workouts consistently? As a result, what do you need to adjust in your life? Record it in your journal.

Weight Training

The focus: back, shoulders, abs.

Do a rest day between weight workout days. For example: Do weights - M/W/F

NOTE: No rest day for cardio -- Do 3 to 5 days

Depending on your level, here's how you do it: **Start with → 10 reps**

Rows (Back)

- Beginner – rows with resistance band
- Intermediate – bend over with dumbbells (DB)
- Advanced – single arm bend over with dumbbells (DB)

Lateral Raises (Middle Shoulders)

- Beginner – bent arm lateral raises w/ DB
- Intermediate – long arm lateral raises w/ DB
- Advanced – long arm lateral raises w/ DB

Bicycles (Abs)

- Beginner – half time w/ legs high
- Intermediate – full or half time w/ legs medium
- Advanced – full or half time w/ legs low

THE WORKOUT should look like this: [Do 2 to 3 sets, 3 days a week (M/W/F)]

10 DB Rows	30 Marches (active rest)
30 Side punch (active rest)	20 Bicycles
10 Lateral raises	Rest 30 to 60 seconds

Don't forget: Cool down & do your Flexibility exercises

1. Back stretch
2. Behind back shoulder stretch