

## PREMIERE COACHING ACTION ASSIGNMENT

### Goal/Action - Assignments (Downloadable PDF)

#### LIFESTYLE - Week 5: GOALS

- 1. Set a goal.** It gives you the edge and you are more likely to be successful. Be sure to fill out the “Smart Goal Chart” below when doing this.\*\*\*
- 2. Write it down.** Write down your most important goal **now**. When you write it down, you are making a clear-cut commitment to yourself.
- 3. Repeat it out loud.** Goal-setting and repeating your goal out loud sends the message to your sub-conscious mind. Your subconscious mind is what gives you the confidence to make it happen. It talks to you at night, during the day and is involved in all of the interactions with people, places and things even more strongly than your conscious mind.
- 4. Post it up.** Remind yourself of why you’re taking all of these positive steps for your life by posting your goals in a visible location.
- 5. Read it daily.** Daily reinforcement of your goals will drive home the point and keep you focused.

#### \*\*\* USE THIS SMART CHART WHEN SETTING YOUR GOAL \*\*\*

When you set your goals make sure it includes the following criteria:

**Your goal must be:**

**Specific** – For example say, “I want to lose 50 lbs”

**Measurable** – You CAN measure 50 lbs

**Achievable** – Losing 50 lbs IS achievable

**Realistic** – Losing 50 lbs IS realistic if you give it 5 to 6 months. It is **unrealistic** if you give it **1 month**.

**Time specific** – Set a date of 5 – 6 months from today to be realistic

**For example:** Angela wants to lose 50 lbs within in 6 months (by December 31<sup>st</sup> )

**NUTRITION - Week 5: SNACKS**

This week choose some great snacks under 100 calories from this list

<b>Item</b>	<b>Amount</b>	<b>Calories</b>	<b>Add</b>
Blueberries	½ cup	41	almond butter
Fresh Peach	1	37	
Apple	1 medium	81	½ t walnut butter
Grapefruit	½	39	
Whole Grain Toast or Ezekiel Toast	1 slice	85	
Fresh Grapes	17	52	
Vegetable Juice	1 cup	50	
Dill Pickle	1	15	
Hard-boiled Egg	1	79	
Water-packed Tuna	2 oz or ¼ cup	80	
Almonds	8-10	71	
Fat-free Refried Beans	½ cup	80	
Hummus	2 Tbs	93	¼ pita pocket bread
Fresh Shrimp, small	7	65	

## WORKOUT - Week 5: ENDURE

Continue building your momentum, endurance and core!

### Weight Training

**The focus:** Core Training

#### Upper/Lower Body: Monday – Wednesday – Friday

**THE WORKOUT should look like this:** [Do 2 to 3 sets, 3 days a week]

10 Squats	10 DB Rows
30 Marches (active rest) 30-60 sec	30 Side punch (active rest) 30-60 sec
10 Push-ups	10 DB Lateral raises
30 Marches (active rest) 30-60 sec	30 Marches (active rest) 30-60 sec
	<del>20 Bicycles (moved to Core workout Tues/Thurs)</del>

#### Core Strengthening: Tuesday - Thursday - & Sat optional

**CORE WORKOUT – Do 2 to 3 sets, 2 to 3 days a week (T/TH/S)**

- 10 Abductor Raises, left/right side
- 20 to 60 seconds - Plank
- 20 to 60 seconds – Bridge
- 20 Bicycles (moved from M/W/F workouts)

- No rest between exercises
- Only rest (or stretch) at the end of a set, 30 to 60 seconds

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

1. Back stretch
2. Hamstring stretch
3. Quad stretch
4. Behind back chest & shoulder stretch