

PREMIERE COACHING ACTION ASSIGNMENT

Goal/Action - Assignments (Downloadable PDF)

LIFESTYLE – Week 7: PEOPLE

Resolving the People Sabotage:

1. Make a list of the people within your circle. People you tend to spend a considerable amount of time with; everyone from family, to friends, to colleagues, etc. **Do not leave out** the people who don't live near you (perhaps they live in another state or country) but you give a lot of phone time to them on a regular basis...They are influencers as well. Consider whether they are good or bad for you and why. Now, think about your lists who supports you? Who doesn't?
2. Split the list in two. On one list, put the names of the positive and supportive people. On the other list, put the names of the negative people or naysayers who don't support your dreams or direction in life. Write notes next to each of the names that support your theory. For example, on the positive side, explain how each one, supports you, enriches your life or makes you happy. On the negative side, explain how they are counter-intuitive to you and your life goals, or are just sucking you dry with drama. Distance yourself from the negative people and make new friends.

Note: If you feel that your actions and attitude can put you on someone's negative list, do some soul-searching. Invest some time and/or resources into finding a coach and mentor or enriching therapy group.

NUTRITION – Week 7: SELF SABOTAGE EMOTIONAL EATING

Emotional Eating - EMP (Get it back under control)

Cheat Sheet

The Plan: Your EMP (Emergency Mood Plan) is what you're going to use when an emotional eating frenzy seems imminent.

Plan A: Divert your attention. If you know you eat when you're stressed or lonely, plan to call a friend, write in your journal, or walk it off before you can run the fridge. Pack your calendar with exciting things to do.

Plan B: Pack some nutritious snacks. Do this so you never feel deprived since emotional eating can be your body's reaction to feeling deprived. Packing nutritious snacks will help create new habits and new ways to nourish yourself.

Plan C: Join a Relaxation therapy group. It's important to be with others who have or are experiencing what you are experiencing, but under professional supervision.

Plan D: Pull some skeletons out of the closet. Forgive, resolve and move forward. If you put in the work to resolve those issues, you will set yourself up to successfully conquer emotional eating impulses.

Party Hearty Sabotage: Prevention Solutions

1. **Eat before you go to the party** so you don't overeat at the party.
2. **Drink more water.** Spruce it up with fizz and fruit on the side.
3. **Leave the doggie bags** alone. Take home no prisoners or goodies. 😊
4. **Don't store temptations. Think** before you shop. **Eat** before you shop. Make a list before you shop.
5. **Throw it out or farm it out.** Potluck leftovers should be sent home with their makers or put in file 13...aka the garbage!

WORKOUT - Week 7: CHECK-IN & INTENSIFY

- ❖ Compare your stats from 1st week to measure your progress.
- ❖ You should be at 10,000 steps or more by now.
- ❖ RPE (rate of perceived exertion) should be about a 6 or 7.

CARDIO: Do some fun cardio this week. Go out and experiment...maybe with a group of workout buds. Go dancing, canoeing, hiking or participate in a walk-a-thon. You may find a new and exciting group of people to hang out with.

Weight Training

The focus: Increase the intensity! (If you are ready and your form is good)

- **This week we will do the M/W/F workout** the same as last week. The difference is... you should be at a new intensity level... plus the two new moves – curls and triceps extensions
- **Check your form and intensity levels** and **compare your progress at the end of this week to the very first week.**

Indications that you have made improvements:

- You are lifting at a higher weight
- You get thru the exercises in less time
- You recover faster after an exercise
- You feel stronger
- You have better form
- You are more stable
- You are enjoying the benefits mentally and/or physically

Upper/Lower Body: Monday – Wednesday - Friday

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

10 Squats	30 Side punch (active rest) 30-60 sec
30 Marches (active rest) 30-60 sec	10 DB Lateral raises
10 Push-ups	30 Marches (active rest) 30-60 sec
30 Marches (active rest) 30-60 sec	10 Curls
10 DB Rows	10 Triceps Extensions

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	– No rest between exercises
20 to 60 seconds - Plank	– Only rest (or stretch) at the end of a set, 30 to 60 seconds
20 to 60 seconds – Bridge	
20 Bicycles (moved from M/W/F workouts)	

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

- Back stretch
- Hamstring stretch
- Quad stretch
- Behind back chest & shoulder stretch