



ALIGNING YOUR LIFESTYLE WITH YOUR GOALS

GOAL	Requirements	Diet Protocol	Training protocol	Lifestyle Protocol
To Compete in a Fitness Model Competition	Leaning out while maintaining lean muscle mass	<ul style="list-style-type: none"> - Low calorie - no alcohol - high levels of discipline - accurately measuring and tracking all food within 2-5 grams of each macronutrient - Drinking enough water regularly 	<ul style="list-style-type: none"> - HIIT/Cardio focus - High intensity training and consistency 	<ul style="list-style-type: none"> - Saying no to most dinner dates and special events - Planning ahead and meal prepping consistently - Maintaining low stress levels - 7-8 hours of sleep a night
Gain weight and/or enter a specific weight class for an Olympic Lifting Competition	Gain 5 lbs at a rate to ensure muscle mass gains and not fat gains	<ul style="list-style-type: none"> - High carb diet - less precision/ more leniency with tracking food - discipline with food quality - high levels of protein - macro timing and carb cycling - little to no alcohol 	<ul style="list-style-type: none"> - Heavy workouts - prioritize lifting and sport specific training 	<ul style="list-style-type: none"> - Saying yes to dinner dates and special events while being mindful - Preparing and meal prepping regularly - Getting 7-8 hours of sleep a night - Maintain lower stress levels to prevent overtraining and injury

<p>To lean out and perform better in the gym</p>	<p>Leaning out while maintaining lean muscle mass and eating enough to support performance</p>	<ul style="list-style-type: none"> - Low fat, higher carb diet - Precise measuring and tracking food - Carb cycling around workouts - Limiting cheat meals to once every few weeks - Refeed days to replenish glycogen stores - Little to no alcohol 	<ul style="list-style-type: none"> - High intensity in the gym - Focus on giving 100% every workout - Constantly varied workouts 	<ul style="list-style-type: none"> - Being mindful around social events and gatherings - Meal prepping regularly - Getting 7-8 hours of sleep a night - Maintain lower stress levels to prevent over training and injury
<p>Live a more balanced lifestyle</p>	<p>Learn quality food choices and proper nutrition through tracking food intake</p>	<ul style="list-style-type: none"> - Make quality food choices and maintain quality over quantity to start - Measure and track food to educate yourself on what you're putting in your body and to avoid over eating - General leniency toward hitting precise macronutrient goals - Alcohol OK in reasonable amounts 	<ul style="list-style-type: none"> - Maintain an active lifestyle including but not limited to high intensity training, running, swimming, biking, CrossFit, yoga, hiking etc - Focus on consistency vs intensity 	<ul style="list-style-type: none"> - Indulge to satisfy cravings every once in a while - Saying yes to special occasions and events while making smart choices - Getting 7-8 hours of sleep a night - Maintain lower stress levels