



WEEKEND WARRIOR GAME PLAN

5 TIPS FOR
CREATING AN
IDEAL LIFESTYLE





1. TAKE TIME TO DO A FUN ACTIVITY FOR YOU

Set aside an hour of your time over the weekend to do an activity that YOU enjoy.

Its important to reward yourself for the week and try to enjoy life.

If you are struggling to fit time in with social or family commitments, aim at getting out of bed earlier than usual. It may be hard, but you won't regret it



We notice many people feel guilty about eating "junk" food over the weekend, and it negatively affects mindset and training the following week.

2. ENJOY YOUR SOCIAL TIME

We want you to NOT FEEL GUILTY. A tip for this is to make sure you choose a specific 6 - 8 hour window to eat. This will ensure your meal or drinks will fit into your Feeding Window, and the remaining hours of the day you will be FASTING or burning fat for fuel.

Remember, a balanced lifestyle is the key to longevity



3. TRAIN WITH FRIENDS OR FAMILY

By making your weekend training environment fun, you increase your chances of completing this sessions regularly.

Getting your family involved in a weekend activity is great for bonding, fitness, fun and leading by example.

TIP: An Outdoor activity on a Sunday afternoon is a great way to de-stress and gain a positive mind set for the following week





4. BEAT THE HANGOVER

Being hungover on the weekend is a common trend. How you feel the next week is determined by what you do the day after. The typical reaction would be to stay in bed, however, this doesn't get the blood moving and the endorphins flowing.

We recommend :

Get out of bed . Drink a large glass of water . Go for a walk or swim, Eat a healthy meal. Do an activity in the afternoon. Drink a total of 3 L of water

5. SET GOALS FOR THE WEEK

Setting goals for the week is an important part of being successful. Tick off, acknowledge and reward little wins you get during the week to keep you on track and motivated.

It may be exercise, personal or business goals. Make them achievable, realistic and give them a time constraint.





TAKE
THE
LEAP

Celebrate the weekends and enjoy your time with friends in family.
Join our FREE 7 day Iron Challenge for a balance of exercise, fun,
nutrition and community



Click on the following link to get started
<https://100clubapp.com/100-club-iron-challenge/>