



**DK METHOD**

# **THE MOTIVATION CHECKLIST**

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We have created a 7 Day Checklist to help you kick start the positive habits needed for long term progress.

Each day we add a new task on top of the previous days to compound positive changes.

## Monday

Your What & Why

A simple written task today to kickstart the week. Every day you need to fill this in.

What are you hoping to achieve? Physically, mentally, in life. More muscle? Less fat? Get as specific as you can.

Write your answer here:

Why do you want to achieve it? This is the big one. What is your reason? Be completely honest here, you don't have to share it with anyone else.

What is your why, write it here \_\_\_\_\_

What do you need to get there? \_\_\_\_\_

How many training sessions per week? \_\_\_\_\_

How many calories a day? \_\_\_\_\_

What are going to be your biggest challenges? \_\_\_\_\_

What can you do to overcome them? \_\_\_\_\_



# Tuesday

The first step for today is a continuation of yesterday. Redo your what and why first thing to focus yourself for the day.

Your Why

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7-8 hours sleep

Sleep is incredibly important for recovery, hormone function, appetite management and motivation levels. Our aim is for 7- 8 hours of sleep. Some ways of making this happen. Go to bed earlier. Obvious but important. Wake up later. No snoozing the alarm, just set it and get up. Reduce screen time and dim lights before bed to give your brain a chance to unwind.

Write down how many hours you achieved

Write down how many times you woke up

# Wednesday

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## Morning routine

How we start our day is really important for how we feel and ultimately what we decide to do as the day unfolds.

We want to set ourselves up in the right mindset to take on the day. This is where we can add habits to keep our mind focussed on positive action.



Here are two suggestions to do on walking - 10 push ups drink a pint of water with lemon squeezed in.

These habits won't impact your results alone, but they will put you in the right frame of mind for positive action.



# Thursday

## Your What & Why

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### Goal focussed nutrition

The first step of any successful nutritional plan is to make sure it is goal focussed. Get your energy intake right for your needs and goals. You can use a calorie calculator like this one -

Secondly get your protein levels high. Protein helps support muscle growth and also helps manage appetite. Aim for

Thirdly get organised. Stock up ok fresh fruit and veg. Lots of lean protein sources and clear the junk out. Prep some meals and make it easy for yourself to make the right choices.

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### Enjoyable training

Successful Training is about finding the balance between results and enjoyment. We need both for it to work long term.

Of course a certain amount of the satisfaction comes from seeing positive changes but we also need to enjoy the process.

Here are a couple of workouts to try on your enjoyable workout days that will get you feeling good. (See next page)



## 50 Rep Club

What is the '50 Club'? Let me enlighten you...

Pick a weight you can lift 12 times for the first set.

Take it in turns with a partner to reach 50 reps in as many sets as it takes

Rest while your partner works, NO MORE, or 35 seconds on your own.

Do your maximum number of reps on each set. Until you fail.

If you reach more than 12 on your first set, it only counts as 12 and you must increase the weight.

Vice versa, if you don't reach 12, reduce the weight.

Unless the first 12 are too heavy, the weight should never be decreased. Even if you're down to 3s and 4s at the end.

### Movements

- Dumbbell bench press
- Chest support row
- Shoulder press
- Lat Pull down
- Dumbbell bicep curl
- Dumbbell skull crusher

### LISS

L.I.S.S. stands for Low Intensity Steady State and is another popular way of losing fat, but at a much less intense state. Just because it's low intensity, don't think that it's easy.

L.I.S.S. still deals with cardio exercises, but ones that are performed over longer durations, up to an hour or more, at low intensity. This could be a brisk walk on the treadmill or a slow pedal on the exercise bike. L.I.S.S. works by getting your heart rate into a targeting 'fat loss' range and then keeping it there. L.I.S.S. training is more aerobic in nature, as the intensity is low.

Aim for 45-60 mins a few times per week.

### Deck of cards

Shuffle the deck very well. Then pull cards from the top. The number on the card is the number of reps for the exercise.

**Hearts – Squats**

**Diamonds – Push ups**

**Clubs – Squat thrusts**

**Spades- Shuttle runs (10m)**

**Joker – 1 min rest**

Picture cards are 10 reps, if you are fit Ace is the 11 reps , if you are not as fit ace is 1 rep.

# Saturday

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## Stress management

Stress kills gains. We need to manage our stress to optimise our progress and our life.

Too many of us are completely overwhelmed by stress and it is impacting us more than we can imagine. Less muscle, lower testosterone, poor sexual performance/libido, bad attitude and rollercoaster moods.

The first step we look at for managing your sleep which we have already covered. Next we look at ways of helping to reduce stress as part of your routine and also specific tactics when it kicks in.

Try these breathing techniques to help support your wellbeing

## Join forces

We are the sum of those around us in life and in fitness it is no different. Join forces with someone today who can help keep you on track. It could be a coach, a friend, a club or partner. Just make it happen.



# Sunday

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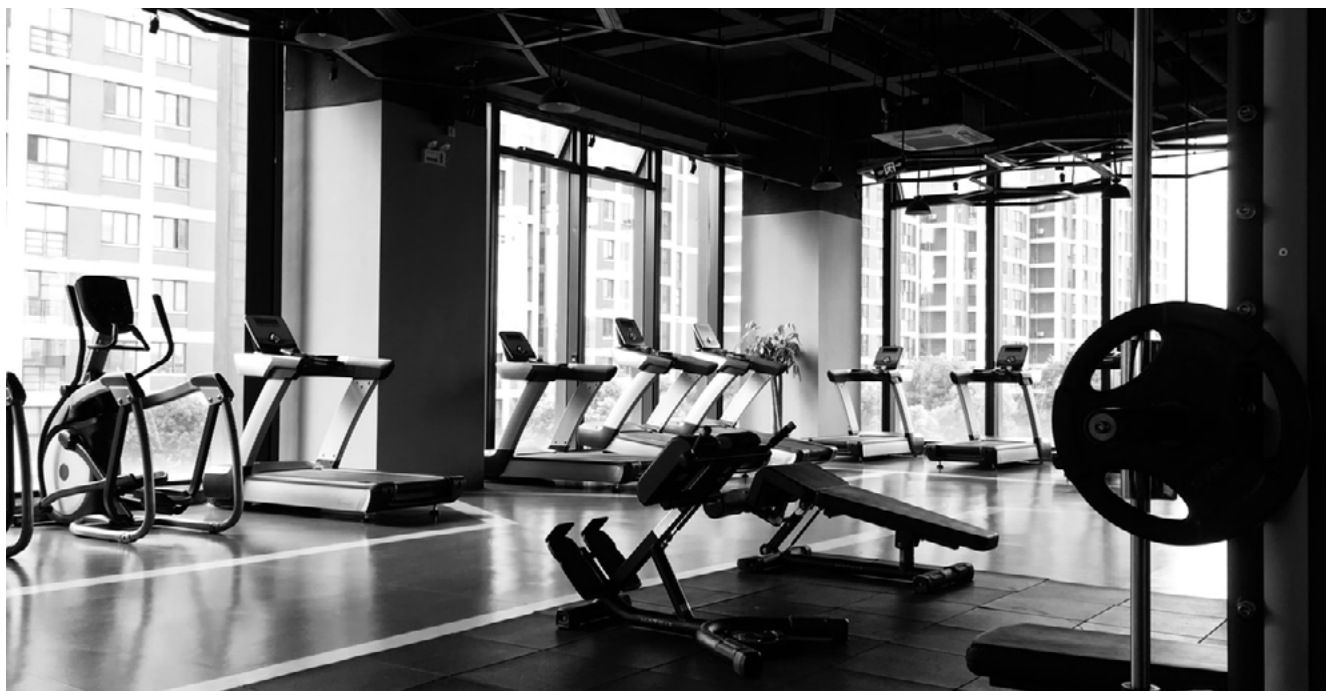
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