

HEALTHY, FIT, AND PROUD

THE FIT DAD STARTER PLAN

3 SIMPLE SHIFTS TO BURN FAT, BUILD ENERGY,
& STOP STARTING OVER EVERY MONDAY



WATCH THE 3-MIN FIT DAD WAKE UP CALL

HEALTHY, FIT, AND PROUD

THE 3 SHIFTS

Lazy Man's Energy Reset 🕒☀️⚡

- Within 10 minutes of waking,
 - a. 12-oz of cold water + 1-2 big pinches of Himalayan Sea Salt + lemon juice to taste (I use half a smaller or a quarter of a larger lemon)
 - b. Step outside for 2-min of sunlight or natural light. If it's winter, then get in front of the brightest light you can

Movement without Embarrassment 🏠💪👟

- Do this zero-equipment home circuit once
 - a. 10 squats
 - b. 10 push ups (on knees or hands on chair, if needed)
 - c. 10 lunges
 - d. 30-second plank
 - e. 1-minute walk around your home

30 x 30 Rule 🍴🕒🍷

- Consume 30 grams of protein within 30 min
 - a. Stop starving. Stop counting. Start fueling.
 - b. It can be eggs, bacon, chicken, beef, fish, yogurt, cottage cheese, or a protein shake. Any combo works as well.
 - c. Don't like any of these? Tough titty. Can you really expect to have the hard, chiseled body of a man if you are protein averse?

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READY TO STOP STARTING OVER?

YOU DON'T NEED MOTIVATION. YOU NEED MOMENTUM.

WATCH THE VIDEO. TAKE ACTION.



[WATCH THE 3-MIN FIT DAD WAKE UP CALL](#)



Telegram

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