

Finntan
FITNESS

THE LIFESTYLE
REFORM
BLUEPRINT

THE FOUR PILLARS

1

LIFESTYLE & TIME AUDIT

Assess your current lifestyle & Time management.

3

PERFORMANCE RECREATION

Nutrition and exercise tailored to maximise efficiency.

2

MINDSET RESET

Identifying cognitive habits that are holding you back from change.

4

ACCOUNTABILITY

Ensuring you show up and achieve the transformation you deserve

PILLAR ONE - LIFESTYLE & TIME

LIFESTYLE & TIME AUDIT

We will start off by diving deep creating an extensive report on your current daily and weekly challenges and tasks.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Key	Colour
6:00 AM	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Work	
7:00 AM							Day of rest	Time with Friends/Family	
8:00 AM								Cooking/Meal Prep	
9:00 AM	Work	Work	Work	Work	Work	Workout		Reading	
10:00 AM								Day of Rest	
11:00 AM						Reading		Morning Walk	
12:00 PM						Family time		Workout	
1:00 PM								Sleep	
2:00 PM									
3:00 PM									
4:00 PM									
5:00 PM									
6:00 PM	Meal Prep	Reading	Meal Prep	Reading	Meal Prep				
7:00 PM	Workout	Family time	Workout	Family time	Workout				
8:00 PM									
9:00 PM									
10:00 PM									
11:00 PM	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep		
12:00 AM									
1:00 AM									
2:00 AM									
3:00 AM									
4:00 AM									

This will allow us to better understand how you are using your time so we can give you streamlined efficiency on a day to day basis.

I then present to you a time management resources, that will allow you to reconstruct your week. This will give you clarity, greater awareness and more time doing the things you enjoy like spending time with family and friends.

PILLAR TWO - MINDSET RESET

MINDSET RESET

Cognitive Analysis = 1-10	Below Average 1-3		Average 4-7		Above Average 8-10		Weekly Average	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
Exercise								#DIV/0!
Nutrition								#DIV/0!
Sleep								#DIV/0!
Stress								#DIV/0!
Mood								#DIV/0!
Motivation								#DIV/0!
Productivity								#DIV/0!
Routine/Time management								#DIV/0!
Body image								#DIV/0!
Mental Health								#DIV/0!
Daily Totals	0	0	0	0	0	0	0	0

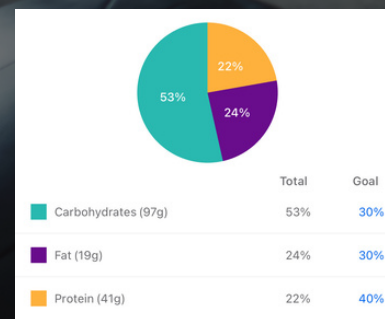
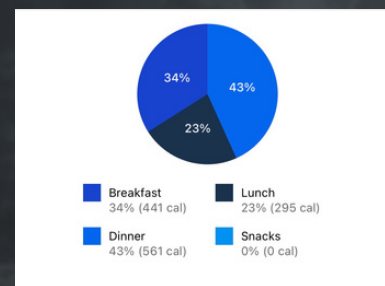
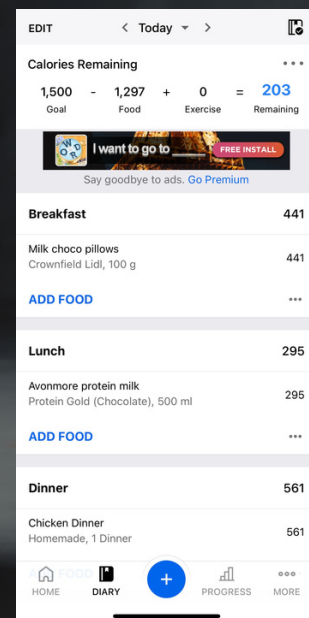
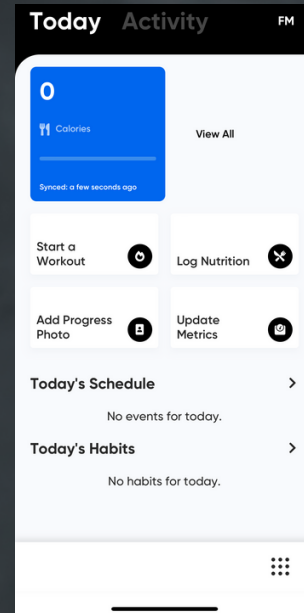
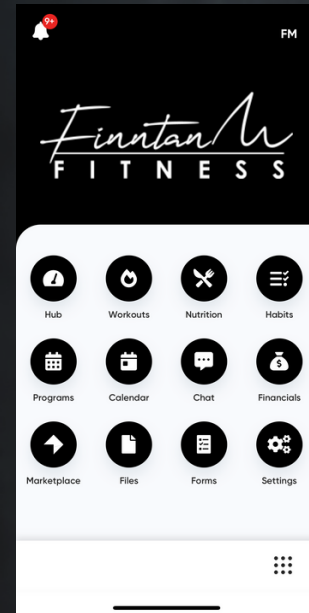
Throughout your journey you will face issues that will prove crucial to your personal development and growth.

Within this pillar of mindset we break down the old bad habits created over years of entry level solutions such as fad diets, workout plans and trying to achieve all of your goals within a 1 hour PT session.

we will build up your resistance to negativity giving you a greater understanding of what makes you tick, this will create bulletproof resilience going forward in life.

PILLAR THREE - PERFORMANCE RECREATION

PERFORMANCE RECREATION



Now it's time to change your performance this comes down to finding a good balance between training, nutrition and your sleep.

By assessing your time management and creating space within your noisy and busy lifestyle we will be able to create a very effective plan moving forward with your training and nutrition making it work around you and your lifestyle.

Creating a performance plan that you enjoy is my main priority because something you "Don't like" will never last. We want you to enjoy your sessions so that you continue to show up and smash out your goals. Focusing on change is key to our transformation.

PILLAR FOUR - ACCOUNTABILITY

ACCOUNTABILITY

Cognitive Analysis = 1-10								Below Average 1-3	Average 4-7	Above Average 8-10
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Average		
Exercise								#DIV/0!		
Nutrition								#DIV/0!		
Sleep								#DIV/0!		
Stress								#DIV/0!		
Mood								#DIV/0!		
Motivation								#DIV/0!		
Productivity								#DIV/0!		
Routine/Time management								#DIV/0!		
Body Image								#DIV/0!		
Mental Health								#DIV/0!		
Daily Totals	0	0	0	0	0	0	0	0		

Performance Analysis								
Targets	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Average
Calories								#DIV/0!
Protein (G)	#VALUE!							#DIV/0!
Carbs (G)	#VALUE!							#DIV/0!
Fats (G)	#VALUE!							#DIV/0!
Steps								#DIV/0!
Water (ml)								#DIV/0!
Sleep (hours)								#DIV/0!

Accountability is taking all three of the above pillars and combining them creating a solid foundation for success. Giving you no option but to succeed.

Through daily support on a 1-2-1 private and confidential level this will allow us to maintain that we are staying on-track each and everyday.

You will be provided with accountability resources to ensure that every day is a great day, allowing you to focus on feeling better within yourself and documenting your progress along the way. This will allow us to make strategic changes based on data and not emotion.

WHAT DO THE PILLARS CREATE?

ONCE YOU HAVE COMPLETED THE PILLARS THIS ALLOWS YOU TO BECOME:

- EMOTIONALLY RESILIENT
- HAPPIER, HEALTHIER AND MORE CONFIDENT WITHIN YOUR OWN SKIN
- BUILD STRONGER RELATIONSHIPS WITH YOU PARTNER, FAMILY AND FRIENDS
- THE BEST VERSION OF YOU SO YOU CAN BETTER SERVE THE PEOPLE AROUND YOU
- BETTER EQUIPED TO SUSTAIN THE TRANSFORMATION YOU HAVE ACHIEVED.



THE VERDICT!

ARE YOU GOING TO JOIN 100'S FEMALES

WHO I HAVE ALREADY WORKED WITH TO DITCH THE ENTRY
LEVEL SOLUTIONS THAT GET YOU "SHORT TERM GAINS"

TO LEVEL UP YOUR PHYSICAL, MENTAL AND EMOTIONAL
HEALTH TO ACHIEVE LIFE LONG SUSTAINABILITY!

ABOUT ME



I STARTED OUT TRAINING AND FALLING IN LOVE WITH ALL THINGS FITNESS FROM THE AGE OF 8. I WENT ON TO BECOME A HIGH PERFORMING GAELIC FOOTBALL PLAYER. I THEN BEGAN TO BECOME UNWELL OVER THE COURSE OF A 12 MONTH PERIOD WHICH LED ME TO GIVING UP ON MY DREAM OF REPRESENTING MY FAMILY, COUNTY AND MY TEAM.

THE ONLY THING KEEPING ME GOING WAS MY GYM TRAINING ROUTINE, THIS SHOWED ME THE TRUE POWER OF SELF CARE AND ROUTINE.

AFTER BATTLING WITH THE LOSS OF SPORT, THIS LEAD TO MY MENTAL HEALTH BEING AFFECTED LEADING TO DEPRESSION. THIS LEAD TO A "UNHEALTHY LIFESTYLE" AND BECAUSE OF THIS I DEVELOPED GENERALISED ANXIETY DISORDER, THIS REALLY SHUT MY LIFE DOWN.

HERES A LIST HOW.. COULDN'T LEAVE MY HOUSE OR BED, COULDN'T SPEND TIME IN PUBLIC, SUFFERED WITH BODY IMAGE ISSUES, COULDN'T CONTROL MY EMOTIONS LEADING TO SUICIDAL THOUGHTS AND ATTEMPT. TO TOP THIS ALL OFF SHORTLY AFTER THIS I LOST MY BEST FREIND TO SUICIDE.

WHAT PULLED ME THROUGH? REBUILDING MY LIFE AROUND HAPPINESS AND FEELING GOOD FIRST THEN FOCUSING ON REBUILDING MY PHYSICAL APPEARANCE AND "LOOK"

THIS IS HOW I REBUILT MY LIFESTYLE FROM THE BOTTOM RIGHT BACK UP.

NOW ITS TIME FOR ME TO REBUILD YOURS.



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