



DOMINATE 28

THE RULES: Every day you have 4 areas to look after **#1** Food, **#2** Fitness, **#3** Focus, **#4** Fun. Each day you get 1 point for each area that you complete. End of each week you should have a score out of 28. Anything over 23 is considered solid progress for the week.

DATE FROM:

DATE TO:

1 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	2 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	3 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	4 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	5 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	6 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	7 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>
8 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	9 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	10 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	11 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	12 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	13 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	14 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>
15 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	16 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	17 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	18 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	19 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	20 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	21 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>
22 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	23 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	24 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	25 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	26 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	27 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>	28 Food <input type="checkbox"/> Fitness <input type="checkbox"/> Focus <input type="checkbox"/> Fun <input type="checkbox"/>



WHY THOSE 4 THINGS

#1 Food. Eating more protein makes you feel fuller, faster, which means you automatically eat less calories. This means you lose weight & get stronger. All you need to do is start to eat at least 1 portion of protein at each meal. You can choose from the multiple food guide options from our members download page. Pick the one that suits your lifestyle. Remember no need to go from zero to hero. Slowly increase commitment.

#2 Fitness. Pick a workout of your choice & do a minimum of 20 minutes. There is no maximum time. Ideas: a home workout from an app, a park gym, a Youtube workout, a zoom online class, kettlebells, pushups, or a gym session here at The Warehouse Gym. Anything that gets your heart rate going. (If you're not ready to start exercise just yet that's ok, just remove this part)

#3 Fun. Anything that takes your mind off everything that's happening and gets you to focus is good for you. 10 minutes playing an instrument, 10 minutes reading a book even watching a some stand up comedy. Minimum of 10 minutes daily, there is no maximum time.

#4 Focus. Two really simple options here, either meditate with the Headspace app first thing in the am, or walk for 20 mins per day with scrolling on your phone. (Or if you're motivated, do both. This is doable by almost everyone.

note: I could add all the academic references here. But that'd be boring. Google it if you're interested or drop us a message.



WHY DOMINATE28

Dominate28 is a 28-day program to get you back to focussing on you. By the end you'll be a better version of yourself than you were at the start both physically & mentally.

WHICH OF THE FOLLOWING BENEFITS DO YOU WANT TO EXPERIENCE BY THE END OF THIS

tick all that apply.

- I'll look better
- I'll be/feel more attractive to others
- I'll be able to wear smaller size clothes
- I'll be able to wear more stylish clothes
- I'll be happier when I look in the mirror
- I won't feel self conscious
- I'll get more compliments
- I'll be in better health
- I'll be able to exercise/ move without discomfort
- I'll live longer
- I'll feel better physically
- I'll have more energy
- I'll be more physically fit
- I'll enjoy sexual intimacy more
- I'll feel like myself again
- I'll feel more in control
- I'll feel as if I've accomplished something important
- I'll feel more confident
- I'll be less self critical
- I'll feel more outgoing
- I'll do more things (like going swimming)
- I won't have to listen to family commenting on my food
- I'll be more assertive
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add your own reasons in the blank spaces. remind yourself of these every day.