

gFT gBoT 12 Week Challenge

Elevate your fitness journey with our gFT gBoT 12 Week Challenge – the ultimate nutrition and training program designed to help you be the best version of yourself!

Whether you're preparing for a special event or simply seeking to get back on track with your health and fitness goals, this program has everything you need to succeed.

With our comprehensive approach, you'll receive personalized nutrition and training plans tailored to your specific goals and needs. Our 3-phase nutritional strategy will guide you through calorie tracking, macro adjustments, and event preparation, ensuring that you're fueling your body for optimal performance.

Plus, our 3-phase training strategy will help you build strength, muscle, and endurance, so you can look and feel your best.

But what sets our program apart is our focus on accountability. From the moment you sign up, you'll be expected to fully commit to the program for the entire 3 months. This level of accountability, combined with regular coaching sessions and progress tracking, guarantees that you'll see amazing results.

Don't wait any longer to transform your body and your life – join the gFT gBoT 12 Week Challenge today and unlock your full potential!

When: NOW – *Be the Best You Walking Through the Doors at Your Event!*

What: gFT get Back on Track 12 Week Nutrition & Training Challenge

- Pick Your Type of Plan / Macro Targets Provided /Solutions Provided
 - 3-Phase Nutritional Strategy - **4 Macro Calls 1 x Weekly**
 - Phase-1 (Days 1-30) - Get your Calories {mandatory tracking}
 - Phase-2 (Days 31-60) - Dial in Your Macros {mandatory tracking}
 - Phase-3 (Days 61-90) - Get Ready for Your Event {mandatory tracking}

 - 3-Phase Training Strategy - **4 Training Calls 1 x Weekly**
 - Phase-1 (Days 1-30) – Basic Building / Rebuilding
 - Phase-2 (Days 31-60) – Strength Building – 9's
 - Phase-3 (Days 61-90) – Hypertrophy Building – 12's

Where: gFT Online Coaching Sign Up! → <https://bit.ly/gFTProFit-DiscoveryCall>

Expectations:

1. Once You Sign up NO backing out, you will be responsible for all 3 Months
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2. You MUST attend all monthly Client Coach Strategy Sessions YOUR Accountability Meetings
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3. You MUST log your foods daily, and have all numbers available for Strategy Sessions
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4. You WILL report your daily macros to an Online Private Spread Sheet (no one can see but you)
 - a. THIS IS PART OF THE ACCOUNTABILITY
5. ***YOU WILL SEE AMAZING RESULTS – GAURENTEED! THIS PART IS FROM THE ACCOUNTABILITY***

Take the first step towards a leaner, stronger, and healthier you. Sign up now and experience the incredible benefits of our gFT gBoT program.

Your future self will thank you!

Imagine being Lean & Muscular!

getting BACK on TRACK