

12-Week Train to Change

Welcome to our 12-Week Train to Change Custom program—an intensive, results-driven coaching experience designed to transform your life from the inside out. This comprehensive program is your ticket to shedding pounds of stress, moving better, feeling better, and ultimately living better. Over the course of three months, you'll embark on a journey of self-discovery and transformation, guided by our team of expert coaches who are committed to your success.

At the core of our program are four key pillars: mindset, nutrition, fitness, and accountability. We believe that true change begins with a shift in mindset, which is why we prioritize mindset coaching to help you crush limiting beliefs and tap into your full potential. Our nutrition component focuses on creating sustainable, enjoyable eating habits tailored to your preferences and lifestyle, while our fitness training is designed to improve your strength, mobility, and agility. Throughout the program, you'll receive unparalleled support and accountability from our team, ensuring that you stay on track and achieve your goals.

Investing in our 12-Week Train to Change Custom program is an investment in your overall health, well-being, and future success. With our personalized approach and unwavering commitment to your transformation, the return on investment far exceeds any other options for complete optimization. Join us on this journey and unlock your true potential today!

Core Concepts

- **Mindset** – *what are your desire's? when are you going to achieve them?*
 - Weekly Chats for superior support – *Can be done via your phone anywhere!*
 - Crush Limiting Beliefs – Then Attack and Accomplish your Desire's!
 - From Surviving to THRIVING! Finally, Peace of Mind!
 - **1x per week Mindset Call 15-mnutes to however long**

- **Nutrition** – *“the most fun you have had eating”*
 - **Food Survey** - We Use Foods that You Like and Will Eat
 - **Custom App** – *We set you up and send Pre-Loaded Data for the SIMPLIST entry!*
 - **Meal Plan Templates** – We Will Create a Timing Plan that fits your “Daily Life”
 - Fresh & Interesting Recipes/ Sustainable/ Simple/ **FLEXIBLE**
 - Focus Tasks Given Weekly – See the Forest Through the Trees!
 - **1x per week Nutrition Only Call 15-mnutes to however long**

➤ Fitness –

- **getFITwithTY App** – Exercise and Daily Compliance with Your **Personal** Calendar.
 - Daily Protocols/ Daily Reminder's/ Training Video's/ Diagnostic's/ Coach Chat's
- **Specific Functional Training Design – *let us get rid of the pain and aches!***
 - Training Designed to get Strong, Mobile, and Agile!!
 - Workouts specific to your capabilities- “improve your core improve your life”
 - Mobility & Agility – The Forgotten Arts (*heard of Ninja like reflexes?*)
 - Easy Access Portal – Stay on Track, **ANYWHERE!**
- **1x per week Fitness Only Call 15-mnutes to however long**

➤ **Accountability - You Will Never Be Alone on this Journey! A coach is worth their weight in gold!**

- We are here to pick you up, dust you off and rally you to the finish line!!!
 - 12-Weeks
 - All tools Provided
 - Results Guaranteed
 - Lifetime of Habits

Ready to transform your life with our 12-Week Train to Change Custom program? Take the first step towards a healthier, happier you by enrolling now! Don't wait any longer to invest in your well-being and unlock your full potential.

Join us on this life-changing journey and start living your best life today!