## The Mindset Behind Getting Into Awesome Shape

## **BOOTCAMP**

...It's Not About Being Perfect

Week 5: Lesson 1

## **Time To Take Action With Your Nutrition**

The most common obstacle that my subscribers and clients ask about is sticking with an eating plan.

Don't make it harder than it needs to be.

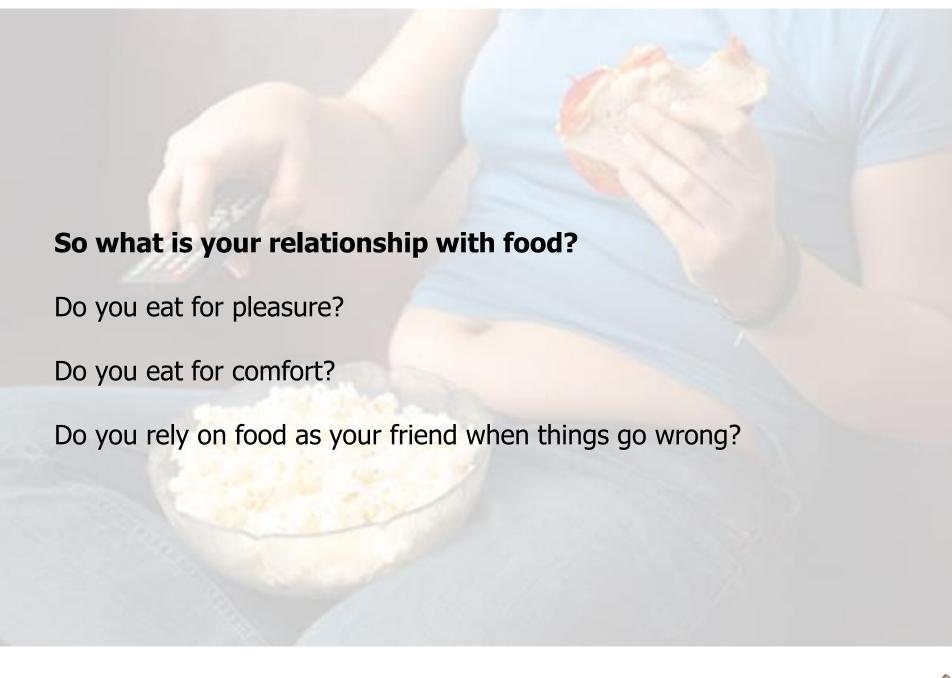
Try to be more aware of what you eat, when you eat, and why you eat the things you do.



You can exercise your butt off but if you're consuming crap you're going to continue to be frustrated with your efforts.



If you don't get your eating off on the right track, you'll continue to feel like you're smacking the head against a brick wall.





Do you stop at one treat or snack?

Eventually, you get a stomach ache, headache, nauseous, feel guilty.

"Tomorrow I'll start my new eating plan..."





Can food, realistically, fix that emotional need on a deeper level?



## BOOTCAMP ACTION STEP

Open and complete Your take-action-with-your-nutritionsheet.pdf nutrition sheet...

Then share it in the Bootcamp Private Facebook Group...



