

RunningLean *for life*

How to transform yourself into a lean, fat-burning, running machine so you can run without bonking, lose weight without calorie-counting, and develop the habits required to make it last for life.

RunningLean
COACHING

Running Lean for Life

How to transform yourself into a lean, fat-burning, running machine so you can run without bonking, lose weight without calorie-counting, and develop the habits required to make it last for life.

Print this workbook and take notes during the training. This will help you to learn and remember the key points.

1. Why do you want to lose weight? Why is this important to you?

2. What's the real reason you are overweight?

3. What are the main reasons why running doesn't work for weight loss?

4. Why doesn't eating less work for weight loss?

5. What role do your hormones play in fat storage and fat burning?

6. What is 'meal spacing' and why is it important in losing weight?

7. How does strength training contribute to fat burning?

8. What role does stress play in your body's ability to burn fat?
9. How have you programmed your mind to keep you overweight?
10. What emotions cause you personally to eat the most?
11. Why is it so hard for you to lose weight on your own?

12. Do you believe you can lose weight? Why or why not?

13. Imagine yourself at your ideal weight 6 months or a year from now. How is your life different? What's better? Describe how you feel.

Bonus: "Nothing changes if _____."

To apply for one-on-one coaching, visit www.runningleancoaching.com/apply

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.