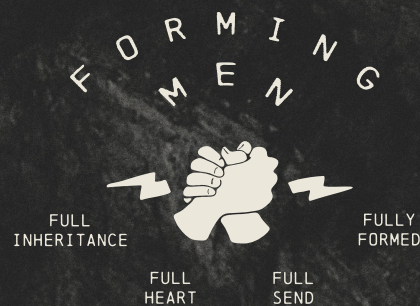


FORMING  
MEN

# MAN YEAR PLAYBOOK

> Physical Module Workbook:  
MONTH ONE



MAN  
YEAR

Forming Men

// Man Year Playbook

"Cover"



# FORMING MEN

## --- TABLE OF CONTENTS ---

> Welcome	PG 1
> Pre-Work	PG 6
> Week 1	PG 17
> Week 2	PG 24
> Week 3	PG 31
> Week 4	PG 38
> Implementation Guide	PG 45

## LETTER FROM JON & JEFFERSON

**Brothers,**

Welcome to the **Physical Health** module of Man Year. You've already done deep work in your spiritual and emotional life and are currently halfway through Man Year. Now, we're shifting focus to your body because **your body matters**.

We live in a world that often swings between two extremes: worshiping the body or neglecting it. One says, "Your worth is in how you look." The other whispers, "This body doesn't matter—just focus on the soul." Both are lies.

God didn't create us as floating spirits—He formed Adam from the dust and breathed life into him. He designed us to be **strong, resilient, and capable** — to work, protect, endure, and serve. The greatest men of Scripture weren't just wise and faithful; they were strong in body and spirit. Moses climbed mountains in old age. Paul endured brutal beatings and kept going. Jesus Himself, a carpenter by trade, walked miles upon miles, fasted for forty days, and carried the cross on His back. The main thrust of what we want you to learn over the next three months is that your body is deeply interconnected to other aspects of yourself (emotions, your walk with Jesus, etc.), and that is a gift. Also, understanding the theological implications of why God gave us a body and how we can steward it will reap enormous benefits in your life.

So, we thought of no better person to help us with this module than our dear friend Chris Cirullo. Chris is a former Army Ranger who now runs a ministry called Mission Fit Dads. He uses the lens of physical stewardship to teach men about all aspects of themselves. He has brilliantly laid out different levels of plans and difficulty for all men to find a space to enter in and grow over the next 12 weeks.

Remember, physical stewardship is not about vanity. It's about **capacity**. The stronger you are, the more you can give. The healthier you are, the more endurance you have for your wife, your kids, your mission, and your brothers.

## LETTER FROM JON & JEFFERSON

But let's be real—this will take work.

Some of you are already disciplined in this area, and this module will push you to new heights. Others are stepping into it for the first time, and it may feel like foreign territory. Either way, this is not just about workouts and diets. It's about rewiring your **mindset** around your physical body.

This module will challenge you in **four key areas**:

1. **Movement** - Training your body for strength, endurance, and resilience.
2. **Fuel** - Honoring God by putting the right things in your body.
3. **Rest** - Understanding that recovery is as essential as work.
4. **Discipline** - Cultivating the mental and spiritual toughness to stay the course.

We'll also invite you to **track your progress** because growth is measurable. You'll set keystone habits, choose a challenge that fits your level, and push yourself beyond comfort.

No matter where you're starting, **you can do this.**

You were made to be strong.

You were made to be capable.

You were made to be a man who can bear weight—not just in the gym, but in your home, community, and the Kingdom.

Let's get after it.

*JEFF & JON*

## YOUR JOURNEY STARTS HERE

Gentlemen,

When Jesus commanded us to love the Lord with all our heart, soul, mind, and strength, He wasn't creating a hierarchy—He was painting a complete picture of devotion. Yet for too many of us, physical strength has become a footnote of our faith rather than a core expression of our worship.

Consider this: God intentionally made us as embodied beings. He could have created us as pure spirit, like the angels, but He chose to give us bodies capable of growing stronger, more capable, and more resilient. This wasn't an accident or an afterthought; it was by divine design.

Our physical strength isn't separate from our spiritual journey; it's integral to it. When David faced Goliath, Nehemiah rebuilt the walls, and Paul endured shipwrecks and beatings to spread the Gospel, their spiritual calling required physical capability. The same holds true for us. Whether it's having the energy to lead our families after a long day's work, the stamina to serve our communities, or the strength to stand firm in challenging seasons, our physical capacity directly impacts our spiritual effectiveness and, ultimately, how well we're following Jesus.

Over the next 12 weeks, you'll be challenged to elevate your view of physical stewardship from a personal health choice to a spiritual imperative. This isn't about getting a beach body or impressing others - it's about building the strength to fulfill your God-given calling with excellence.

## YOUR JOURNEY STARTS HERE

As we venture into this section, I want to encourage you to cut out the comparison game. Don't go down that road. Your mission over the next three months is to rise to the level of your potential and redemptive calling, not to do better than the men to your left and right.

Your standard of excellence is dependent on the body, life, and circumstances God has given or allowed for you, and your call is to do the best you can with where you are and what you have.

The path ahead will require discipline, sacrifice, and persistence. There will be early mornings, challenging workouts, and moments when you'll want to ease off. But remember: every rep, every mile, every healthy choice is an act of worship, preparing your body as a living sacrifice, holy and pleasing to God.

Let's approach this journey not just as men trying to get in shape but as warriors being equipped for kingdom impact. Time to get to work.

*CHRIS*

# FORMING MEN

## --- MODULE TWO AT A GLANCE ---

- > Your main mission for the next 12 weeks is to repent or “rethink” the way you view health and fitness in light of God’s call on your life.
- > You’ll take an honest inventory of where you are today and map your journey each week with intentional reflection about how you’ve been stewarding your body and strength.
- > You’ll pick from one of 8 physical challenge options and follow the training guide to help you achieve it by week 12.
- > You will pick at least 2 of the 4 keystone habits to maintain for the full 12 weeks.
- > In weeks 1-4, our goal is to establish the biblical foundation for physical strength as a divine design, connecting physical stewardship to spiritual capacity.
- > In weeks 5-8, we will reframe the need for masculine strength through the lens of Jesus Christ.
- > In weeks 9-12, you’ll work to develop a plan for a sustainable approach to physical stewardship beyond Man Year.
- > Lastly, I’ve provided you all a [Bonus Guide] that walks you through training plans, nutrition strategies, and more to support you on this journey.

>> **SKIP TO BONUS GUIDE** <<

# FORMING MEN

## --- PRE-WORK ---

Just as Google Maps needs two precise points – where you and your phone are now and where you want to go – to create an effective route, we need the same clarity for your journey.

Before we dive into these 12 weeks, you need to establish your true starting point – not just physically, but in your heart posture toward health and strength. This requires brutal honesty. Where are you spiritually with stewarding your body? What stories have you been telling yourself about physical strength? What fears, habits, or beliefs have shaped your current relationship with health? The more honest you are about the current state, the better you'll be able to choose the appropriate challenge for the module and the deeper your transformation will likely be.

This isn't just about noting whether you can do ten push-ups; it's about understanding the 'why' behind your current state – physically, mentally, and spiritually – whether that's a place of struggle, mediocrity, or excellence.



**1. CURRENT STATUS**

Rate yourself on a scale of 1-10 in the following areas:

\_\_\_\_\_ Overall physical energy throughout the day

\_\_\_\_\_ Quality of sleep

\_\_\_\_\_ Current strength level

\_\_\_\_\_ Current endurance level

\_\_\_\_\_ Physical mobility/flexibility

\_\_\_\_\_ Daily water intake habits

\_\_\_\_\_ Nutritional habits

\_\_\_\_\_ Stress management

For each rating, briefly explain why you gave yourself that score:

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**2. DAILY ROUTINE**

\_\_\_\_\_ Typical wake time

\_\_\_\_\_ Typical bedtime

\_\_\_\_\_ Hours spent sitting

Current exercise habits \_\_\_\_\_

Typical meal times \_\_\_\_\_

Current physical activities/sports: \_\_\_\_\_

**3. BARRIERS AND CHALLENGES**

Check all that apply:

- ☐ Time constraints
- ☐ Energy levels
- ☐ Work schedule
- ☐ Family commitments
- ☐ Physical limitations
- ☐ Lack of motivation/vision
- ☐ Other: \_\_\_\_\_

Explain your top 2-3 barriers and how they impact you:

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**4. EMOTIONAL ASSESSMENT**

Beyond the numbers and facts shared above, how do you feel about your current physical condition? What emotions come up when you think about your health?

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**5. UNDERSTANDING PATTERNS**

Looking at your habits above, which ones have been most influential in creating your current physical condition (both positive and negative patterns)?

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**6. VISION FOR CHANGE**

What specific physical outcomes would you like to achieve in the next 12 weeks? 12 months? Paint a detailed picture of what success looks like to you.

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**7. SUCCESS STRATEGY**

What specific support, resources, or changes would help you overcome the barriers you identified above?

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**8. SPIRITUAL CONNECTION**

How do you currently view the connection between your physical strength and your spiritual life?

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> What messages about physical health did you receive growing up (from family, church, culture)?

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> In what ways do you feel your current physical condition helps or hinders your ability to serve God and others?

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**9. CONCERNS AND COMMITMENT**

What fears or concerns do you have about embarking on this physical transformation journey?

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> What makes this the right time to commit to this transformation?

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### --- CHOOSE YOUR BATTLE PARTNER ---

Before you take another step, your group needs to have an honest conversation about Battle Partners. This isn't just about having a workout buddy - it's about forging alliances where two men sharpen each other through this journey.

Take time now as a group to discuss this openly. Consider partnering someone who has demonstrated follow-through in past commitments with someone who's looking to build that muscle. Some of you might be starting at similar places physically but bring different strengths when it comes to consistency and dedication. These partnerships work best when we're honest about our starting points and can learn from each other's strengths.

Choose one other man (or form a group of three if needed) to lock arms with. Consider choosing the same challenge and coordinating your training times. You'll check in with each other (aim for daily), train together whenever possible (but don't let scheduling this add overwhelm), and keep each other focused on the mission ahead.

When one of you is tempted to skip, the other brings the fire. When one questions the journey, the other remembers the 'why.' Iron sharpens iron. Take time now as a group to discuss and form these partnerships. Your shared commitment over these next 12 weeks will multiply the impact for you both.

### --- KEYSTONE HABITS AND CHALLENGES ---

There are 4 potential keystone habits you can put in place this quarter. The minimum requirement is 2, but if you can do all 4, that's amazing and definitely worth the energy.

Pick between 2 to 4 of the following:

- ☐ 7+ hrs sleep
- ☐ 20 push-ups per day
- ☐ No refined and/or added sugar
- ☐ Half your bodyweight in ounces of water each day  
(180 lb. man should drink 90 ounces)

These keystone habits must be done at least 5 days per week for 12 weeks.

### --- CHALLENGE OPTIONS ---

You will pick 1 of 8 challenges for the quarter. Choose one that provides an intermediate level of challenge for you personally. It shouldn't be grueling and unattainably hard, but it shouldn't be easily achievable either. Pick something that will push you while remaining realistic. \*Training plans and nutrition plans will live inside the "Man Year Physical Health Bonus Guide"\*

**DISCLAIMER:** The purpose of these challenges is your growth. To push you beyond your comfort zone. We want to be guides in helping you go from where you are to the next level of stewardship and strength - whether you're just starting out or you're an advanced athlete type. So, if the options provided feel too unattainable, or you have a health reason why you shouldn't participate in these, feel free to modify or change them. If you have a vision for a different challenge that is better aligned for you and will still stretch you, feel free to explore other options. The goal of the next 12 weeks is sustainable progress. As with any fitness program, we recommend you clear your selected challenge with your doctor.

**CHALLENGE 1**

## Walk to Run (Beginner)

- > **Goal:** Complete a 5K (3.1 miles) without walking
- > **Who it's for:** Someone new to fitness or returning after a long break
- > Alternate Goal for Wheelchair Users:
  - > New to wheelchair: Complete 1-1.5 miles continuously
  - > Experienced in wheelchair: Complete 5K
- > **Details:** 2-3 training sessions per week, gradually building distance and reducing walking intervals

**CHALLENGE 2**

## Basic Strength Foundation (Beginner-Intermediate)

- > **Goal:** Complete all three:
  - > 20 proper pushups without stopping
  - > 50 bodyweight squats with good form
  - > 1-minute plank hold
- > **Who it's for:** Those looking to build fundamental strength
- > **Details:** Progressive training 3x per week, focusing on form and gradual increases in volume

**CHALLENGE 3**

## Flexibility Milestone (All Levels)

- > **Goal:** Touch toes with straight legs and hold for 30 seconds
- > **Who it's for:** Anyone looking to improve flexibility, especially those with tight hamstrings
- > **Details:** Daily stretching routine with a focus on proper form and gradual progression

**CHALLENGE 4**

## Body Composition Challenge (Intermediate)

- > **Goal:** Reduce body fat by 2% while maintaining or increasing lean mass over 12 weeks
- > **Who it's for:** Those ready to combine training with nutrition discipline
- > **Details:** Requires consistent strength training and nutrition tracking



**CHALLENGE 5****Dead Hang to Pull-Ups  
(Intermediate)**

- > **Goal:** Achieve both:
  - > 5 strict pull-ups
  - > 90-second dead hang
- > **Who it's for:** Those who can already dead hang for at least 30 seconds
- > **Details:** Progressive training including hang progression and pull-up assistance exercises

**CHALLENGE 6****Advanced Endurance  
(Advanced)**

- > **Goal:** Goal: Run 10K in under 50 minutes
- > **Who it's for:** Those who can already run 5K continuously
- > **Details:** Structured training combining speed work and distance running

**CHALLENGE 7****Strength-Endurance Complex  
(Advanced)**

- > **Goal:** Goal: Complete in under 20 minutes:
  - > 100 pushups
  - > 100 squats
  - > 100 sit-ups
- > **Who it's for:** Those with significant strength base
- > **Details:** Progressive training building both strength and endurance capacity

**CHALLENGE 8****Elite Performance  
(Expert)**

- > **Goal:** Goal: Complete Murph Challenge with 20lb weight vest in under 45 minutes:
  - > 1 mile run
  - > 100 pull-ups
  - > 200 pushups
  - > 300 squats
  - > 1 mile run
- > **Who it's for:** Experienced athletes with advanced fitness levels
- > **Details:** Comprehensive training across strength, endurance, and stamina

### --- CHALLENGE SELECTION ---

After reviewing the five challenge options,  
which one resonates most with you and why?

**Selected Challenge:** \_\_\_\_\_

Reasoning for selection:

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What scares you about this challenge?

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What excites you about this challenge?

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**Selected Keystone Habits:** (choose at least 2, but by all means, do all 4)

- ☐ 7+ hrs sleep
- ☐ 20 push-ups per day
- ☐ No refined and/or added sugar
- ☐ Half your bodyweight in ounces of water each day  
(180 lb. man should drink 90 ounces)

Why did you choose these specific habits?

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	<b>FORMING MEN</b>	
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--- WEEK ONE ---  
**FOUNDATIONS OF PHYSICAL STEWARDSHIP**

When we begin any journey of physical transformation, it's natural to focus immediately on the practical – the workouts, the meal plans, the habits we need to change. But before we pick up a single weight or log our first workout, we need to understand something far more fundamental: God's original design for our physical strength.

Think about this: When God formed Adam from the dust, He didn't just create a spiritual being wrapped in a disposable shell. He crafted a physical body with intentional design, specific capabilities, and divine purpose. The human body wasn't an afterthought – it was part of God's declaration of "very good" in Genesis 1:31.

This reality transforms how we approach physical stewardship. We're not trying to overcome or transcend our bodies; we're working to restore them to their intended purpose and capacity. Just as a classic car requires careful restoration to reveal its original beauty and function, our bodies need intentional stewardship to express their God-given capabilities.

But here's where many of us get stuck: We've absorbed messages from culture and, sometimes, even the church that diminish the importance of physical strength. On one side, we're told that the body is merely a vessel for the spirit and that physical strength is vanity. On the other, we're bombarded with messages that reduce physical strength to aesthetic appearance or performance metrics.

Both miss the mark of God's design.

Your body was crafted with purpose – to love, to serve, to protect, and to endure. When Jesus commanded us to love God with all our strength, He wasn't speaking metaphorically. He was acknowledging that physical capacity is one way we express our love for God and serve His kingdom.



Consider this: God could have designed humans differently. He could have made us purely spiritual beings. Instead, He intentionally gave us physical form, with muscles that can grow stronger, hearts that can become more efficient, and bodies that can adapt to greater demands. This wasn't an accident – it was intentional.

As we begin this journey together, I want you to grasp the fundamental truth that developing your physical strength isn't about conforming to cultural standards or even about reaching personal goals. It's about stewarding what God has entrusted to you. It's about restoring what was designed to be strong, capable, and enduring.

This understanding changes everything. Your workouts become acts of stewardship. Your nutrition becomes a way of honoring God's design. Your rest becomes holy restoration. Every aspect of physical development becomes infused with spiritual significance.

In the coming weeks, we'll dive deep into practical steps and specific challenges. But right now, I want you to sit with this truth: God intentionally designed you with the capacity for strength. Your body isn't an obstacle to overcome; it's a gift to steward.

The journey ahead isn't just about building muscle or increasing endurance. It's about partnering with God to restore His original blueprint for your physical capacity. As you begin this process, remember that you're not just working on your body. You're working with God to reveal what He designed from the beginning.

Quote for the Week:

*"God values something about the human form more than we'll ever fully understand this side of glory. God wants us to begin to see more of what He sees - in our limited way. God wants us to know that He values the body - immensely."*

- Month 1 Keynote

## WEEK 1: FOUNDATIONS

### Reflection

Take time to journal through the following:

1. How has your understanding of spiritual and emotional health changed in the last six months?

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2. Where has God already brought transformation in your life through this Man Year journey? How can you lean on God's faithfulness this far, to fuel you through the next 90 days.

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3. What does it look like to carry your body into this next phase with intentionality and surrender?

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4. In what ways have you neglected or misused your physical health in past seasons?

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5. What kind of physical presence do you believe God is calling you to cultivate – for your family, your calling, and your future?

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## Group Discussion Questions

> As you begin this physical module, how are you feeling—energized, hesitant, excited, convicted?

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> How does viewing your physical body as part of your discipleship reshape your perspective?

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> What is one physical habit or rhythm you've been wanting to start but haven't?

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> How can we support one another to avoid performance traps, comparison, apathy, etc. and pursue strength from a place of stewardship?

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> What do you think will be the greatest friction or resistance — and the greatest opportunity — in the next 90 days?

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**Greatest Victory This Week:**

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**Biggest Challenge This Week:**

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**Energy Level (1-10):** \_\_\_\_\_

**Sleep Quality (1-10):** \_\_\_\_\_

**Stress Level (1-10):** \_\_\_\_\_

**Additional Notes:**

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--- WEEK TWO ---  
**BUILDING MOMENTUM**

The hardest part of any transformation isn't the middle, when you see progress, or even the end, when fatigue sets in. It's those first steps – breaking new ground in territory that feels foreign and uncomfortable. Like the first swing of a pickaxe into hard soil, these initial movements require the most energy and often yield the least visible results.

But these first steps are where the battle for transformation is often won or lost. Not because they're physically the most challenging but because they require us to push through the strongest mental and spiritual resistance we'll face. It's in these early moments that our old patterns of thinking wage their fiercest war against new patterns of living.

Think about Moses leading the Israelites out of Egypt. The hardest part wasn't crossing the Red Sea – that was God's miraculous provision. The hardest part was convincing people to take those first steps away from the familiar, even if that familiar was slavery. The same holds true in our journey of physical stewardship. The greatest challenge isn't the workouts themselves – it's breaking free from the comfortable patterns that have held us back.

This is where many men get discouraged. They expect immediate results, visible progress, or some kind of spiritual enlightenment to accompany their first weeks of training. When these don't materialize as quickly as hoped, doubt creeps in. "Is this really worth it?" "Am I doing this right?" "Does this even matter spiritually?"

Let me speak truth into these moments of doubt: The physical resistance you feel in these early weeks is actually working in your favor. Each time you push against it you're not just developing physical strength; you're developing spiritual resilience. Every time you choose the harder path of discipline over the easier path of comfort, you're building capacity for obedience in every area of life.

Here’s the beautiful truth: God honors these beginning steps of obedience. He’s not waiting for you to reach some level of physical prowess before He can use you. He’s working in you right now, through every rep, every meal choice, every early morning rise. These are acts of worship—not because of their intensity but because of their intent.

As you continue through these early weeks, focus not on how far you have to go but on the ground you’re breaking today. Each step of obedience, each small victory over comfort, and each choice to honor God with your physical strength are laying foundation stones for lasting transformation.

The soil of old habits may be hard, but keep swinging that pickaxe. Like Hosea 10:12 says, *“Break up your fallow ground”* in this area. Trust that the ground will break, new patterns will emerge, and what starts as duty will gradually transform into desire. For now, embrace the resistance as part of the process. It’s not just making you stronger; it’s making you more faithful.



## PROGRESS TRACKER

### --- WEEKLY HABIT TRACKING ---

WEEK 2	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

### --- CHALLENGE TRACKING ---

Challenge Selected:

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This Week's Training:

☐ **Training Session 1:**  
Details of what you did

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☐ **Training Session 2:**  
Details of what you did

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☐ **Training Session 3:**  
Details of what you did

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Additional metrics specific to your challenge:

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Quote for the Week:

*"We cannot walk in the fullness of Christ and be a disciple that is devoted to and fully led by the spirit when ANYTHING ELSE is running the show."*

– Month 1 Keynote

## WEEK 2: BUILDING MOMENTUM

### Reflection

Take time to journal through the following:

1. What patterns are you noticing in your daily habits and their impact?
2. Where do you feel the most resistance in this journey?
3. How has your relationship with physical discipline evolved?

### Action Planning

> What worked well this week?

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> What specific obstacles emerged in implementing your new habits?

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> What adjustments will you make next week to overcome these challenges?

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### Commitment for Week 3:

> What one specific change will you implement this week?

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Group Discussion Questions

> How has your understanding of physical stewardship evolved?

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> What unexpected challenges or victories have you encountered?

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> How are your new habits affecting other areas of your life?

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**Greatest Victory This Week:**

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**Biggest Challenge This Week:**

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**Energy Level (1-10):** \_\_\_\_\_

**Sleep Quality (1-10):** \_\_\_\_\_

**Stress Level (1-10):** \_\_\_\_\_

**Additional Notes:**

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--- WEEK THREE ---  
**MULTIPLY THE TALENT**

There's a profound shift that happens in every man's journey of physical stewardship — a moment when working out stops feeling like a burden and starts feeling like breathing. When eating well becomes less about willpower and more about wanting what's good for you. This transition from duty to desire marks the beginning of true transformation.

Think about learning to ride a bike. At first, every pedal stroke requires intense focus and effort. But there comes a point when the mechanics become natural, and suddenly you're not thinking about pedaling anymore; you're thinking about where you want to go. This same principle applies to physical stewardship. What begins as a series of conscious, sometimes difficult choices gradually becomes your natural rhythm.

But here's what most men miss: this shift doesn't happen by accident. It's the result of consistent, faithful action aligned with God's design. Just as the priests had to step into the Jordan before God parted the waters, we often must act our way into better thinking rather than think our way into better action. Their story in Joshua 3 reminds us that faith often requires stepping out before seeing the results.

Many of us entered this journey with a "just do it" mentality — gritting our teeth through workouts and white-knuckling our way through nutrition changes. While that determination got us started, it's not sustainable. God didn't design us to operate perpetually from willpower alone. He designed us to find joy in living according to His patterns.

Consider how David wrote about God's commands: *"More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb"* (Psalm 19:10). This wasn't just poetic language; it was the testimony of someone who had experienced the shift from seeing God's ways as restrictive to recognizing them as life-giving.

Your body is starting to experience this same truth. Those first workouts that felt like punishment? Your muscles are now beginning to crave that movement. Those healthy foods that seemed bland? Your tastes are being refined to appreciate their natural goodness. What began as discipline is gradually becoming delight.

This is more than just habit formation—it's your body and spirit aligning with God's original design. You're not just building strength; you're building momentum toward the person God intended you to be. Each workout, each healthy meal, and each good night's sleep is like another push of the flywheel, building momentum that makes the next right choice easier.

But here's the crucial truth: this momentum builds gradually, almost imperceptibly at first. Like the widow who gave her two mites, it's not the size of each action that matters but the heart behind it. Every time you choose to honor God with your physical choices, you're not just building physical momentum; you're developing spiritual appetite.

As you continue this journey, pay attention to these subtle shifts. Notice how your energy levels are changing, how your mindset is transforming, and how your desires are aligning more with what's good for you. These aren't just physical changes — they're signs that you're beginning to operate more fully in God's design.

The journey from duty to desire isn't always linear, and there will still be days when discipline must lead the way. But as you persist in faithful stewardship, you'll find yourself increasingly wanting what God wants for you. Your physical strength becomes not just something you pursue, but something you protect — a gift you're grateful to steward.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 3	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: \_\_\_\_\_

This Week’s Training:

☐ **Training Session 1:**  
Details of what you did  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☐ **Training Session 2:**  
Details of what you did  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☐ **Training Session 3:**  
Details of what you did  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional metrics specific to your challenge:

\_\_\_\_\_

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\_\_\_\_\_



Quote for the Week:

*"If we neglect or misuse our physical capacities, it's akin to burying a talent in the ground. Conversely, when we train, nurture, and employ our strength for purposes that reflect God's character—protecting, providing, creating, and serving—we mirror the faithfulness of the good and faithful servant."*

– Month 1 Keynote

## WEEK 3: DEEPENING INTEGRATION

### Reflection

Take time to journal through the following:

1. Where have you seen progress in your heart posture around physical stewardship?
2. How are your habits becoming more integrated into your daily routine?
3. What spiritual insights have emerged through physical discipline? (Or put another way, what cross-over points are you noticing between your actions with your body and what your heart, mind, and soul are experiencing?)

### Action Planning

> What worked well this week?

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> What specific obstacles emerged in implementing your new habits?

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> What adjustments will you make next week to overcome these challenges?

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### Commitment for Week 4:

> What one specific change will you implement this week?

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**Group Discussion Questions**

> How has physical discipline affected your spiritual disciplines?

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> What strategies have helped you stay consistent with your habits?

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> How has your perspective on strength changed since starting this journey?

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**Greatest Victory This Week:**

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**Biggest Challenge This Week:**

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**Energy Level (1-10):** \_\_\_\_\_

**Sleep Quality (1-10):** \_\_\_\_\_

**Stress Level (1-10):** \_\_\_\_\_

**Additional Notes:**

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	<b>FORMING MEN</b>	
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--- WEEK FOUR ---  
**STRENGTH IN COMMUNITY**

As you enter the fourth week of your journey, you're likely encountering a paradox familiar to every man pursuing physical transformation: even as your strength increases, you're becoming more aware of your limitations. The weights that felt impossible three weeks ago might feel manageable now, but new challenges arise to take their place. This isn't a sign of failure; it's evidence of growth.

In the physical realm, this principle is known as progressive overload. As your body adapts to one level of stress, you must increase the challenge to continue growing stronger. This principle extends beyond the gym into our spiritual formation, where God often uses challenges not to break us but to refine us.

This is where many men misunderstand the role of difficulty in their journey. They see challenge as an obstacle to overcome rather than a tool for transformation. But just as a muscle needs challenge to grow stronger, our character needs challenges to develop depth. The struggle itself is part of the blessing.

You might be feeling this truth acutely now. Perhaps you're sore in places you didn't know existed. Maybe you're facing internal resistance to maintaining these new patterns. You might even be questioning whether this level of effort is really necessary for spiritual growth. These doubts and difficulties aren't distractions from your journey; they're essential parts of it.

The Apostle Paul understood this principle well. When he wrote about training his body and bringing it under submission (1 Corinthians 9:27), he wasn't describing a comfortable process. He was acknowledging that physical discipline is both demanding and necessary for spiritual effectiveness. The resistance he encountered in physical training paralleled the resistance he faced in spiritual warfare.

But here’s the encouraging truth: while the challenge never disappears completely, your capacity to handle it increases. What felt overwhelming in week one has likely become manageable in week four. This isn’t just about physical adaptation; it’s about developing spiritual resilience. Each time you push through with the right heart, you’re building capacity for greater challenges and deeper growth.

Remember that refinement is different from punishment. Don’t just endure it or “get past it”—learn from it. Pay attention to what it reveals about your character, your priorities, and your dependence on God. The resistance that refines you today is preparing you to *step into your full redemptive potential*.

PROGRESS TRACKER

--- WEEKLY HABIT TRACKING ---

WEEK 4	MON	TUE	WED	THU	FRI	SAT	SUN
SLEEP HRS							
PUSH-UPS							
SUGAR FREE							
WATER GOAL							

--- CHALLENGE TRACKING ---

Challenge Selected: \_\_\_\_\_

This Week's Training:

☐ **Training Session 1:**  
Details of what you did  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☐ **Training Session 2:**  
Details of what you did  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

☐ **Training Session 3:**  
Details of what you did  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional metrics specific to your challenge:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Quote for the Week:

*"Physical strength, when coupled with humility and grace, becomes a powerful tool for serving others rather than serving self."*

– Month 1 Keynote

## WEEK 4: SUSTAINABLE TRANSFORMATION

### Reflection

Take time to journal through the following:

1. How is your definition of 'strength' different now compared to when you started?
2. What has surprised you most about the connection between your physical and spiritual journey?
3. In what ways are you becoming more aware of how God views your body?

### Action Planning

> What worked well this week?

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> What specific obstacles emerged in implementing your new habits?

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> What adjustments will you make next week to overcome these challenges?

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### Commitment for Week 5:

> What one specific change will you implement this week?

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**Group Discussion Questions**

> How has this journey affected your relationships with others who are also pursuing physical stewardship?

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> What would you say to someone who views physical discipline as separate from spiritual growth?

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> How has your prayer life changed in relation to your physical stewardship?

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**Greatest Victory This Week:**

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**Biggest Challenge This Week:**

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**Energy Level (1-10):** \_\_\_\_\_

**Sleep Quality (1-10):** \_\_\_\_\_

**Stress Level (1-10):** \_\_\_\_\_

**Additional Notes:**

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# PHYSICAL IMPLEMENTATION GUIDE

MAN YEAR PLAYBOOK  
PHYSICAL MODULE



A NEW DIGITAL RESOURCE CRAFTED BY  
**FORMING  
MEN**



## LETTER FROM JON & JEFFERSON

Brothers,

Welcome to the **Physical Health** module of Man Year. You've already done deep work in your spiritual and emotional life and are currently halfway through Man Year. Now, we're shifting focus to your body because **your body matters**.

We live in a world that often swings between two extremes: worshiping the body or neglecting it. One says, *"Your worth is in how you look."* The other whispers, *"This body doesn't matter – just focus on the soul."* Both are lies.

God didn't create us as floating spirits – He formed Adam from the dust and breathed life into him. He designed us to be **strong, resilient, and capable** – to work, protect, endure, and serve. The greatest men of Scripture weren't just wise and faithful; they were strong in body and spirit. Moses climbed mountains in old age. Paul endured brutal beatings and kept going. Jesus Himself, a carpenter by trade, walked miles upon miles, fasted for forty days, and carried the cross on His back. The main thrust of what we want you to learn over the next three months is that your body is deeply interconnected to other aspects of yourself (emotions, your walk with Jesus, etc.), and that is a gift. Also, understanding the theological implications of why God gave us a body and how we can steward it will reap enormous benefits in your life.

So, we thought of no better person to help us with this module than our dear friend Chris Cirullo. Chris is a former Army Ranger who now runs a ministry called Mission Fit Dads. He uses the lens of physical stewardship to teach men about all aspects of themselves. He has brilliantly laid out different levels of plans and difficulty for all men to find a space to enter in and grow over the next 12 weeks.

Remember, physical stewardship is not about vanity. It's about **capacity**. The stronger you are, the more you can give. The healthier you are, the more endurance you have for your wife, your kids, your mission, and your brothers. But let's be real – this will take work.

## LETTER FROM JON & JEFFERSON

Some of you are already disciplined in this area, and this module will push you to new heights. Others are stepping into it for the first time, and it may feel like foreign territory. Either way, this is not just about workouts and diets. It's about rewiring your **mindset** around your physical body.

This module will challenge you in **four key areas**:

1. **Movement** - Training your body for strength, endurance, and resilience.
2. **Fuel** - Honoring God by putting the right things in your body.
3. **Rest** - Understanding that recovery is as essential as work.
4. **Discipline** - Cultivating the mental and spiritual toughness to stay the course.

We'll also invite you to **track your progress** because growth is measurable. You'll set keystone habits, choose a challenge that fits your level, and push yourself beyond comfort.

No matter where you're starting, **you can do this**.

You were made to be strong.

You were made to be capable.

You were made to be a man who can bear weight – not just in the gym, but in your home, community, and the Kingdom.

Let's get after it.

*- JEFF & JON*

## CHALLENGE TRAINING OUTLINES:

### Key Notes for All Plans Below:

- > Rest days between sessions
- > Follow keystone habits daily
- > Listen to body/adjust as needed
- > Maintain spiritual focus
- > Scale intensity to ability level

### CHALLENGE 1

#### Walk to Run (5K) Challenge

- > Weeks 1-4: Walk 20-30 mins, adding 2-3 min jogging intervals
- > Weeks 5-8: Alternate 5 mins walking/5 mins jogging
- > Weeks 9-12: Mostly jogging, walk breaks as needed
- > Do this 3 times per week
- > One longer session on weekends
- > Week 12: Full 5K run

### CHALLENGE 2

#### Basic Strength Foundation

Start where you are comfortable and progress weekly:

#### Push-ups:

- > Start with 5 (or your current max)
- > Add 1-2 reps per week
- > **Goal:** 20 proper push-ups by week 12

#### Squats:

- > Start with 10 (or your current max)
- > Add 3-4 reps per week
- > **Goal:** 50 squats with good form

#### Plank:

- > Start: 15-20 seconds
- > Add 5 seconds each week
- > **Goal:** 60-second hold

Do all three of these 3 times per week

Off days: Any activity you enjoy (walking, weights, sports, hiking, rest, etc.)

**CHALLENGE 3**

## Flexibility Milestone

- > Start: 5 minutes daily stretching (20-30 seconds of holding per stretch)
- > Add 1-2 minutes each week
- > Focus on hamstrings and lower back
- > Use towel to help deepen stretches but don't force it. Nice and gentle.
- > **Goal:** Hold toe touch 30 seconds with straight legs

**CHALLENGE 4**

## Body Composition Challenge

- > Focus on nutrition fundamentals (included in this guide)
- > 3-4 strength sessions per week of your choice
- > 2-3 cardio sessions per week
- > Weekly measurements/progress photos
- > **Goal:** -2% body fat, maintain/gain muscle
- > Rest days: Light activity like walking

The best method for beginning and ending measurements would be a dexa scan (dexafit.com) or a bodpod. If those are hard to find or cost-prohibitive in your area, a standard body impedance scale that estimates your body fat is fine. Just ensure you're measuring at the same time each day with the same variables accounted for (water intake, did you use the restroom before it, etc.)

**CHALLENGE 5**

## Dead Hang + Pull-ups

Practice both exercises each session; do this 3x/week.

**Dead Hangs:**

- > Start: 15-30 seconds
- > Add 5-10 seconds weekly
- > Goal: 90 seconds

**Pull-Ups:**

Progressive options

1. Negative pull-ups (jump up, lower slowly)
2. Band-assisted pull-ups
3. Partial pull-ups
4. Full pull-ups

Warm up, do as many pullups as you can, then drop down to the next progressive option. For instance, do 1 pullup to failure, then get the bands out and do a few more with band-assist. If you can't do a pull-up yet, start with band assist, do as many as you can, then drop to partials, etc.

**CHALLENGE 6**

## Endurance (10K)

- > Weeks 1-4: Build to running 3 miles continuously
- > Weeks 5-8: Increase to 4-5 miles, add speed work
- > Weeks 9-12: Build to full distance at target pace
- > 3 runs per week
- > One longer run on weekends
- > **Goal:** 10K under 50 minutes



**CHALLENGE 7****Strength-Endurance Complex****Weekly Progression:****Weeks 1-4:****Building Base Numbers**

- > Start with 3 (or 4 where noted) sets of each exercise, resting as needed
- > Week 1: 3 sets of 10 each (30 total)
- > Week 2: 3 sets of 15 each (45 total)
- > Week 3: 4 sets of 12 each (48 total)
- > Week 4: 4 sets of 15 each (60 total)

**Weeks 5-8:****Increasing Volume**

- > Week 5: 5 sets of 15 each (75 total)
- > Week 6: 6 sets of 15 each (90 total)
- > Week 7: 5 sets of 20 each (100 total)
- > Week 8: 4 sets of 25 each (100 total)

**Weeks 9-12:****Reducing Rest Times**

- > Week 9: 4 sets of 25 with 2-minute rests
- > Week 10: 4 sets of 25 with 90-second rests
- > Week 11: 4 sets of 25 with 60-second rests
- > Week 12: 4 sets of 25 with 30-second rests

Train this 2-3 times per week depending on fatigue/soreness/continued progression. If you plateau, it might be time to trim back to 1-2x/week for a couple of weeks, then increase again.

Rest days: Light cardio or complete rest

Scale exercises as needed (knee push-ups, assisted sit-ups, etc.)

**Final Goal:** Complete all 300 reps (100 each) in under 20 minutes

**CHALLENGE 8**

## Elite Performance (Murph)

12-week Goal: Full Murph with 20lb vest under 55 minutes

**Prerequisites:**

- > 10+ strict pull-ups unbroken
- > 25+ push-ups unbroken
- > 50+ air squats unbroken
- > Mile run under 8:30

**2-3 Sessions Per Week****Weeks 1-3:**

Session 1: Half Murph, no vest

- > 800m run
- > 50 pull-ups, 100 push-ups, 150 squats
- > 800m run

Goal: Under 25 minutes

Session 2: Movement Prep

- > Mile run
- > 75 pull-ups, 150 push-ups, 225 squats
- > Break into 5 rounds of 15-30-45
- > Rest as needed between rounds

**Weeks 7-9:**

Session 1: Full Murph, no vest

- > Break into 5 rounds of 20-40-60

Goal: Under 45 minutes

Session 2: Half Murph with 20lb vest

Goal: Under 35 minutes

**Weeks 4-6:**

Session 1: 3/4 Murph, no vest

- > Mile run
- > 75 pull-ups, 150 push-ups, 225 squats
- > Mile run

Goal: Under 40 minutes

Session 2: Half Murph with 10lb vest

Goal: Under 30 minutes

**Weeks 10-12:**

Session 1: Full Murph with 20lb vest

- > Break into 5 rounds of 20-40-60

Goal: Work down to under 55 minutes

Session 2: Movement quality with vest

- > Focus on form and consistent pacing
- > 3-4 rounds of 20-40-60 with perfect form

**Notes:**

- > Always partition reps (suggest 5-10-15 or 4-8-12)
- > Rest 2-3 days between sessions
- > Scale back other upper body/pushing work during this time
- > Full rest day before any full Murph attempts

## NUTRITIONAL STEWARDSHIP PRINCIPLES, OPTIONS, AND GUIDELINES

### PRINCIPLES

#### 1. Quality Matters

- > Whole, unprocessed foods provide better nutrition
- > Food is fuel for your body's needs
- > What you eat impacts energy, recovery, and performance

#### 2. Consistency Over Perfection

- > Small, sustainable changes compound over time
- > Weekly averages matter more than individual meals
- > Plan ahead for success

#### 3. Individual Response

- > Every body responds differently to foods
- > Listen to your body's signals
- > Energy and recovery are key indicators

### GUIDELINES

#### 1. Daily Targets

- > Protein: 0.75–1.0g per pound bodyweight
- > Water: Half body weight in ounces
- > Vegetables: 2–3 servings minimum
- > Meals: 3 proper meals vs constant snacking

#### 2. Food Selection

##### Emphasize:

- > Lean proteins
- > Vegetables
- > Fruits (2–3 servings)
- > Complex carbohydrates
- > Healthy fats

##### Minimize:

- > Refined sugars
- > Processed snacks
- > Fried foods
- > Sugary beverages
- > Alcohol

#### 3. Meal Timing

- > Eat within 1 hour of waking
- > Space meals 3–4 hours apart
- > Avoid eating close to bedtime

Take this slowly and implement it over time. Most “diets” and “exercise programs fail because people take on WAY too much all at once. Instead, take this first month to phase yourself into changes to your nutritional stewardship. That could look like the following:

## PROGRESSIVE NUTRITION ROLL-OUT

### Week 1: Foundation

- > Calculate protein target (awareness)
- > Set up water intake system (which water bottle, how you’ll keep track)
- > Establish consistent meal timing (write down when your typical meals will be)
- > Remove obvious junk food (you know what these are. If you have to ask, remove)

### Week 2: Quality

- > Implement ‘protein at every meal’
- > Add vegetables to lunch/dinner
- > Start meal planning basics – think ahead
- > Address snacking habits – “Why does this happen and when does it most often happen?”

### Week 3: Optimization

- > Fine-tune portions to meet
- > Enhance meal prep strategies
- > Improve pre/post workout nutrition
- > Handle stress/emotional eating

### Week 4+: Sustainability

- > Create sustainable weekly rhythm
- > Navigate social situations
- > Develop backup meal plans
- > Establish long-term habits

## HOW TO EASILY MEASURE FOOD BY HAND

Do you want to measure your food intake but don't want to fuss with a calorie-tracking app? Below is a general outline for how you could aim to do that at each meal. Naturally, this becomes challenging to do with things like casseroles, pasta, and other "mixed food" type meals, but what would happen if you began to intentionally "eyeball measure" 7 or 8 out of every 10 meals?

You would see progress, improved digestion, better energy, and overall health.

### PROTEIN (palm-sized portion)

- > 1 palm = 20-30g protein
- > Examples: Meats, fish, poultry, eggs (3-4 whole eggs = 1 palm)



### CARBS (cupped hand)

- > 1 cupped hand = 20-30g carbs
- > Examples: Rice, potatoes, oats, fruits, legumes



### VEGETABLES (fist)

- > 1 fist = 1 serving vegetables (about 1 cup)
- > Any non-starchy vegetables



### FATS (thumb)

- > 1 thumb = 9-15g fat
- > Examples: Oils, nuts, nut butters, avocado, seeds



**Daily portions for men based on body type/goals:**

> Men aiming for fat loss: 2 palms protein, 2 fists veggies, 2 cupped hands carbs, 1-2 thumbs fat per meal × **3 meals/day**

> Men aiming for muscle gain: 2 palms protein, 2 fists veggies, 2 cupped hands carbs, 2 thumbs fat per meal × **4 meals/day**

This gives ballpark daily total of:

> **Fat loss:** 6 portions protein, 6 portions veggies, 6 portions carbs, 3-6 portions fat

> **Muscle gain:** 8 portions protein, 8 portions veggies, 8 portions carbs, 8 portions fat

## SIMPLE MEAL PLAN IDEAS

### Breakfast

#### Protein Sources:

- 3-4 whole eggs
- 1 cup Greek yogurt (plain)
- 1-2 scoops protein powder
- 4-6 oz cottage cheese
- 3-4 turkey sausage links
- 4-5 oz smoked salmon

#### Complex Carbs:

- 1/2-1 cup oatmeal
- 1 medium sweet potato
- 2 slices Ezekiel bread
- 1/2-1 cup quinoa
- 1 cup steel-cut oats

#### Fruits:

- 1 banana
- 1 cup berries
- 1 apple
- 1 orange
- 1/2 cup mixed fruit

#### Quick Combinations:

- Oatmeal + protein powder + banana
- Eggs + ezeziel toast + berries
- Greek yogurt + fruit + nuts
- Protein smoothie + oats
- Cottage cheese + fruit + honey

### Lunch & Dinner Options

#### Protein Sources (2 Palm-Sized = 8-12 oz):

- Chicken breast (8-12 oz)
- Lean beef (8-12 oz)
- Salmon/fish (8-12 oz)
- Turkey breast (8-12 oz)
- Pork tenderloin (8-12 oz)
- Lean ground meats (8-12 oz)
- Tofu/tempeh (12-16 oz)

#### Vegetables (2 Fist-Sized = 2 cups):

- Broccoli
- Mixed greens
- Bell peppers
- Green beans
- Brussels sprouts
- Asparagus
- Carrots
- Cauliflower
- Mixed stir-fry vegetables

#### Complex Carbs (2 Cupped Hands):

- Sweet potato (1-1.5 cups cooked)
- Rice (1-1.5 cups cooked)
- Quinoa (1-1.5 cups cooked)
- Wild rice (1-1.5 cups cooked)
- Butternut squash (1-1.5 cups cooked)
- Black beans (1-1.5 cups cooked)
- Lentils (1-1.5 cups cooked)

#### Healthy Fats (1-2 Thumb-Sized):

- Avocado (1/4-1/2)
- Olive oil (1-2 tbsp)
- Nuts (1/4 cup)
- Seeds (2 tbsp)
- Coconut oil (1-2 tbsp)
- Butter/ghee (1-2 tbsp)

Websites for recipes if you want to explore cooking:

<https://fitmencook.com/recipes/>

<https://therealfooddietitians.com/category/courses/main-entree/>

<https://www.primalkitchen.com/blogs/recipes>

<https://whole30.com/recipes/>

## EASY & BASIC FAMILY MEAL FORMULA:

### Sheet Pan Dinners:

- Protein + 2-3 vegetables
- Season everything similarly
- Cook at 400°F for 20-30 minutes

### Slow Cooker Meals:

- Protein + vegetables + seasoning
- Set in morning, ready by dinner
- Makes multiple servings

### Stir-Fry Template:

- Protein + mixed vegetables
- Simple sauce
- Serve over rice/quinoa

### Taco/Bowl Night:

- Ground meat or shredded chicken
- Variety of toppings
- Everyone builds their own
- Easy to modify for preferences

## EASY SNACK OPTIONS:

### Protein-Based:

- Hard-boiled eggs (2)
- Greek yogurt cup
- Protein shake
- Turkey/beef jerky
- Tuna packet
- String cheese

### Fruit/Vegetable:

- Apple slices
- Baby carrots
- Cucumber slices
- Bell pepper strips
- Berry mix
- Orange sections

### Healthy Fats:

- Almonds (12-15)
- Mixed nuts (1/4 cup)
- Pumpkin seeds (2 tbsp)
- Avocado (1/4)

### Quick Combinations:

- Apple + string cheese
- Carrots + hummus
- Greek yogurt + berries
- Hard-boiled eggs + cucumber
- Tuna + crackers
- Protein shake + banana



## CLOSING NOTES:

Your health journey isn't about perfection; it's about progress and sustainability. One of the biggest traps that derails well-intentioned men is the "all or nothing" mindset. You know the pattern: you slip up at lunch, so you write off the whole day. That turns into writing off the week, waiting for Monday to "start fresh." Before you know it, you've spent more time "starting over" than making progress.

Here's a better approach: aim to be someone who never misses twice in a row. Had an unplanned pizza binge at lunch? That's fine - make your next meal align with your portions. Skipped the gym for three days? No problem - get back in there today, not "next week." This isn't about being perfect but being consistent over the long haul. Yes, sometimes you'll miss twice, or even three times in a row. That's not failure - it's just life. The key is to keep coming back to your baseline without the guilt trip.

This combination of drive and grace is where the magic happens. Drive keeps you moving forward, while grace keeps you from burning out. When you find this balance, you're no longer on a diet or a program - you're simply living a sustainable, healthy lifestyle. This is how you become someone who can maintain their health for decades, not just weeks or months. It's about building a relationship with food and fitness marked by freedom rather than restriction, wisdom rather than rules, and consistency rather than perfection.

Here's the hard truth that most guys need to hear: If you weigh 220 but should be 180, what's the point of these aggressive sprints to 190 if you're spending 90% of your life bouncing between 205-220? You're basically living your life overweight, punctuated by brief periods of being less overweight, all while making yourself miserable in the process.

Think about it. You go hard for 12 weeks, drop to 190, and feel like a hero. But because you achieved it through unsustainable methods—methods you secretly knew you couldn't maintain—you're back at 210 within months. Then, you do it again next year, and again the year after that. You're essentially choosing to live most of your life at 220 with occasional visits to 190 rather than finding a sustainable path to 180 and actually living there.

Let's do the math: If you spend 12 weeks getting to 190, but 40 weeks rebounding back to 220, then repeat this cycle for five years, you've spent about 4 years of that time over 200 pounds. All while beating yourself up, feeling like a failure, and probably developing an unhealthy relationship with food and exercise in the process.

What if, instead, you took 18 months to gradually work your way down to 180 through sustainable habits you could actually maintain? Sure, it's not as sexy as "Lose 30 pounds in 12 weeks!" But would you rather:

Spend 5 years yo-yo-ing between 190-220

OR spend 18 months gradually moving to 180, then actually live there for the next 20 years?

This isn't just about the number on the scale. It's about the mental freedom of not constantly being "on" or "off" a diet. It's about building a lifestyle that supports your health without consuming your thoughts. It's about being able to enjoy family meals, vacations, and holidays without feeling like you're destroying your progress.

Remember: The time is going to pass anyway. In five years, you can either be starting your tenth attempt at a crash diet, or you can be that guy who finally figured out how to live at a healthy weight year-round. The choice is yours, but the path to lasting change is clear—it's the sustainable one, not the spectacular one.

Let's get after it!

- *Chris*