



FRESH START

Starter Kit

Start Smart



Getting a fresh start is like a breath of fresh air. It's a moment where you get to inhale, regroup, start with new perspective and exhale. I'm here to walk you through how to get a fresh start in a strategic way... so if you're ready... let's dive in!

START



SMART

Starting is the first step...
However, where people go wrong is not having a plan!
Get real with yourself and start SMART. Use this guide to write out your smart goals for in order to take a strategic approach to starting fresh.

S *pecific*

M *easurable*

A *ction driven*

R *ealistic*

T *imely*

BRAINSTORM FIRST

create a list using the following categories

what are you
doing really well
right now?

what can you
improve on?

what are your
biggest struggles?

what can help you
do better?

WRITE OUT YOUR GOALS

[SMART.MEASUREABLE.ACTION DRIVEN.REALISTIC.TIMELY]

based on your list write out 5 goals you want to accomplish within the next 4 weeks.

GOAL

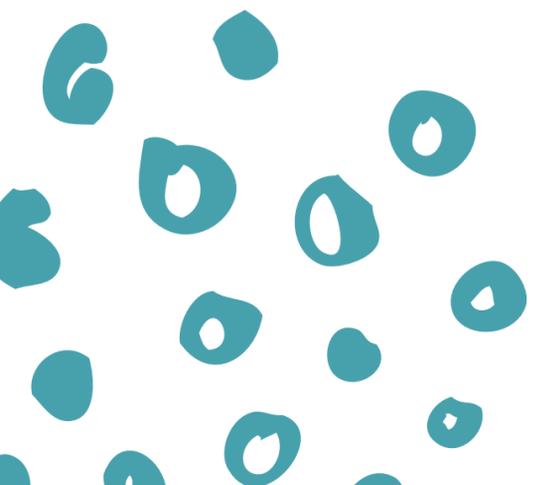
ex: I will wake up at 5:30am to workout

TIME FRAME

every mon, wed, and thurs

Excuses

List 3-5 excuses
you will not
allow yourself
to use over
the next 4 weeks



NOW LET'S PLAN

schedule out your weekly workouts, self care days, and meal prep days below

MON

TUES

WED

THUR

FRI

SAT

SUN



PLAN OUT YOUR MEALS

here's a grocery list to help

High in Protein

Chicken
Turkey
Shrimp
Tuna
Salmon
White Fish
Eggs

Black Beans
Chickpeas
Chickpea Pasta
Red Lentil Pasta
Black Bean Pasta
Lima Beans
kidney beans
Seitan
Tempeh
Protein powder
Peas

Fruits

strawberries
blueberries
raspberries
grapefruit
pineapple
apple
pomegranate
cranberries
watermelon
blackberries
goji berries
oranges
banana
guava
papaya
mango

Fats & Greens

Almonds
Cashews
Walnuts
Brazil
Nuts
Avocado
Coconut Oil
MCT Oil

kale
collards
chard
arugula
bok choy
celery
asparagus
spinach
brussel sprouts
broccoli
cabbage

other Carbs

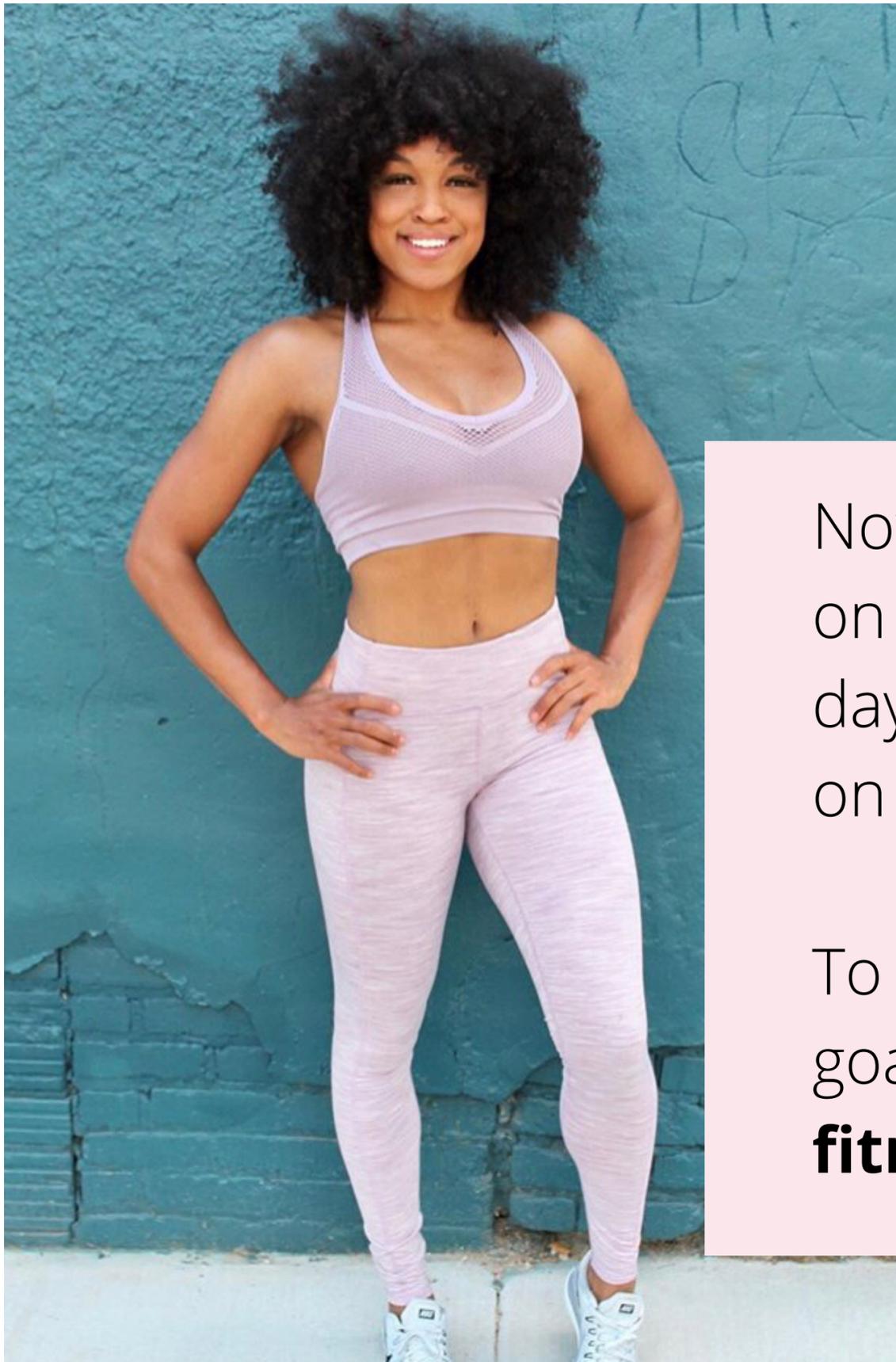
Sweet Potatoes
Red Potatoes
Quinoa
Brown Rice
Oats
Jasmine Rice
Ezekiel Bread
Barley
Farro
Dave's Killer Bread
Butternut Squash
Pulses
Buckwheat
Yuca

Snacks

pop chips
hippeas
rice cakes and nut butter
rice crisps
snack thins
popcorn
nuts and dried fruit
Lenny & Larry cookies
apple and nut butter
hummus and pita chips
kale chips
dark chocolate
greek yogurt
granola
baby carrots
pretzels

trail mix
coconut chips
Boom chicka pop
chickpea crisps
plantain chips
RX bars
Think Thin bars
avocado toast
baby pears with walnut and
honey
celery and peanut butter
brownie brittle
Power Crunch bars
edamame
turkey roll ups
olives

Be consistent



Now that you have a game plan, work on being consistent each week. Every day revisit that goal sheet and focus on being consistent!

To get help on reaching your specific goals in a realistic way, contact **fitness@getfitwithchrys.com**