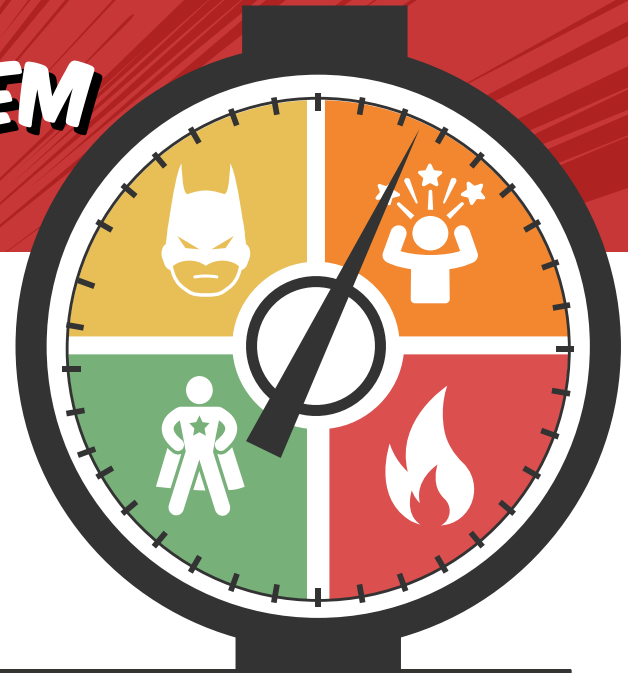


# THE DIAL MODE SYSTEM



A key skill our most successful clients develop is the ability to adapt their plans when the situation changes and stress rises. Because let's be real, life is always going to throw us for a loop sometimes - it's not a matter of "if", but "when".

In times of increased pressure, it's easy to fall into an all-or-nothing mindset. We "have to" get in our complete workout or it's not worth doing anything. We "have to" eat a perfectly balanced and planned meal, or we might as well not try.

It comes the "Dial Mode System" which respects the fact that we won't be carrying out the same plans on busy days versus relaxed days. In fact, if we try to do the same thing day in and day out - we're bound to blow a gasket!

Below you find further explanation of each level. Determine what your green, yellow, orange, and red days look like (and what you'll do in those cases for workouts, nutrition, and stress management!)



## RED DAYS

*TONS of pressure | little to no time/energy*

These are the days when everything feels like it's on fire. We're basically the "This is Fine" Dog. The plan here is to stick to the minimums (which will still be very helpful!)

### RED DAY EXAMPLE:

5 min walk during lunch break. Eat a source of protein and a fruit/veggie today. Take a minute to close your eyes and breathe.



## ORANGE DAYS

*A LOT of pressure | some time/energy*

Here, life is on the verge of crazy ("If one more thing comes up, so help me..."). These days, we can prioritize our biggest bang-for-the-buck habits and workouts, while allowing enough time for recovery so we don't overstretch ourselves (which results in us going into the red!)

### ORANGE DAY EXAMPLE:

10 to 20 min walk during lunch break or 10-20 min strength workout. Eat 2-3 servings of protein and fruits/veggies throughout the day - eating slowly and mindfully. Screens off 15-20 min before bed.



## YELLOW DAYS

*Building pressure | moderate time/energy*

These days feel full but manageable, like Batman dealing with another breakout at Arkham Asylum ("Here we go again!"). We can usually execute our current tasks and habits without much adjustment.

### YELLOW DAY EXAMPLE:

20-30 min walk and/or 20-30 min strength workout, 2-3x during the week. Eat 3-4 servings of protein and fruits/veggies throughout the day - eating slowly and mindfully. Screens off 15-20 min before bed.



## GREEN DAYS

*Little to no pressure | lots of time/energy*

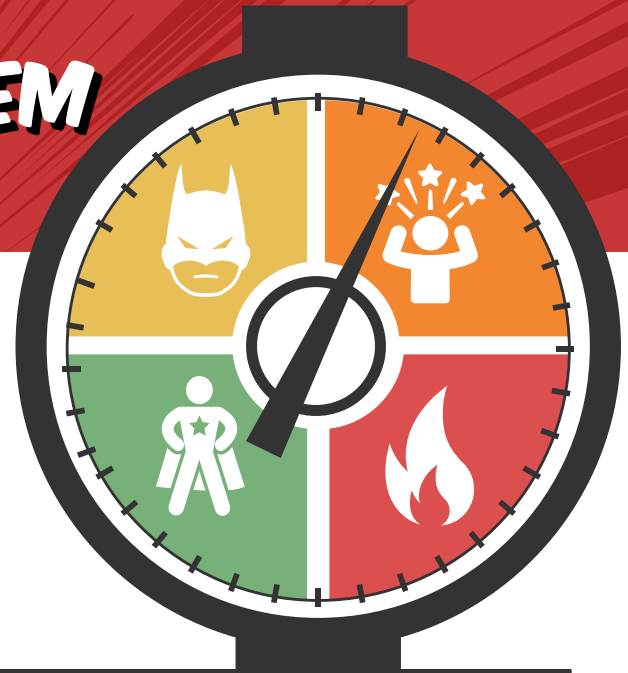
These are days when we have the bandwidth to do more, and the desire to do so. We feel unstoppable - like Superstar Mario! We can think of these days as opportunities to level up a bit more or stretch ourselves outside of our comfort zone.

### GREEN DAY EXAMPLE:

All of Yellow Light Day, + meal plan for the next week and add an additional 10 minutes of interval training at the end of strength sessions. etc.

Need more support? Check out 

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### YOUR RED DAY PLANS:



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### YOUR ORANGE DAY PLANS:



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