



NERD FITNESS STARTER GUIDE

Welcome to the Rebellion!

Wherever you came from, we're glad you're here.

Nerd Fitness started with a mission: to be a light in the dark for the fitness industry.

We didn't see anybody helping people like us: people with desk jobs who love nerd culture, games, books, and movies but also know they need to make healthier choices in their lives.

Over the past 15+ years, we've helped thousands of people reach their fitness goals through our free articles and kick-ass 1-on-1 Online Coaching Program.

Our secret to success?

We prioritize the things that have the most impact.

We don't want you to spend your limited time, energy, and effort on areas that don't matter in the long run.

We emphasize HOW to make changes stick just as much as WHAT changes to make.

The "perfect" plan means nothing if we can't sustain it long enough to make a difference.

We integrate workouts, nutrition, AND mindset.

These things don't exist in isolation. They support and build upon each other.

Which brings us to this guide.

We want to make sure you get started on the right foot. We know how disheartening it is to try to get fit, only to be derailed and have to start all over again.

So we've worked to distill decades of experience into the essentials.

We've used the same philosophies and coaching strategies with over 10,000 1-on-1 coaching clients to help them achieve their goals.



Clients like Jimmy, a picky eater who wanted to look like Spider-Man.



Or Christina, who was tired of programs that didn't work and knew she needed help.



Or Sarah, a new mom with a full-time job who struggled to stick to a plan.



Or Jason, who was out of breath when walking around with his family and wanted to make a change.

While their starting points and goals were different, the core principles behind their transformations are the same.

Maybe you're here because you're overweight and frustrated. You've tried everything, and nothing has stuck.

Maybe you're here because your doctor told you that you're in danger of some serious health issues, and this has you scared.

Maybe you're here because you just had a kid, and the reality that your health will impact THEIR lives just hit you like a ton of bricks.

Maybe you're here because you want to look in the mirror and feel better about yourself.

Maybe you're here because you want to go on incredible adventures and don't want to feel limited by your fitness.

Whatever your reason for being here, this guide will help you cut through the BS and focus on the essential things that will improve your fitness (and hopefully your life).

We know that "being fit" looks different for everyone. We are all shapes, sizes, ages, and genders. We all have different backgrounds, genetics, social statuses, nerd allegiances, and commitments.

We're all on our own journey. We're all weird in our own way. Which means we need to find things that work for us.

Use this guide as your launching point.

Let's level up!

Do you want additional support and accountability? Find which coach is right for you in less than 5 minutes!

[Take the quiz](#)

Principle #1: Weight loss isn't magic. It's math + behavior change.

Most people eat more than they think.

This is good news!

Let me explain.

[In a study](#) conducted on individuals who couldn't lose weight, researchers found the subjects consumed 50% more calories than reported (so if they thought they were eating 1200 calories, they were actually eating over 1800.) These same individuals also overestimated the calories they burned during exercise by over 50% (So if they thought they burned 300 calories, they actually burned less than 200 calories.)

Combine these two things, and most of us have a massive difference in the amount of energy in versus energy out we think is happening.

Which makes sense!

We humans are terrible at all sorts of things.

- We often [measure the wrong thing](#).
- We [suck at time](#).
- And...we suck at counting calories

We're not cut out for this environment in which delicious, calorie-dense food is always available.

That doesn't make us a bad person, nor does it mean we need to shame ourselves or beat ourselves up.

YES, hormones and stress and life and our environment and relationship with food can impact how much food we eat, or the types of food we crave. Some people have medical conditions that impact how their bodies respond to calories or exercise...

But when it comes to the number on the scale, our bodies still obey thermodynamics.

If we are [trying to lose weight](#) but the scale isn't going down, we are eating more than we realize.

This is actually amazing news, if we can accept it.

So let's start there.

Self-compassionate Acceptance

Many people come to us feeling broken and like progress is hopeless. That's why we start with self-compassionate acceptance:

Of course we suck at counting calories!

Of course we don't know how much we actually eat!

Instead, we can accept that we're bad at this (because everybody is) and then adjust our behavior accordingly:

- We can build a better relationship with food to improve our mental and physical health.
- We can work on [eating more nutrient-rich, filling foods](#) with fewer calories. Lean protein, fruits, and vegetables. It's pretty tough to "overeate" vegetables!
- We can learn how to regulate portions and educate ourselves on serving sizes for our favorite foods or meals.

And even then, despite our best efforts, we should accept that we'll still eat more than we think.

Not because we're broken, dumb, or stupid.

But because we're human.

Why diets do and don't work.

This principle (weight loss equals math plus behavior change) helps explain the effectiveness of any potential diet.

And why two people can go on the same diet and see wildly different results.

For example, let's say Person A goes on a Ketogenic diet. (i.e., a low carbohydrate diet). By eliminating foods like rice, bread, and pasta, Person A cuts out many of their favorite comfort foods. They also eat more protein, green leafy veggies, and fats than before and feel fuller after meals, which results in fewer overall calories.

The ketogenic diet strategy resulted in behavior changes that affected the underlying math, moving them closer to their goals.

Person B could have an entirely different experience!

They also go on a Ketogenic diet. However, they feel hungry all the time and have low energy levels. They compensate by eating fattier snacks like nuts, seeds, and cheeses.

While they see initial weight loss (likely due to water weight fluctuations on a lower-carb diet), they quickly stall.

Without knowing it, they are eating MORE than their maintenance calories. They feel frustrated and don't understand why this seemed to work so well for their friend but not for them.

This same scenario occurs every day across dozens of different diets and goals.

We've seen people lose weight and gain weight on intermittent fasting.

Lose weight and gain weight on a vegetarian diet.

Lose weight and gain weight while on a Mediterranean diet.

You get the idea.

That's why we start with the **principle**.

From there, we can identify the key behaviors that support it - without being married to any specific “diet.”

What about gaining weight?

But I’m not trying to lose weight! I want to gain weight!

Don’t worry; all the same logic still applies.

For you, instead of overeating, you are eating too little.

Your body needs more calories (and protein) to build muscle!

So we’ll keep the same principle in mind: Weight gain isn’t magic; it’s math plus behavior change. Then, focus on the behaviors that get you there.

Luckily, the same four strategies we share below will work for you just as well, with one small difference.

The Four Things That Actually Matter

Here it is! Decades of research and coaching experience boiled down into four essential factors. Let’s dig in! (Pun 100% intended.)

- Building a better relationship with food 🤝
- Protein 💪
- Fruits & veggies 🥗🍉
- Calories ⚖️

Better Relationship With Food

A better relationship with food is at the heart of everything else you do.

- Are you someone who constantly beats themselves up for the food choices you make?
- Have you ever felt guilty for eating a slice of pizza (or the whole box)?
- Do you sometimes feel like you’re eating on “autopilot” whether or not you are hungry?
- Do you feel food is the ONLY way to treat yourself or release stress?

You're not alone.

When we polled over 10,000 of our community members about their nutrition and workout habits, emotional/stress eating was the number one challenge by a mile (over 70% of those surveyed!)

Here's a strategy to start changing that.

1. Embrace ALL aspects of food.

We're not robots. Food isn't just fuel and nourishment for our bodies. It's also cultural and social. It's at the center of moments of celebration and times when we are stressed out.

Thinking of food as "just fuel" is unrealistic and unhelpful.

Instead, let's start by embracing all aspects of food and build from there.

There WILL be times when using food to celebrate or to soothe is the right choice for you. There will also be times when you decide NOT to use food that way.

And both are entirely OK.

2. Notice and name your thoughts and behaviors.

Our next step is to understand our thoughts and behaviors around food better.

We call this practice "Notice and Name" with our coaching clients.

The idea is to periodically pause throughout the day to notice how you feel or behave, especially around food, and jot it down.

For example, you might recognize:

- "I'm really stressed at work right now, and I just want to eat a quick candy bar."
- "I'm beating myself up because I ate right before bedtime again."
- "My coworkers want to go out to eat. I don't want to disappoint them, but I'm worried they'll judge me if I just order a salad."

3. Reframe in a more helpful way.

Here are some examples:

- “My work environment is challenging, so I’ll need to find ways to prioritize other snacks.”
- “Right before bed is a time I like to calm down. I use food to do that sometimes and also want to include other options that aren’t food.”
- “I feel self-conscious when I eat in front of others. I can try to work on this a little bit at a time. Maybe I can ask a co-worker I trust if they care if I eat a salad, just to challenge my assumptions.”

By reframing your thoughts and behaviors, you give yourself a chance to take action in a more helpful way, too!

Building a better relationship with food takes time and effort (and sometimes, therapy!) But these first three steps will get the party started.

If you want to dig in deeper, we have an [entire webinar dedicated to this topic](#)! Join us in the Nerd Fitness Rebellion Facebook group to check it out!

Protein

[Protein](#) is an essential building block of muscle and bone and helps support healthy hormone and enzyme production throughout the body.

And it just so happens that it’s helpful for ANY fitness goal.

Want to build more muscle? You’ll need protein.

Want to lose weight? Protein will help ensure you aren’t losing muscle as you lose weight. It also helps you feel more full!

Don’t care about your weight and just trying to be healthy? Protein helps with that, too! (Note all of the bodily processes that rely on protein as a building block.)

That’s why getting more lean protein sources in your diet is one of our essential practices.

Here's how to do it:

Including, but not limited to:

| | | | |
|----------------|--------------------|-------------|--------|
| Chicken | Cottage Cheese | Deli Meat | Eggs |
| Fish | Plain Greek Yogurt | Ground Beef | Turkey |
| Protein Powder | Pork | Tofu | Tempeh |

Level 1: Double-check that you have some lean protein at each meal. Don't worry about portions or amounts yet. Is it on the plate or in the bowl? Check.

Level 2: Aim to get 1-2 palm-sized servings of protein, or about $\frac{1}{4}$ - $\frac{1}{3}$ of a dinner plate, each meal. For most people, this is as far as they need to go!

Level 3: Love numbers and math? Use our [protein calculator](#) to get your daily target. Then, weigh and measure your food to see how close you can get!



Adding more protein to your diet is often one of the **FIRST** things we do with our coaching clients. They report that they have more even energy, recover better from workouts, and just feel better overall!

Fruits & Veggies

Fruits and veggies provide essential nutrients such as fiber, vitamins, and minerals to keep your body running smoothly.

And just to head off this question: no, you don't need to worry about the sugar in fruit (even if you are on a weight loss diet!)

Remember the foundational principle.

Weight loss = calories + behavior change.

Fruit is low in calories and high in nutrients! Exactly the type of food we want to be eating!

Here's how to do it:

Including, but not limited to:

| | | | |
|----------|--------------|-------------|---------|
| Apples | Broccoli | Carrots | Oranges |
| Bananas | Onions | Melon | Peppers |
| Tomatoes | Strawberries | Blueberries | Lettuce |

Level 1: Double-check that you have some fruits and veggies with your meal. Don't worry about portions or amounts yet. Is it on the plate or in the bowl? (By the way, salsa, pickles, sauerkraut - these all totally count!)

Level 2: Aim to get 1-2 fist-sized servings of fruits and veggies, or about $\frac{1}{2}$ of a dinner plate, with each meal. For most people, this is as far as they need to go!



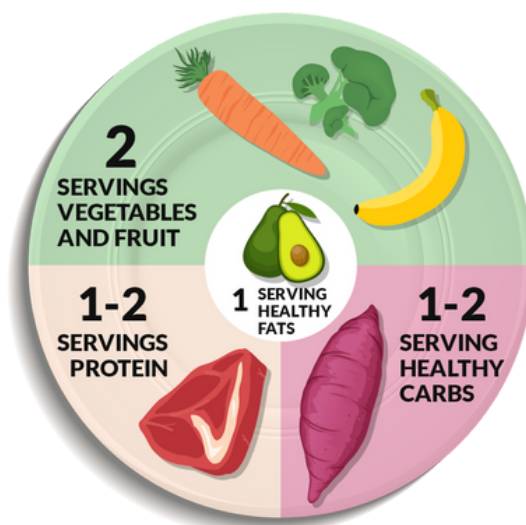
Level 3: If you want to dial in your fruits and vegetables and don't mind weighing and measuring your food, aim for 20-40g of fiber per day.

Fruits and vegetables are the other centerpiece of a solid nutrition strategy. Combined with protein, these are two elements of your diet that will stay consistent whether you want to gain weight, lose weight, or just want to focus on health!.

Calories

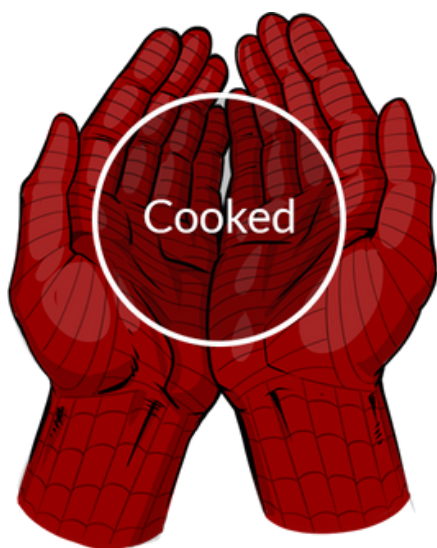
Once you've built a better relationship with food and have your protein, fruits, and veggies dialed in, it's time to ensure your overall portion sizes align with your goals.

Let's start with the most straightforward way to do just that: the balanced plate approach.



The balanced plate does a couple of things.

- It ensures you get adequate protein, fiber, and micronutrients.
- It adjusts to your body size based on the hand-guided portions you use to fill your plate. (See images below)
- Because it's a general template, you can easily incorporate it into any meal, whether at home, with friends, or on the road.



Eating the equivalent of ~4 balanced plates across the day (including all meals and snacks) is a good baseline for most people.

Don't worry about hitting these EXACT amounts of food at each meal. What matters is the TOTAL amount of food you eat each day.

If you want a bigger meal for dinner and a smaller one for breakfast, or vice versa, that's no problem!

You can further adjust the portions based on your goals.

- If you want to gain weight, add one serving of fats and carbohydrates per day (+250 calories per day)
- If you want to lose weight, reduce your intake of fats and carbohydrates by one serving per day (-250 calories).

Track your progress from 2-4 weeks and see if you [notice any changes](#). Then adjust from there!

This isn't a change that will happen overnight.

We recommend you pick ONE meal to model around the balanced plate. (Breakfast, lunch, dinner, etc.)

Once you have that down, add another meal. And so on.

And if you like math and tracking, you can use our [Total Daily Energy Expenditure](#) (TDEE) Calculator to dial in your portion sizes further!

Dial in these four key elements, and you have an unshakeable foundation of nutrition that will support everything else you do!

You'll also be able to analyze WHY a diet is or isn't working for you or someone else!

- What behavior changes is a diet asking you to make?
- How is that affecting the underlying math equation? (i.e., calories and portion sizes)
- Is it helping you build a better relationship with food? (key for sustainability)
- Is it helping you get adequate protein, fruits, and vegetables? (key for muscle and health)

You'll also be able to spend your valuable time and energy on the things that matter in the long run.

While these principles may SEEM simple, implementing them is anything but. It takes a lot of hard work, effort, and adjustments.

That's why we developed our **1-on-1 Online Coaching Program**. To support Nerds who KNEW what to do but wanted some additional support making it happen.

[See If Online Coaching Is The Right Fit For You!](#)

Principle #2: All Movement Counts!

We know that might seem a little tongue-in-cheek, but it's true!

Any movement and exercise, done safely and progressively, will significantly benefit your overall health and fitness.

And yet we all think: "I know I should exercise more, but I can't get myself to do it."

Let's set aside the fact right now that we're all busy as hell, and taking extra time out of our day to exercise is a BIG ask for many (shout out to single parents working multiple jobs!). With that out of the way, why is it so hard for us to build a new exercise habit and stick with it?

Because we're fighting against biology and our history.

For our day-to-day survival, we don't need to exercise anymore:

- We used to have to find/hunt our food. Now we can hit a button on our phone.
- We used to have to travel on foot everywhere. Now we can drive a car.
- We used to have to stay active or die. Now we can survive for a long time even if we're unhealthy and inactive.

Rather than beating ourselves up for struggling to build a voluntary exercise habit, we can accept we're human.

We evolved to survive in scarcity and now exist in a world of abundance.

Exercise is beneficial AND no longer "necessary."

So, how do we get ourselves to move more? We have to find ways to make it more physically and emotionally rewarding.

1. Find Ways To Move More

We can exercise because it's emotionally rewarding:

- We might go for a run because of the dopamine hit, or because we are part of a socially active club.

- We might strength train because it feels empowering, or because we don't want to feel lonely or lazy, or because it helps us process our anxiety or depression.

We can exercise because it's physically rewarding:

- We might try to get better at pickleball because we're competitive.
- Or we might exercise because we want to lose weight and fit into certain sized clothes, or because we don't want to die of a heart attack at an early age like our dad.

In ALL of the examples above, we all have an internal debate with our lazy brains who would rather conserve energy.

We have to convince ourselves, "the benefits of this activity now outweigh the negatives, so I'm willing to take time out of my day to do it!"

With "necessity" off the table, we need to find ways to make exercise emotionally rewarding, physically rewarding, or both.

Here are some thoughts to get you started.

Let's start with making it more emotionally rewarding:

Socializing is a HUGE part of humanity and includes things like camaraderie, positive social pressure, etc.

- Join a running club where the goal isn't even "get better at running," but because it's your friends.
- Dance classes or martial arts classes in disciplines that seem fun to you.
- A kickball league or pickleball league for your apartment building.

We can also reframe how we think about exercise. Instead of just calories burned, what if we focused your exercise on "This makes me feel better."

- Listen to your favorite podcasts while working out ([temptation bundling](#)).
- Treat your daily walk like a walking meditation.
- Running a 5K to raise money for a charitable cause.
- Your Big Why (to be a role model for your kids, to be around for your grandkids).

2. Strength Train 2-4x/week

You can keep up with your friends as they go on adventures, wrestle on the floor with your kids (or grandkids!), or carry all of the groceries in from the car in ONE TRIP!

It also helps you build bone density and reduce overall fragility - something that becomes increasingly important as we age. But strength training can feel intimidating if you are just getting started!

What is important to pay attention to? Do I need “muscle confusion” to keep mixing things up? What about barbells versus dumbbells versus machines? Is one better than the other?

We like to get pretty [nerdy about exercise over here](#), but let me shoot it to you straight.

Great exercise programs:

- Progress in difficulty over time
- Focus on simple, effective movements that are easily scaleable (see the point above)
- Are at the “right level” for where you are, right now.

That’s it.

If a workout doesn’t progress in difficulty over time, you’ll stop getting stronger and reaping the full benefits of training.

If it has unnecessarily complicated movements, it might *feel* “hard,” but the risk of injury increases while the long-term benefits decrease.

If it’s not at the right level for you right now, then it will either be TOO easy, and you’ll lose interest, or TOO challenging, and you’ll bounce off of it.

Want some workouts that follow these basic principles? We’ve got you covered!

If you are brand new to exercise, we suggest you learn how to [Warm Up](#) first. This will keep you safe when exercising, and the warm-up will help develop body awareness and feel like a workout when you are just starting!

Once you’ve practiced that for a few days, you’re ready to jump into your first strength training routine. This is where our [Beginner Bodyweight Workout](#) comes in. The Beginner Bodyweight Workout actually contains two different variations of the workout, so you can pick which progression works best for you.

Start with this full-body routine two times per week. If you feel good and are recovering well (i.e., not sore for days afterward), try adding a third or even a fourth day!

Once that feels too easy for you, it's time to ramp it up some with our [Strength Training Templates](#). These templates will help you build your own 2-day, 3-day, or 4-day strength training plan, based on the equipment you have available and the [exercises that you feel most confident with](#).

This is a great start for people who want to look, move, and feel pretty freaking good.

BONUS: More Ways To Move

Finding new ways to move and exercise can feel really rewarding, and make exercise **more fun**. While there are [tons of ways to move that don't feel like exercise at all](#), we've got a couple of bonus resources to help you in your search.

Want to get your [first push-up](#)? We've got a guide for that!

Or maybe you've always wanted to [do a pull-up](#)? We've got you covered there, too.
Or maybe you'd like to explore more flexibility exercises like [Yoga](#)? You guessed it, we've got that.

Want to walk or run your [first 5k](#), or do more endurance training? We've got workouts for that!

Or maybe you think it would be fun to learn more kettlebell exercises? We've got an [article](#) and a [tracking sheet](#) right here for you.

Have you always wanted to try [parkour](#) but been too nervous to do so? We have an entire workout series that breaks down each movement in a safe, progressive manner.

Remember, all movement counts! Whether you use one of our workouts, do lots of gardening, or play a VR boxing game. It. All. Counts.

Want a custom workout built just for you? Check out our [1-on-1 Online Coaching Program](#)!

We'll assess your goals, equipment, time, and injury history to build a workout that's the perfect fit for you. 💪

Principle #3: Make it stick.

The number one reason a nutrition and workout plan fails is we can't stick with it long enough to make a difference.

And yet, we see people repeating the same patterns over and over again.

Launching full force into a workout program or diet only to burn out a few days, weeks, or months later.

Learning HOW to make changes is as important as WHAT changes to make.

Here are five tactics we use in our coaching program to help people make lasting changes in their fitness.

1. Track your actions.

Note: We don't mean track your calories and macros here (though you can if you want to!) We're referring to tracking whether you did or did not: workout, eat protein with your meal, etc. on a daily basis.

Here's the thing. We know that for most people, tracking can be a pain in the butt. And while you don't have to track, doing so has a huge impact on your overall progress.

That's because we humans are TERRIBLE at remembering everything we did or didn't do. Almost comically so.

Tracking allows us to look back and celebrate what we DID accomplish while also being realistic about where we are struggling to implement our plan.

I can't tell you the number of times I've worked with clients who felt like they hadn't done "anything", only to look at the data and see they completed multiple workouts and were on track with their nutrition habits for five out of seven days.

Or vice versa, the person who feels like they're doing everything and yet they've completed less than 50% of their daily goals.

Missing a workout or a habit doesn't make you a bad person - it makes you human.

Tracking gives us data to make better-informed decisions.

You can do this however you want. Marking an "X" on a calendar, using a to-do list or journal, dropping a marble in a jar every time you complete a workout, etc.

BOTTOM LINE: Tracking allows you to have a clear picture of what you are or aren't doing, evaluate progress fairly, and determine whether you need to change your plan. Without it, you're shooting in the dark.

2. Make it easy.

Change is hard. We don't need to make it any harder than it already is.

So let's use every advantage we have at our disposal to make our chances of success even greater.

Think about one way you could make a new habit or workout EASIER to do. Jot down any ideas you have. Bonus points if it helps you overcome an obstacle you KNOW you will likely face down the road. Here are some examples:

- Upgrade your batcave - make something you want to do immediately visible in your environment. This could be as simple as having your water bottle on the counter every morning to encourage you to drink more!
- Create a Ulysses Pact - do something now that will make life easier for your future self. For example: you could avoid keeping foods in the house that you know are easy to overeat.
- Reduce friction - make a task easier to do. Keep your gym bag in the car so you don't have to remember it. Sleep in your workout clothes so you just wake up and get going. Create systems that make you less reliant on willpower. Lower the barrier to entry.

BOTTOM LINE: Willpower is essential for change. But there are no bonus points for making the process any harder than it already is.

3. [Make it fun.](#)

We can do things, even if we don't like them.

For example, you might not totally enjoy brushing your teeth, going to work, or wearing pants in public - but for a number of reasons, we highly recommend you do!

Developing the skill to take action even when you're not motivated is key to long-term success, but that doesn't mean we can't make the process more fun along the way.

Just like there are no bonus points for making something harder than it needs to be, there are no bonus points for making it more miserable than it needs to be, either.

Write down one way you could make a habit or workout more fun.

Here are some ideas:

- [Temptation Bundling](#): Pair an activity you NEED to do with an activity you WANT to do, like listening to an audiobook or watching a TV show while working out.
- [Try a New Activity](#) - all movement counts! If a martial art, sport, hike, or something else sounds interesting to you, go for it!
- [Join a Club](#) - doing something with other people often makes the process more enjoyable. You can even join our [Nerd Fitness Rebellion Facebook group](#) to find a group of like-minded people working on their fitness!

BOTTOM LINE: Find ways to make the process more fun, and you're more likely to stick to it for the long haul!

4. [Create a backup plan.](#)

Mike Tyson is famous for saying: "Everyone has a plan 'till they get punched in the mouth."

The same goes for changing your habits and improving your fitness.

We all start with good intentions:

- "I'll go to the gym three times this week."
- "I won't eat takeout at all this week."
- "I've cleared out my pantry, so I won't have any junk food for a month."

But then life gets crazy. A kid gets sick. You work late. You forgot your gym bag at home. You feel stressed out and tired. And then a workout feels like the LAST thing you want to do.

New routines are easily disrupted.

That's where the backup plan comes in.

It gives us direction for days when everything feels like it's on fire.



These. Days. Are. Normal. You aren't always going to have the same time, energy, and resources available to you.

So, we make that a PART of our strategy - not a deviation from it.

Example: If your plan is to go to the gym three times a week, imagine a day when you are dead tired and going to the gym is the last thing you want to do. What can you commit to on a day like that?

- Maybe it's a short walk after dinner
- Maybe it's a 20-minute bodyweight workout at home
- Maybe it's a follow-along yoga video on Youtube
- Maybe you still still go to the gym, but cut the workout in half.

Whatever it is, **WRITE IT DOWN**. And then don't be afraid to pivot to your backup plan when the need arises!

BOTTOM LINE: Backup plans aren't a deviation from the plan - they are part of the plan! They will keep you moving towards your goal and prevent backsliding in times of high stress and low energy.

In our Coaching Program, we actually built this into our app. We call it "Dial Mode". Simply hit the "dial button" when you're having an off-day, and your to-do list and workouts change to be the backup plan your Coach has crafted for you. Right there in the moment!

5. Don't Miss Twice.

Have you ever missed a workout or eaten off-plan and thought to yourself: "Whelp, I guess this day is ruined. Might as well throw in the towel, and I'll start fresh tomorrow"?

We call this mindset "all-or-nothing thinking" and it's one of the biggest reasons people fail to achieve their fitness goals.

When we're on track, things are good, and we're making progress towards our goals.

But when something goes wrong, it can be days, weeks, months, or even years before we get back on the wagon.

That's where "don't miss twice" comes in.

If you miss a workout, schedule a shorter one for the next day so it will be easier to get in.

If you have a meal that's off plan, get some solid protein, fruits, and veggies with your next one!

Progress, not perfection.

BOTTOM LINE: Being 100% perfect, all of the time, isn't realistic. Luckily, it's also not necessary in order to get in awesome shape!

All of your actions are cumulative. They all count. Don't let one decision derail your progress for days, months, or even years. Just get right back at it and embrace the **don't miss twice** mindset!

Here are some examples of how to use these five tools to make your nutrition plan stick:

- Track your actions. Whether they are trying to add one serving of protein per day, shooting for balance plates, or tracking full macros and calories.
- Make it easy. Reduce friction. Pick out some go-to meals at your favorite restaurant that fit the balanced plate so you don't have to make a decision in the moment.
- Make it fun. Try a new recipe! Include your favorite foods as a PART of your overall plan.
- Make a backup plan. What will you do if you're stuck eating out with co-workers, traveling, or don't have food prepped at home? Write it down!
- Don't miss twice. Get right back at it with your next meal.

Here are some examples of how to use these five tools to help make your workout routine stick:

- Track your actions. Record your workouts, weights, sets and reps!
- Make it easy. Set out your workout clothes the night before. Create a clear space in the house for your workout. Use a template so you know exactly what to do and don't second guess yourself.
- Make it fun. Find movements you enjoy doing. If you can't find that, use other strategies to make it more tolerable (Temptation Bundling, etc.)
- Make a backup plan. If you can't make it to the gym, have an at-home workout ready to go. No time? Shorten the workout to keep the momentum going.
- Don't miss twice. Plan your next workout in your calendar. Make it hard to miss!

Need help sticking with your plan? Our team of [world-class coaches](#) can help!

We provide guidance and accountability so you can achieve your goals. It's like adding a bonus to your wisdom saving throw!



Bringing It All Together

There you have it!

An outline of the most impactful things to focus your time and energy on when it comes to getting in awesome shape.

These practices make up most of the improvement you will see from adopting a fitness routine.

Before you get distracted by the next shiny workout program or nutrition strategy, make sure you have these areas dialed in! It will save you so much time, energy, and heartache in the long run.

You got this! 💪

Nerd Fitness Start Guide Reference Page

Principle #1: Weight loss isn't magic. It's math plus behavior change.

1. Building a better relationship with food
2. Protein
3. Fruits & Veggies
4. Calories

Principle #2: All movement counts!

1. Find ways to make movement more physically and emotionally rewarding.
2. Build up to 6,000-10,000 steps per day.
3. Strength train 2 to 4 times a week.

Principle #3: Make it stick.

1. Track your actions.
2. Make it easy.
3. Make it fun.
4. Have a backup.
5. Don't miss twice.