



# THE HABIT BUILDING BLUEPRINT

THE SIMPLE SOLUTION TO BUILDING CONFIDENCE IN YOUR HEALTH AND A BODY YOU FEEL PROUD OF, WITHOUT DRASTIC CHANGES

This blueprint has previously been an exclusive resource of our both our online and in-person clients at The Armoury Coaching Studio

However since 2020 has been such a challenge for everyone's daily routines and structure, it seemed only right to offer free access to a tool we've seen so effectively contribute to countless Armoury Client transformations

This blueprint is for you, if...

- ✔ You've always been "all or nothing" with your fitness, and find yourself more often than not in the "nothing" stage
- ✔ You have weight you want to lose, but you always seem to bounce back whenever you make any progress
- ✔ You aren't happy with your health, physique or fitness, but don't know where to start
- ✔ or you just want to be the best you, without sacrificing the things in life you enjoy

If you have any questions about the system, or want to reach out to see if any of our paid programmes might be a fit- drop me an email at [Lewis@armourycoaching.com](mailto:Lewis@armourycoaching.com), and I'd be happy to see how we could help

## LEWIS ROBERTS

Owner of The Armoury Coaching Studio & Armoury Coaching Online





# The Three Big Keys To Results

There are three big keys to consider, when you're trying to improve your health, fitness and body composition. Missing just one of these areas? And you could find yourself bouncing back to your start point mere months after making your initial progress

Here are the factors we're going to address to ensure this is the last approach you'll ever need to take, to tacking your body goals:

FACTOR #1

## ACTIVITY

I don't just mean heading to the gym and going '#beastmode'- this refers to any and all activity- walking to the shops on your lunch breaks or climbing the stairs included

FACTOR #2

## STRESS MANAGMENT

Don't worry, we aren't going super 'woo-woo' here- but it's a factor that needs to be considered for both recovery, energy, health and general wellness- we don't need to mediate like a monk 12 hours a day, but some mindfulness here can make a huge difference

FACTOR #3

## NUTRITION

Perhaps the least overlooked but the most misunderstood this day in age- The amount & type of food will dictate your weight, body composition, energy levels & (to an extent), health- let's learn to manage it correctly (*read: no fad dieting*)



You'll write down your three chosen habits into the calendar, and each day, you'll begin to check off whether you were successful in your goal, like so

DAY	M	T	W	Th	F	Sa	Su	M	T	W	Th	F
HABIT	1	2	3	4	5	6	7	8	9	10	11	12
Went for a walk on my lunch break	✓	✓	✗	✓	✓	n/a	n/a	✓	✓	✓		
Replaced my crisps with a piece of fruit	✓	✓	✓	✗	✓	✓	✓	✗	✓	✓		
Less than 2 hours "screen time" on iphone	✓	✗	✓	✓	✓	✗	✓	✓	✓	✓		

The aim here is to start small. Many a health kick has been abruptly halted due to starting with too ambitious intentions

### We want to build positive momentum

every 10 days, you will then look back at your habit calendar.

- If, over that last 10 days, you've gotten 8 or more ticks? You can think about adding on a new habit
- If you have between 5-7 ticks, you can focus more on the habit you've set, and strive to hit 8+ over the next 10 days
- If you have less than 5 ticks over a 10 day period, you could think of changing the habit goal (unless it's been a consistent 3+ days at the date of checking)

For example if your goal was to walk 10,000 steps a day, but you've only managed an average of 5,000? Take a step back, and adjust your target to 7,500.

If your goal has been 7 hours of sleep, but your 4 year old is going through a stage of waking you up at 4am every morning? Then adjust your habit to something more within your control, such as taking 60 minutes screen-free time before bed, so the quality of the sleep you do get is improved

This process is all about monitoring and adjustments. There's no "failing", only lessons to be learnt. Over the next few pages, I've supplied you with some example habits to get started with



# ACTIVITY

Increased movement can aid health, fitness, muscle growth. Either chose a goal from below, or create your own more relevant to your life.

**important note:** These are brief, easy to track goals- but you'll need to set specific plans to achieve them outside of your tracker- for example if you chose "go to the gym 3 times a week", then put the appointments in your calendar, pack your gym bag, and make it as easy as possible to achieve



PARK FARTHER AWAY FROM WHERE EVER YOU'RE GOING TO GET IN EXTRA STEPS

PICK THE STAIRS OVER THE ESCALATOR OR LIFT

TAKE \_\_\_ BREAKS FROM YOUR DESK TO GET UP & WALK (GRAB A NO-CAL TEA?)

TAKE A WALK ON YOUR LUNCH BREAK

GO FOR A BIKE RIDE \_\_\_ TIMES A WEEK

GO THE THE GYM \_\_\_ TIMES A WEEK



USE A FITNESS TRACKER OR PHONE & HIT \_\_\_ STEPS (10,000 IS GOOD END GOAL)

GO TO A YOGA/SPIN/ANY CLASS YOU ENJOY \_\_\_ TIMES A WEEK



WALK THE DOG DAILY



DO THE GARDENING \_\_\_ TIMES A WEEK

GET OUT & WASH THE CAR \_\_\_ TIMES A WEEK

TAKE THE KIDS OUT FOR AN ACTIVITY \_\_\_ TIMES A WEEK



DO A HOME WORKOUT \_\_\_ TIMES A WEEK

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# NUTRITION

The following ideas are designed to help increase the amount of good quality, nutrient dense foods, without pushing any one 'methodology' over another- we're nutritionally agonistic at The Armoury Coaching Studio (from a fat loss perspective, consuming fewer calories than you expend will be the goal)

and remember, you need to make these practical- for example if you're aiming to drink 2 litres of water a day? Buy a one litre water bottle to keep on your desk, and set an alarm around 2pm to ensure you're on track

EAT EACH MEAL MINDFULLY WITH ZERO DISTRACTIONS (NO TV/SMART PHONE)

EAT ONE FIST-SIZED PORTION OF FRUITS/VEGGIES WITH EVERY MAIN MEAL

EAT ONE PALM SIZED PORTION OF PROTEIN WITH EVERY MAIN MEAL

REPLACE YOUR WORK SNACK WITH A PEICE OF FRUIT

DRINK OVER TWO LITRES OF WATER A DAY

KEEP A FOOD DIARY TO BUILD AWARENESS

TRACK WITH MYFITNESSPAL TO BUILD AWARENESS/UNDERSTAND CALS

HAVE OVER 80% OF FOODS COME FROM NATURAL SOURCES

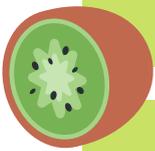
TRY TO DOWN-CAL YOUR COFFEE (LATTE TO SKINNY LATTE ETC)

FOCUS ON HUNGER & FULLNESS CUES- STOP EATING ONCE YOU'RE 80% FULL

AVOID PICKING ON FOODS WHILST COOKING

REPLACE WINE/BEER WITH GIN & SLIMLINE TONIC

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# STRESS MANAGEMENT

Higher stress levels causes lower recovery from training, increased urges to over consume calories, and is generally detrimental to our health. Remember to be specific, for example if you're aiming to get 7+ hours of sleep, then setting a "go to bed" alarm on your phone is a great way to avoid getting stuck in front of Netflix till 2 in the morning



GET 7+ HOURS OF SLEEP A NIGHT



GRAB A 20 MINUTE POWER NAP

TAKE A WALK IN NATURE



DOWNLOAD & USE A GUIDED MEDITATION/MINDFULNESS APP

SPEND LESS THAN \_\_\_ MINUTES ON SOCIAL MEDIA

KEEP A JOURNAL



WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR AT THE END OF EACH DAY

HAVE \_\_\_ MINUTES SCREEN-FREE TIME BEFORE BED

HAVE \_\_\_ MINUTES SCREEN-FREE TIME AFTER WAKING

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Remember, the goal to begin with? Is one habit from each key area, and choosing targets that will allow you to build positive momentum over the next 10 days, so you can begin to stack on further health-seeking behaviours

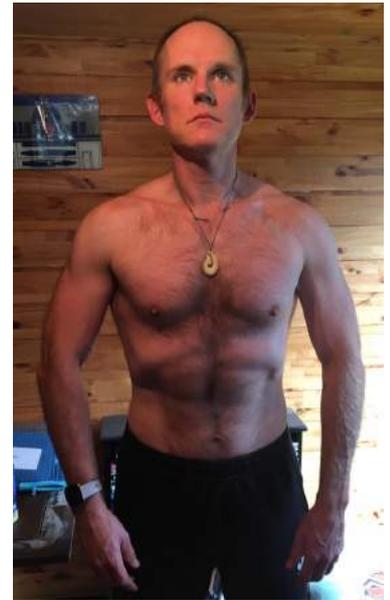
On the next page you'll see your own calendar template to print off and use (you can of course make your own, or set yourself up a digital one on excel or google sheets)- but printing this and sticking it on your fridge to manually record results can be a powerful reminder for change



# The Next Steps...

This blueprint, if monitored, adjusted and added to, have the potential to completely transform your life over the next 12 weeks of use (and I've seen exactly that happen). If you'd like to streamline that process, and have the added support of an entire team of professional coaches behind you? Then feel free to **reach out** and see how The Armoury Online, or physical Coaching Studio in Milton Keynes, might be able to help

We specialize in helping men and women to fit fitness back into their life and re-prioritise their health, with our options of 1-2-1 Personal Training, Small Group Coaching, Nutrition 1-2-1s and Online Training



Real Armoury Coaching Results, from clients that haven't had to spend anymore than 3 hours a week in the gym

If you'd like to have a chat about your goals with a coach, just hit the button below, fill in your application form, and we'll get in touch

[BOOK A FREE CALL WITH AN ARMOURY COACH](#)