DOCUMENT YOUR JOURNEY AND ACHIEVE YOUR GOALS!

JUZZ DO IT!

WORKBOOK

JUSTINE SWITALLA

TASK 1 - PERCEPTION vs REALITY

SOME OF MY STRENGTHS ARE :

Date: / /

A LIST OF THINGS I LOVE ABOUT MYSELF :

TASK 2 - CREATE A VISION BOARD

IDEAS OF THINGS TO INCLUDE ON MY BOARD :

Date: / /

FAV QUOTES:

For more information and to see my own Vision Board turn to page 15 of 'Juzz Do It'.

TASK 3 - GOAL SETTING

What you need to do is write down what your true inner 'why' is and what I mean by that is what you want to achieve and what your BIG goal is. It is important to understand where that goal comes from so keep asking yourself 'why' until you come up with what your internal driver is.

Then I want you to write down what you want to achieve in the next 30 days and I want you to write it down like it has already happened. For example, in 30 days I look and feel better in my own skin, in 30 days I'm on the way to having the body I want, in 30 days I have broken all of my bad habits and am eating wholesome nutritious foods. If you speak about it as if you are doing it, this is the best way for your mind to process it and therefore it will happen.

Be sure to make your goals realistic, you won't drop 30kg in 30 days nor will you be able to run a marathon in that time. Be realistic and keep it specific to what your BIG goal is.

MY BIG GOAL IS :

Date: / /

TASK 3 - GOAL SETTING

A LETTER TO **'ME'** IN 30 DAYS TIME :

TASK 3 - GOAL SETTING

TASK 4 - BE YOUR OWN COACH

When you notice doubts rearing their ugly heads, imagine that you (the clear-headed part of you) are your own motivational coach and that the anxious part of you is the person you need to talk to.

Think about what you'd say to someone you really believe in if they started showing doubts. Use this space to role play and write down those same things to yourself. So if you are about to go for a job interview and you 'hear yourself' starting to express doubts, take a few moments to sit down, breathe, and coach yourself.

MANAGING SELF DOUBTS :

On page 19 of 'Juzz Do It' I share some useful tips to help build self belief. Use these as ideas for this task.

EXERCISE PROGRAM 1: NO GYM

Print these pages out and keep them in your gym bag/ take them with you when you workout.

Session 1:

One hour Power walk - to be done pre – breakie on an empty stomach

Session 2:

45 min jog with power walk-2min jog: 1 min power walk (go at your own pace in the jog, you can go as fast or as slow as your fitness level allows you to go)

Session 3:

Legs Circuit
Body weight Squats
Body weight lunges
Jump jacks
High knee runs
Side lunges
Single leg Hip Raises
Skipping
(Exercises are to be done sequentially. 60 sec on each exercise no more than 10 sec between exercises. Minimum 5 x rounds of the circuit to be completed in a session. Have a 2 min rest between each round.)

Session 4:

Flexibility Stretch Session
Lunge Stretch (glute & Hip flexer)
Kneeling Hamstring Stretch
Kneeling Adductor Stretch
Seated Groin Stretch
Arm across Body Shoulder Stretch
Hand against wall Chest Stretch
Arm behind Neck Tricep Stretch
Hands Pronated Bicep Stretch
Lying Core Rotational Stretch
(Each Stretch to be held for 90-120 sec and repeated twice each.)

Session 5:

Core Conditioning:
Bent knee crunches
5 x 20 reps slow and holding contraction for 5 secs each rep.
Feet on Swiss Ball Hip Raises
5 x max reps Holding at top of each rep for 5 secs.
Prone Holds Frontal > sides
3 x 60 secs on each
Swiss Ball Leg Raises
3 x 20 reps Slow

Session 6:

Total Body Circuit
Squat Jumps
Push ups
Crunches
Sprint starts (or back stepping lunges)
Hover (prone hold)
High knee runs
Skipping
Alternate wrist to knee crunches
Burpees
(Exercises are to be done sequentially. 60 sec on each exercise no more than 10 sec between exercises. Minimum 3 x laps of the circuit to be completed in a session.)

MON	TUE	WED	THUR	FRI	SAT	SUN
am	am	am	am	am	am	am
6	1	2 & 4	1	6 & 4	3 & 5	REST
pm	pm	pm	pm	pm	pm	pm
REST	3 & 5	REST	REST	REST	REST	REST

EXERCISE PROGRAM 2: GYM

Print these pages out and keep them in your gym bag/ take them with you when you workout.

Session 1:

Upper Body Strength/Endurance (agonist > antagonist super setting)
Horizontal Pull ups (chest to bar) > Push Ups
5 x 12-15 reps
Swiss Ball DB Pull Overs > Straight Arm Push Downs
5 x 12-15 reps of each
Rope Hammer Curls > Rope Push downs
4 x 12-15 reps of each
DB Lat Raise > Rear flys
3 x 15 each
Bent Knee Crunches > Vertical Leg Hip Raises
5 x 15 reps of each
Supported Knee Raises
3 x 20 reps slow

Session 2:

Lower Body Strength/Endurance
Sumo Smith Squats
5 x 15 reps
Back stepping alternating DB lunge
3 x 10 each side
Single Leg Step Ups
3 x 10 reps each leg
Hamstring Curls
4 x 12-15
Leg Extension
4 x 12-15.

Session 3:

RPM class or 45min Intervals on Spin bike

Session 4:

Run (interval)
45 min run: 1 min fast: 2 min slower pace

Session 5:

Flexibility Stretch Session
Lunge Stretch (glute & Hip flexer)
Kneeling Hamstring Stretch
Kneeling Adductor Stretch
Seated Groin Stretch
Arm across Body Shoulder Stretch
Hand against wall Chest Stretch
Arm behind Neck Tricep Stretch
Hands Pronated Bicep Stretch
Lying Core Rotational Stretch
(Each Stretch to be held for 90-120 sec and repeated twice each.)

Session 6:

Core Conditioning
Bent knee crunches
5 x 20 reps slow and holding contraction for 5 secs each rep.
Feet on Swiss Ball Hip Raises
5 x max reps holding at top of each rep for 5 secs.
Prone Holds Frontal > sides
3 x 60 secs on each
Swiss Ball Leg Raises
3 x 20 reps slow

Session 7:

Total Body Circuit
1. Squat Jumps
2. Push ups
3. Crunches
4. Sprint starts
5. Bent over rows
6. Leg raises
7. Skipping
8. Horizontal pull ups
9. Alternate wrist to knee crunches
10. Burpees
(Exercises are to be done sequentially. 60 sec on each exercise no more than 10 sec between exercises. Minimum 3 laps of the circuit to be completed in a session.)

MON	TUE	WED	THUR	FRI	SAT	SUN
am	am	am	am	am	am	am
3 & 5	4 & 6	REST	3 & 6	4 & 5	7 & 6	REST
pm	pm	pm	pm	pm	pm	pm
REST	1	2	REST	REST	REST	REST

SHOPPING LIST

Below is a printable shopping list template for you to use when planning and shopping for the week.

Vegetables
Broccoli
Cabbage
Lettuce
Asparagus
Tomatoes
Sweet Potatoes
Carrots
Cucumbers
Cauliflowers
Zucchini
Spinach
Capsicum
Mushrooms

Lean Meats/Proteins
Beef
Chucken
Fish
Tuna
Eggs
Quinoa
Protein Bars
(See Body Science info in supplement section on page...)

Fruit
Apples
Bananas
Frozen Berries

Herbs/Spices/Oils
Salt
Pepper
Chilli flakes
Garlic
Coconut Oil
Olive Oil
Coconut/Extra Virgin Olive Oil Spray

PLANNING MY NUTRITION :

THIS IS ME: Day 1

Date: / /

MEASUREMENTS :

Waist:

Hips:

Chest:

Body Fat % :

Body Weight :

NOTES :

PHOTO EVIDENCE :

Front	Back

Side	Misc

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

THIS IS ME: Day 15

Date: / /

MEASUREMENTS :

Waist:

Hips:

Chest:

Body Fat % :

Body Weight :

NOTES :

PHOTO EVIDENCE :

Front	Back

Side	Misc

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

GLASSES OF WATER:

MINDSET :

DAILY DIARY

Date: / /

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

GLASSES OF WATER:

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

THIS IS ME: Day 30

Date: / /

MEASUREMENTS :

Waist:

Hips:

Chest:

Body Fat % :

Body Weight :

NOTES :

PHOTO EVIDENCE :

Front	Back

Side	Misc

DAILY DIARY

Date: / /

GLASSES OF WATER:

NUTRITION :

Breakfast	Snack
Lunch	Snack
Dinner	Other

TRAINING :

MINDSET :

REFLECTIONS:

REFLECTIONS:

REFLECTIONS:

JUSTINE SWITALLA

For more info go to my website:
www.justineswitalla.com

Also check out my youtube channel:
www.youtube.com/user/juzzyswit

Design: FitDesigns

Cover Photography: Dallas Olsen

Inside Photography: Dallas Olsen,
Emily Skye, Mariya Mova & Gary Phillips.