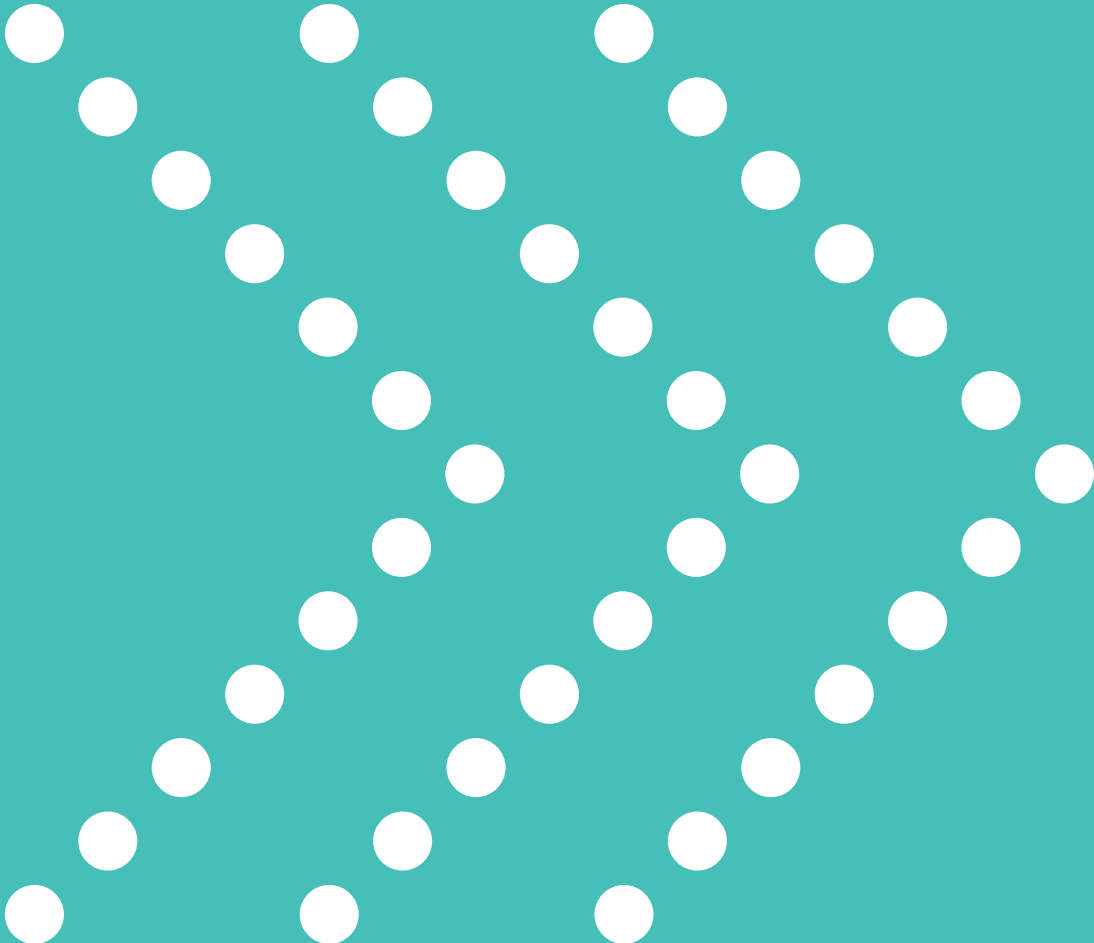


# THE RIPPLE EFFECT WORKBOOK



**GW  
WP**

# WELCOME TO THE PROGRAM!

This program is about helping you to live a healthy, high-performance life. We will accomplish this by helping you learn to Sleep Soundly, Move More, Eat Smarter, and Think Clearly.

This workbook is intended to support you as you work through the Ripple Effect Program. It is divided into the four main pillars of optimal health and performance: sleep, physical activity, nutrition, and mental health. It also includes exercises for the modules on dream setting and performance.

Throughout, I will present you with specific solutions that help you perform better.

**By the end of the program you will learn:**

- *How to set dreams, and install world-class habits*
- *The physiology of sleep and specific tactics to help you sleep soundly*
- *How to incorporate movement into your day to improve health and performance*
- *The importance of good nutrition for both physical and mental performance*
- *Specific strategies for improving stress, focus, and mental health*
- *How to put it all together to help you perform at your best and reach your potential*

As you go through the program, you will be cued to fill out exercises in the workbook. These exercises are optional, however we encourage you to fill them out as they will help your learning and development process.

We also encourage you to share your work with your family, friends, or coworkers.

At the end of each module, there is space for you to write down notes to solidify ideas, write out habits you'd like to implement, or write down any questions you might have as you work through the concepts.

Remember that we're here to help. If you have questions at any point don't hesitate to email us at [coach@wellsperformance.com](mailto:coach@wellsperformance.com)

I look forward to working with you!

**Dr. Greg Wells**



# A RECIPE FOR SUCCESS

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*“We are what we repeatedly do.  
Excellence, then, is not an act,  
but a habit.” - Aristotle*

## 1% GAINS

To live a high-performance life, you have to be committed to improving how you sleep, move, eat, and think.

One of the best approaches we have seen for making and sticking with change is to focus on being 1% better. A 1% change might not seem like much, but small improvements each and every day will amplify your life.

As you work through all of the advice, information and suggestions of the program, stay focused on micro-improvements. This is a key idea for this program.

## WORLD CLASS HABITS AND ROUTINES

Athletes with daily habits and behaviours that are consistent with their dreams and goals tend to be the most successful. We call them “24-hour athletes.”

Throughout this program you will identify the daily habits that you will follow to be better and then set up routines that will help you make those new behaviours automatic.

As we move through each module, every two weeks I’ll challenge you to incorporate a new habit into your life that will help you improve your performance. By taking just a few minutes each day to consciously practice doing something new, you will lay the foundation for building great habits as we move through the program.

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PERFORMBETTER





## THE POWER OF DREAMS

Early one morning during the 2010 Winter Olympics, Slovenian cross-country skier Petra Majdic was warming up. Petra was one of the gold medal favourites in her event. But on that morning everything went wrong. When she was coming around a corner, she slipped and fell off an embankment. This seemingly minor accident was anything but. She had fallen in such a way that she broke her ribs. Her Olympic dream was in jeopardy.

Despite this injury, she went ahead and competed. Each time that she took a breath, her broken ribs scraped over each other. Every time she poled to drive herself forward, the vibration forces transferred through her arms and torso causing the latissimus dorsi muscles in her back to pull on her rib cage. The pain must have been torturous. But she persevered. She competed in her first heat, and then her second heat, qualifying for the semi-finals. Then, in the semi-final, she was fast enough to qualify for the final. Somewhere along the way, one of the broken ribs punctured her lung and she suffered a pneumothorax, which is a technical term for a collapsing lung. Still she kept going. In the final, she skied her way to a bronze medal.

## DREAMS VS. GOALS

The difference between goals and dreams is subtle but significant. To deliver that medal-winning performance that inspired the world, Petra Majdic used a skill she had developed as an athlete to overcome incredible obstacles. When faced with a decision about whether or not to continue, one that no doubt nagged her with every stride, she reached out to her dream. She focused on the big picture – the vision she had created as a child about what she wanted to achieve. Her dream was to win a medal at the Olympics. That dream allowed her to compartmentalize the pain and focus on the performance that ultimately enabled her to complete the competition – successfully.

Dreams are powerful. They inspire us to new heights. Dreams are our deepest and most dearly held hopes and aspirations. They capture our imagination. Dreams produce extraordinary motivation and transformative change. They enable us to live life differently.

After she had been stabilized in the hospital, the media were finally allowed to interview her. One of her answers to their questions had a life-changing impact on me. The interviewer asked Petra, “How could you keep skiing through the heats, semi-final and final despite all that pain?” Petra said, simply, “The pain I went through today to win that bronze medal was nothing compared to the pain that I have gone through training for 20 years to achieve my dream.”

She didn’t say “achieve my goals,” “reach my objective” or “to win a medal.” She referred to her dream. While goal-setting is one of the traditional methods used to build motivation in human beings, that moment helped solidify my thinking that dreams are far more powerful than goals. I have learned that athletes, especially the great ones, find the motivation and passion that fuels their drive, action and growth in their dreams.

## YOUR DREAM

A dream isn’t just something that everyone around you will think is spectacular – it’s something that matters to you. So it might be running a marathon or completing a triathlon, but it might also be running a 5 km race, taking up yoga or losing 10 pounds – permanently. It just has to be something deeply meaningful to you. What about that new business that you’ve been thinking about launching? Maybe you want to be a little happier every day.

It doesn’t matter what your dream is or how big it is. Just find something you can go after that will become a powerful spark in your life. Dreams give you a flame in your heart that ignites passion. Just think about how athletes look like when they win: exhilarated, thrilled, excited, energized. That’s what the fulfillment feels like.

## DREAM SETTING WORKBOOK

Research shows that if you write down what you want to achieve, you increase your chances of reaching that objective. So this tool is meant to help you jot down what you want to be, do, or achieve. Having a clear dream will give you a chance to live life at a different level.

## HOW TO USE THIS TOOL

Write down your ultimate dream, and then we will break it down into simple steps that make it achievable. Research also finds that telling someone else about your dream improves your chances of achieving it even more. So once you’ve set some dreams, tell people who are close to you!





## STEPS

### Your Ultimate Dream(s)

Set some dreams!

What passion of yours can become a dream? What vision of the future makes you excited and happy? What do you want to achieve? What do you love? What do you want to spend your life doing? If it's your work, that's great. If it's supporting your family, that's great. If it's a health goal, that's fantastic. Your dream can be anything.

*In the space below, write out your dream(s). Pick 1-3 things. Your dream may seem unattainable now, but we will break it down into simple steps that make it achievable.*

#### EXAMPLE

*Qualify for the Boston Marathon*

### Your Goals

With your dream expressed, now let's focus on a specific goal you want to achieve. With a particular target, you can develop and follow a clear plan of action. That way, you break your long-term dream into yearly chunks.

*In the space below, list some specific goals you will need to achieve THIS YEAR in order to reach your long-term dream. Be as detailed as possible.*

#### Example

*Goals that will help me reach my dream:*

- 1. Improve my 5K and 10K times.*
- 2. Complete half-marathon.*
- 3. Stay healthy/uninjured so I can train hard next year.*

### Monthly Objectives & Weekly Wins

Objectives are short-term targets that will lead you to your goals by breaking your year down into months.

Weekly wins will help you focus on what you will accomplish each week to ensure that you are constantly moving toward your dream.

*In the space below, write out specific objectives you can focus on that will improve your physical, mental, behavioural, and strategic skills in order to help you achieve your goals and dream. Then break it down even further into weekly wins to ensure you are on track.*

#### EXAMPLE

MONTHLY OBJECTIVE(S)	WEEKLY WIN(S)
<b>January</b> 1. Find a 5k training program  2. Get into a routine of running 2-3 times/week.  3. Start slow to prevent injuries.	<b>Week 1</b> Buy running shoes. Find a gym nearby to train at.
	<b>Week 2</b> Go for first run! Stretching routine after.
	<b>Week 3</b> Go for two runs. Stretch.
	<b>Week 4</b> Go for two (maybe three) runs. Stretch.

### Post-assessment

At the end of each week, look back at your weekly wins to see if you achieved them and if they're continuing to move you towards your objectives, goals, and dreams. Your weekly wins and monthly objectives might need to be tweaked, and that's okay. As long as you keep your ultimate dream in mind so that you're always moving towards that.

#### EXAMPLE

*I was only able to go for one run in week 4. However, I was able to stretch most days and am feeling healthy and motivated! Next month, I will continue to work on crafting a running schedule and sticking to it.*





## Your Ultimate Dream(s)

1.

2.

3.

## YOUR GOALS (WHAT YOU'D LIKE TO ACHIEVE THIS YEAR)

### Dream #1:

Goal(s):

1.

2.

3.

### Dream #2:

Goal(s):

1.

2.

3.

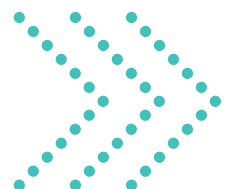
### Dream #3:

Goal(s):

1.

2.

3.







## Monthly Objectives and Weekly Wins

### Dream #1:

Goal(s):

1. 2. 3.

Monthly Objective(s)	Weekly Win(s)
1.	Week 1
2.	Week 2
3.	Week 3
	Week 4





## Monthly Objectives and Weekly Wins

### Dream #2:

Goal(s):

1. 2. 3.

Monthly Objective(s)	Weekly Win(s)
1.	Week 1
2.	Week 2
3.	Week 3
	Week 4





## Monthly Objectives and Weekly Wins

### Dream 3:

Goal(s):

1. 2. 3.

Monthly Objective(s)	Weekly Win(s)
1.	Week 1
2.	Week 2
3.	Week 3
	Week 4





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# POST-ASSESSMENT



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*You can use this page to write down any thoughts or your expectations for the coming months as you move through the course. Are there any additional Dreams or Goals that you want to accomplish? What new habits do you think you might want to install? Are there any 1% gains that you could begin working on now to kickstart your progress? Never hesitate to contact us at [coach@wellsperformance.com](mailto:coach@wellsperformance.com).*





## INTRINSIC VS EXTRINSIC MOTIVATION

Extrinsic motivation is any behaviour that is driven by external factors (e.g. money, awards, recognition, fame). Intrinsic motivation is any behaviour driven by internal rewards (e.g. personal enjoyment/satisfaction). According to educational, sports psychology, and health research, extrinsic motivation works well in the short term, but not so well over time. Intrinsic motivation is a more powerful motivator for people over both the short and long term. Intrinsic motivation is long-lasting, self-sustaining, and fulfilling.

## THE POWER OF WHY

Successful people are powerfully motivated intrinsically. They want to reach their potential because that's what they love doing. If you understand not WHAT you're doing, but WHY you're doing it, you will find it a lot easier to implement the new skills, knowledge, and techniques to help you achieve your dreams.

## KNOW YOUR WHY

You all want to improve your performance. Sometimes things will get tough and you will regress or get off track. But if you're aware of your "why" – why you are working hard to improve – you will recover very quickly. Knowing your why is absolutely critical to ensuring that you reach your potential.

## THE 5 WHYS FORMULA

This tool is meant to uncover and express the reasons behind your dreams and actions so you understand your intrinsic motivation for doing what you do.

## HOW TO USE THIS TOOL

This tool should be done after you've completed the **Dream Setting™ Workbook**. Take a look at your dreams and goals that you filled out at the beginning of the program and then ask yourself why? Why do you want to achieve those things? Why do you want to eat better? Why is it important to prioritize sleep? Why do you want to get fitter? Why do you want to improve your mental health?

# STEPS

## Your WHY

Consider your dreams and then ask yourself why? Then ask again. Go deeper. Ask "why?" 5 times in a row. Go deeper until you eventually get to the root of why you want what you want. If you can't get to 5, at least ask yourself why 3 or 4 times.

*E.g. Dream: Qualify for the Boston Marathon.*

*I want to qualify for the Boston Marathon.*

*I love pushing my body to its limit.*

*Every time I do I discover new things about myself and grow as a person.*

*With self-growth, I become a better person for myself, my team, my family, and my community.*

## Your WHO

Now that you've clarified your why, clarify your who. Who do you want to be?

Create a self-statement (in 25 words or less) which formalizes your idea about who you want to be and why you do what you do.

*E.g. Lean into weakness and discomfort, and be humble through success and failure.*





## YOUR WHY

Dream #1:

Why?

Why?

Why?

Why?

Why?

Dream #2:

Why?

Why?

Why?

Why?

Why?

Dream #3:

Why?

Why?

Why?

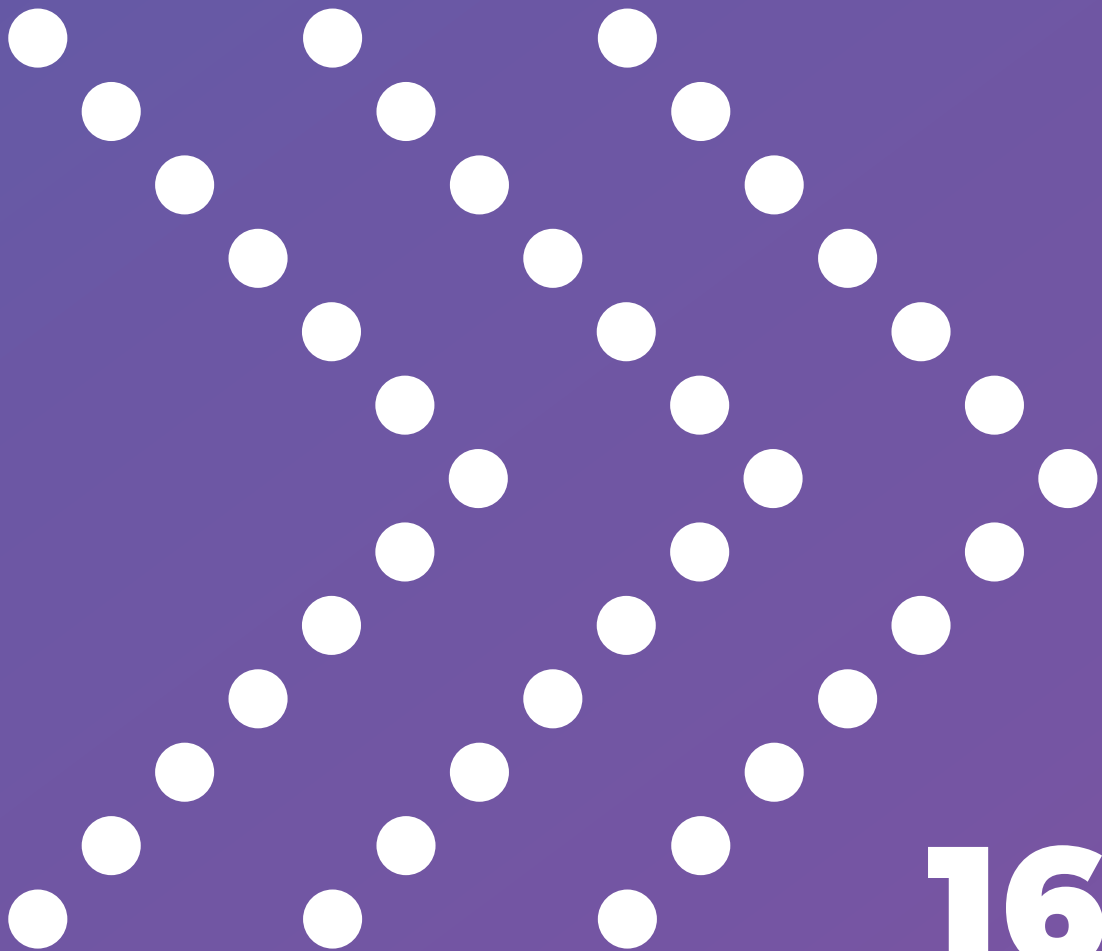
Why?

Why?

## YOUR WHO



SLEEPSOUNDLY





# THE SLEEP SOUNDLY SCORECARD™

Name: \_\_\_\_\_

SLEEPSOUNDLY



Date: \_\_\_\_\_

## OPTIMAL HEALTH AND PERFORMANCE STARTS WITH SLEEP

In today's world, sleep is one of the areas of health that is often sacrificed. But it is the foundation of a healthy, happy, high performance life. If you can learn to sleep properly, other aspects of your health and performance will fall into place.

## GET A BASELINE

People often don't realize how much their sleep is being compromised, so it's good to get a baseline of normal sleeping habits. Even if it looks like you're getting the proper amount of sleep, the quality of your sleep might not be as good as it could be.

## THE SLEEP SOUNDLY SCORECARD

This tool is meant to give you a baseline of your sleeping patterns, including how long you're sleeping, if your bedtime is consistent, your ability to recover during sleep, and how rested you feel.

## HOW TO USE THIS TOOL

Use this tool for one week to track sleeping habits. This will give you a good idea of how much sleep you normally get and if you go to bed and wake up around the same time every day.

At the end of the week, you might start to see some patterns regarding your sleep habits and your rest and recovery.

## STEPS

### Log your sleep patterns

In the table on the back side of this sheet record:

#### Your bedtime and wake up

#### Your total sleep time (in hours)

Note: write down the time you were actually asleep, as opposed to the time you were lying in bed.

#### Your resting heart rate (beats per minute)

To do this, take your pulse for 60 seconds first thing in the morning. Make sure you do this as soon as you wake up and while still lying in bed.

#### How tired you feel 30 minutes after waking up

Not tired at all, somewhat tired, moderately tired, very tired

#### The quality of your sleep (rate on a scale between 1-10)

How long were you asleep? Did you fall asleep right away or were you lying in bed for a while? Did you sleep through most of the night or did you wake up a lot and couldn't fall back asleep?

### Post-assessment

#### Look back at your week and ask yourself a few questions:

Did you go to bed and wake up around the same time every day?

How much sleep did you get on average?

Did you notice any patterns between your sleep consistency and your resting heart rate, how tired you felt, and your overall quality of sleep?



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## EXAMPLE

	Bedtime	Wake Time	Total Sleep Time (hours)	Resting Heart Rate (60 sec HR on waking up)	How tired were you 30 minutes after waking up? (not tired at all, somewhat tired, moderately tired, very tired)	Rate Your Sleep 1 = very bad 10 = very good
<b>SUN</b>	11:00pm	6:00am	5	68	very tired	4
<b>MON</b>	10:00pm	6:00am	6.5	65	moderately tired	5
<b>TUES</b>	10:00pm	6:00am	7	65	somewhat tired	6
<b>WED</b>	10:00pm	6:00am	7.5	60	somewhat tired	8
<b>THURS</b>	10:00pm	6:00am	7.5	55	not tired at all	9
<b>FRI</b>	12:00am	9:00am	7.5	63	somewhat tired	6
<b>SAT</b>	1:00am	10:00am	8	63	moderately tired	6

## POST-ASSESSMENT

Did you go to bed and wake up around the same time every day?

*On weekdays, bed and wake time was consistent, but I stayed up later on Friday and Saturday. This caused me to not be able to go to sleep at a good time on Sunday night, and I was playing catch up all week.*

How much sleep did you get on average?

*7 hours, but there was a big range (5-8 hours).*

Did you notice any patterns between your sleep consistency and your resting heart rate, how tired you felt, and your overall quality of sleep?

*Later in the week, when I had gotten a few consistent good nights sleep in a row, I felt more rested and had a lower resting heart rate. On the weekend, when my bedtime and wake time was later, I didn't get the same sleep quality even though I was getting the recommended hours of sleep. Sunday night was particularly bad as I wasn't able to fall asleep and therefore set myself up for a bad start to the week. I was the most tired on Monday morning and had a high resting heart rate.*

Any other comments, thoughts for moving forward?

*Consistency is my main issue. Need to work on making my bedtime and wake time more consistent on the weekend.*



# LOG YOUR SLEEP PATTERNS

SLEEPSOUNDLY



	Bedtime	Wake Time	Total Sleep Time (hours)	Resting Heart Rate (60 sec HR on waking up)	How tired were you 30 minutes after waking up? (not tired at all, somewhat tired, moderately tired, very tired)	Rate Your Sleep 1 = very bad 10 = very good
<b>SUN</b>						
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<b>TUES</b>						
<b>WED</b>						
<b>THURS</b>						
<b>FRI</b>						
<b>SAT</b>						

## POST-ASSESSMENT

Did you go to bed and wake up around the same time every day?

Did you notice any patterns between your sleep consistency and your resting heart rate, how tired you felt, and your overall quality of sleep?

How much sleep did you get on average?

Any other comments, thoughts for moving forward?



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# LOG YOUR SLEEP PATTERNS

SLEEPSOUNDLY



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<b>TUES</b>						
<b>WED</b>						
<b>THURS</b>						
<b>FRI</b>						
<b>SAT</b>						

## POST-ASSESSMENT

Did you go to bed and wake up around the same time every day?

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# LOG YOUR SLEEP PATTERNS

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<b>FRI</b>						
<b>SAT</b>						

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# LOG YOUR SLEEP PATTERNS

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<b>TUES</b>						
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<b>FRI</b>						
<b>SAT</b>						

## POST-ASSESSMENT

Did you go to bed and wake up around the same time every day?

Did you notice any patterns between your sleep consistency and your resting heart rate, how tired you felt, and your overall quality of sleep?

How much sleep did you get on average?

Any other comments, thoughts for moving forward?



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# THE DEFEND YOUR LAST HOUR™ GUIDE

Name: \_\_\_\_\_

Date: \_\_\_\_\_

SLEEPSOUNDLY



## MELATONIN AND SLEEP

Melatonin, the hormone that makes you sleepy, is produced by your pineal gland which is located deep inside your brain. It naturally releases melatonin at night when it's dark, but it is very sensitive to light, especially blue light emitted from screens. This means if you are up late on your computer, on your phone, or watching TV, you're stopping melatonin from being released.

## PUT AWAY DEVICES

To optimize your sleep, you have to ensure that you are in a dark space while you sleep. But even more importantly, you need to make sure you're not exposing your eyes to screens in the hour before bed. To do this, put away your devices one hour before you'd like to be asleep. This includes TV, your computer, your phone, your tablet.

## THE DEFEND YOUR LAST HOUR GUIDE

This tool is meant to help you track what your current habits are, to help you break the habit of being on a device before bed, and to start to implement healthy habits and routines before bed.

## HOW TO USE THIS TOOL

Use this tool for one week to track how successful you are at putting away devices and what pre-bed activities you're doing in the hour before bed. Also track how well you slept that night.

At the end of the week, you can look back and start to see patterns between what you're doing in the hour before bed and your sleep quality.

## STEPS

### Track your pre-bed routine

**For one week, fill out the table as follows:**

*Note if you put away your devices one hour before bed. This can be a hard habit to implement, so if are only able to do 20 or 30 minutes at the beginning that's great. You can gradually work up to 60 minutes.*

**Write down what you did in the hour before bed.**

*This might mean reading fiction in bed, doing a short yoga or meditation practice, or just prepping your food for the next day. You can also note things that you did that perhaps did not help your sleep (email, TV, etc.).*

**Rate the quality of your sleep.**

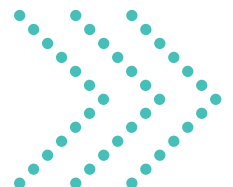
*This will help you to start to see patterns between what you're doing in the hour before bed and your sleep quality. How long were you asleep? Did you fall asleep right away or were you lying in bed for a while? Did you sleep through most of the night or did you wake up a lot and couldn't fall back asleep?*

### Post-assessment

Look back at your week and look for patterns between what you did in the hour before bed and your sleep quality. Did you have a better sleep when you put away devices? Did certain pre-bed activities help you sleep? What habits would you like to work on moving forward?



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## EXAMPLE

	Did you put away devices one hour before bed? yes or no	Pre-sleep activities	Rate Your Sleep (1-10) 1 = very bad 10 = very good
<b>Day 1</b>	Yes (but only 20 minutes before)	Read in bed	7
<b>Day 2</b>	Yes	Prepped food. Short stretching routine. Read in bed	8
<b>Day 3</b>	No	Emails	2
<b>Day 4</b>	Yes (only 30 minutes)	Read in bed	6
<b>Day 5</b>	Yes	Prepped food. Meditated. Read in bed	8
<b>Day 6</b>	No	TV show in bed	4
<b>Day 7</b>	Yes	Showered. Meditated. Read in bed	9

## POST-ASSESSMENT

Are there any patterns you started to see?

*Sleep was significantly worse when didn't put away devices. Particularly when checking emails (mind racing afterwards).*

Did you have a better sleep when you put away devices?

*Yes (especially when it was for the full hour).*

What pre-bed strategies helped you sleep?

*Reading, meditating, showering, stretching*

What habits/routines do you want to implement moving forward?

*Make a hard time-cap for putting away devices.  
Make sure I don't check emails at night.  
Quick meditation to calm down my body/mind.  
Read in bed for half an hour.*



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# TRACK YOUR PRE-BED ROUTINE

SLEEPSOUNDLY



	Did you put away devices one hour before bed? yes or no	Pre-sleep activities	Rate Your Sleep (1-10) 1 = very bad 10 = very good
<b>Day 1</b>			
<b>Day 2</b>			
<b>Day 3</b>			
<b>Day 4</b>			
<b>Day 5</b>			
<b>Day 6</b>			
<b>Day 7</b>			

## POST-ASSESSMENT

Are there any patterns you started to see?

Did you have a better sleep when you put away devices?

What pre-bed strategies helped you sleep?

What habits/routines do you want to implement moving forward?



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# TRACK YOUR PRE-BED ROUTINE

SLEEPSOUNDLY



	Did you put away devices one hour before bed? yes or no	Pre-sleep activities	Rate Your Sleep (1-10) 1 = very bad 10 = very good
<b>Day 1</b>			
<b>Day 2</b>			
<b>Day 3</b>			
<b>Day 4</b>			
<b>Day 5</b>			
<b>Day 6</b>			
<b>Day 7</b>			

## POST-ASSESSMENT

Are there any patterns you started to see?

Did you have a better sleep when you put away devices?

What pre-bed strategies helped you sleep?

What habits/routines do you want to implement moving forward?



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# THE DEEP SLEEP PLANNER™

Name: \_\_\_\_\_

Date: \_\_\_\_\_

SLEEPSOUNDLY



## QUALITY SLEEP

By now you've learned that it's not just about getting the proper amount of sleep - you also need to set yourself up for deep, restful, quality sleep.

## THE FINAL PIECE OF THE PUZZLE

You should have completed **The Defend your Last Hour™** Guide and started to discover what works best to set yourself up for optimal sleep. Now it's time to craft your ultimate bedtime routine!

## THE DEEP SLEEP PLANNER

This tool is meant to help you implement daily habits that will set you up for a great sleep. Make sure you put away your devices one hour before you'd like to be asleep, and then create a ritual that will calm your body and mind down. Experiment with different routines to see what works best. Everyone is different so your routine is going to be unique to you.

## HOW TO USE THIS TOOL

This tool should be done after you've completed **The Defend your Last Hour™** Guide as that will help you get a good idea as to what pre-bed activities help you have a restful and deep sleep.

This tool can be used as needed and on an ongoing basis. You might find that you need to tweak your pre-bed activities for a while until you find the routine that is right for you.

## STEPS

### Set your bedtime alarm

In the table on the back side of this sheet, write down your ideal wake time, sleep time, and bedtime alarm:

#### Wake Time

*The time you need to wake up.*

#### Sleep Time

*The time you need to be asleep based on the time you need to wake up and the number of hours you need (for adults generally 7-8 hours).*

#### Bedtime Alarm

*1 hour before your Sleep Time.*

### Set yourself up for a deep sleep

**Write down the routine that you'd like to follow every night to set yourself up for a deep and restful sleep.**

*E.g. Put away devices, take a warm bath followed by a cool shower, read in bed, do a short yoga/meditation practice, etc.*

*Put this up somewhere where you can see it and try to follow this routine on a daily basis.*

### Post-assessment

It might take a while to figure out what routine is best for you. Play around with what works for you and make adjustments where you need to.



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## EXAMPLE

	Time	My Deep Sleep Strategies
<b>SET YOUR BEDTIME ALARM</b>		
	<b>2 hr before sleep</b>	Talk with friends. Watch TV
Ideal Wake Time: 6:30am	<b>60 min before sleep</b>	Bedtime alarm goes off - put away phone, turn off
Ideal Sleep Time: 11:00pm	<b>40 min before sleep</b>	Prep lunch/snacks for next day
Bedtime Alarm: 10:00pm	<b>20 min before sleep</b>	Short calming yoga practice
	<b>Lights out</b>	Lights out

## POST-ASSESSMENT

*Mind is still racing when I try and sleep. Might need to read fiction in bed instead of or in addition to yoga.*

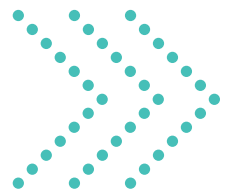
## THE DEEP SLEEP PLANNER™

	Time	My Deep Sleep Strategies
<b>SET YOUR BEDTIME ALARM</b>		
	<b>2 hr before sleep</b>	
Ideal Wake Time:	<b>60 min before sleep</b>	
Ideal Sleep Time:	<b>40 min before sleep</b>	
Bedtime Alarm:	<b>20 min before sleep</b>	
	<b>Lights out</b>	

## POST-ASSESSMENT



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## SET YOUR BEDTIME ALARM

Ideal Wake Time:

Ideal Sleep Time:

Bedtime Alarm:

	Time	My Deep Sleep Strategies
	<b>2 hr before sleep</b>	
	<b>60 min before sleep</b>	
	<b>40 min before sleep</b>	
	<b>20 min before sleep</b>	
	<b>Lights out</b>	

## POST-ASSESSMENT



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# START, STOP, CONTINUE

SLEEPSOUNDLY



---

Congratulations, you've completed the Sleep Soundly module! Hopefully you've found the module interesting and implemented some of the tips we've shared into your daily routine.

At this time it's helpful to look back on what you've learned and think about what you need to do moving forward. Are there certain habits that you tried that worked well for you? Are there some habits you tried to implement but were unable to? In the space below, write down whatever it is you need to do to continue your journey toward world-class sleep.

---

## START

*What Sleep Soundly habit(s) would you like to start?*

## STOP

*What Sleep Soundly habit(s) would you like to stop?*

## CONTINUE

*What Sleep Soundly habit(s) would you like to continue?*



---

*You can use this page to write down any thoughts you have regarding your sleep habits, or any questions or ideas you have as you move through the program. Never hesitate to contact us at [coach@wellsperformance.com](mailto:coach@wellsperformance.com).*



MOVEMORE



**GW  
WP**

**32**



# THE PHYSICAL ACTIVITY TRACKER™

Name: \_\_\_\_\_

Date: \_\_\_\_\_

MOVEMORE



## A LITTLE CHANGE GOES A LONG WAY

Starting an exercise regime can be daunting. And if you start a regime and aren't able to maintain it, it can be very discouraging and you're less likely to try again. That's why it's better to start small. A 1% change in your habits will add up over time. For example, 1% of your day is 15 minutes. Fifteen minutes of walking each day reduces your risk of breast and colon cancer by 24-50%.

## SPRINKLE PHYSICAL ACTIVITY INTO YOUR DAY

One of the easiest ways to increase physical activity is to sprinkle movement into your day. Short bouts of activity throughout your day can supercharge your health and performance. You will think more clearly, feel energized, and combat the damage that all-day-sitting imposes on your body. And you will be less likely to contract a chronic disease in your lifetime.

## THE PHYSICAL ACTIVITY TRACKER

Before implementing any changes, it's good to get a sense of how much activity you currently do. This tool is meant to simply record how much activity you do on a daily basis.

## HOW TO USE THIS TOOL

Use this tool for one week to get a baseline for how much and what types of activities you normally do. At the end of the week, you can see where you might need to improve, and you can start to sprinkle in more physical activity into your day. Remember it's all about 1% changes!

## STEPS

### Track your movement

In the table on the back side of this sheet, track:

#### Your Activities

*This can be anything from structured exercise (attending a yoga class, playing a sport, etc.) to unstructured physical activity (going for a walk at lunchtime, doing some stretching at home, taking the stairs, etc.).*

#### Intensity

*Rate the intensity of each activity (light, moderate, or vigorous).*

#### Total Active Time

*If you do multiple activities throughout the day, add up the total time that you were active for that day.*

#### How did you feel?

*Rate how you felt that day overall (energy levels, mood, ability to concentrate, etc.).*

### Post-assessment

**Look back at your week and ask yourself a few questions:**

*Were you surprised by the amount of activity you did?*

*Was it more or less than you thought?*

*Did you notice any patterns between how much activity you did and your energy levels, focus, and performance that day?*

*Where/when do you think you could increase your activity?*



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# EXAMPLE

	Activity/Activities	Intensity (light, moderate, vigorous)	Total Active Time	How did you feel? 😊 😊 😐 😞 😞
<b>Day 1</b>	Walked dog in morning (20 mins) Stairs after lunch (5 mins) Stretched in evening (10 mins)	Light Moderate Light	35 minutes	😊
<b>Day 2</b>	Biked to work (30 mins) Walk at lunchtime (30 mins)	Moderate Light	1 hour	😊
<b>Day 3</b>	Biked to work (30 mins) Walked dog in evening (20 mins)	Moderate Light	50 minutes	😊
<b>Day 4</b>	Yoga class in evening	Moderate	1 hour	😊
<b>Day 5</b>	Morning run (30 mins) Walked at lunchtime (20 mins) Stretched in evening (10 mins)	Vigorous Light Light	1 hour	😊
<b>Day 6</b>	Long walk/hike with the dog	Light	2 hours	😊
<b>Day 7</b>	Household chores	Light	2 hours	😊

# POST-ASSESSMENT

Were you surprised by the amount of activity you did?  
Was it more or less than you thought?

*On the days when I don't have structured exercise (yoga, run, etc.), I am doing more physical activity than I thought I was doing (just by doing short walks, biking to work, etc.).*

Did you notice any patterns between how much activity you did and how you feel that day?

*I am more focused and have more energy on the days when I do exercise that is moderate or vigorous in intensity in the morning (e.g. go for a run, or bike to work).*

Where/when do you think you could increase your activity?

*I want to sprinkle in more movement during the workday to clear my head and improve my mental clarity (e.g. a few flights of stairs or brisk walk).*



# TRACK YOUR MOVEMENT

MOVEMORE



	Activity/Activities	Intensity (light, moderate, vigorous)	Total Active Time	How did you feel? 😊 😊 😐 😞 😞
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				

## POST-ASSESSMENT

Were you surprised by the amount of activity you did?  
Was it more or less than you thought?

Where/when do you think you could increase your activity?

Did you notice any patterns between how much activity you did and how you feel that day?



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# TRACK YOUR MOVEMENT

MOVEMORE



	Activity/Activities	Intensity (light, moderate, vigorous)	Total Active Time	How did you feel? 
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				

## POST-ASSESSMENT

Were you surprised by the amount of activity you did?  
Was it more or less than you thought?

Where/when do you think you could increase your activity?

Did you notice any patterns between how much activity you did and how you feel that day?



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# THE 4 “F”S OF FITNESS™ CHECKLIST

Name: \_\_\_\_\_

Date: \_\_\_\_\_

MOVEMORE



## STARTING A FITNESS ROUTINE

With so much information coming at you these days as to what the best workout is or the latest fad, it can be hard to know what exercise you should actually do and when. This often leads to people feeling overwhelmed and never even starting a fitness regime. To simplify, here is a simple checklist for you to follow every week. It's called the 4 Fs of fitness.

## THE FIRST F OF FITNESS: FIT

The first F of fitness is “Fit”, or cardiovascular endurance. Each time that you do endurance exercise (walk, jog, run, swim, bike, etc.) and you sustain that exercise over a period of time longer than 20 minutes, you trigger a number of positive adaptations in the body. Your heart gets stronger, your lungs are more efficient, and you increase your ability to deliver oxygen to your body through your blood vessels. All of these adaptations come together over time to help you feel energetic, prevent you from getting sick, and give you the opportunity to reach your potential.

## THE SECOND F OF FITNESS: FORCE

The second F of fitness is “Force”, or strength training. When you do strength training you are engaging a different energy system and muscle fibres than when you're doing cardiovascular endurance training. This develops your total muscle strength and prepares your body for situations when you have to pick up the pace – like the final kick when the finish line comes into sight, or sprinting for a bus. In addition to making you stronger, strength training also is believed to help prevent cardiovascular disease, cancer, diabetes, depression, Alzheimer's disease, and Parkinson's disease, among others.

## THE THIRD F OF FITNESS: FAST

The third F of fitness is “Fast”, or interval training. Interval training is a form of exercise that involves varying the pace of your workout session anywhere from an easy jog right through to a maximal effort. This combination engages both your aerobic energy system and type I muscles, which are used for endurance, and anaerobic energy systems and type II muscles, which are used for power and speed. By engaging multiple energy systems and muscle fibre types at once, interval training is one of the most efficient ways to improve your overall fitness and health.

## THE FOURTH F OF FITNESS: FLEX

The fourth F of fitness is “Flex”, or flexibility. Stretching (also known as building flexibility or mobility) is an incredibly important element of overall fitness that is often overlooked. The most important thing you need to know about flexibility is this: it is good for you. Done properly, stretching can help you decrease muscle tension, reduce pain (make sure you seek professional help if you are having pain!) and improve your range of motion and exercise performance. We just need to understand what to do, how to do it – and when. There are two main types of stretching: dynamic and static. Dynamic stretching (anything that stretches your muscles while moving) should be done before exercise as it increases blood flow, muscle temperature, and range of motion. Static stretching (holding your muscle in a stretch for a period of time) should be done after exercise as it helps to align muscles and reduce tension.

## THE FINAL F OF FITNESS: FUN

The final, bonus F of fitness - and arguably the most important - is Fun! Make sure that whatever you decide to do, the activity is fun for you. When you do something you actually enjoy, exercise no longer becomes a chore. While all four areas of fitness are important and should be incorporated into your weekly plan, it's better to do one of them than none. So make sure you're prioritizing fun so you will stick with it!

## CRAFT YOUR WEEKLY FITNESS ROUTINE

In an ideal world, you should do three “fit” workouts per week, two “force” or “fast” workouts per week, and daily “flex” workouts. Remember that one workout is better than no workout, so if you can't fit in all of these workouts that's okay. But hopefully this can help serve as a guide as you're planning your week.

## THE 4 FS OF FITNESS CHECKLIST

This tool is meant to help you plan your weekly activities and exercise. This will help give you an idea of which area(s) of fitness you might be doing enough of, and which area(s) you need to work on.

## HOW TO USE THIS TOOL

Use this tool on a weekly basis to craft your fitness routine. Remember that if you make a plan at the beginning of the week, you're more likely to stick to it. Treat your exercise with the same respect as you would treat a business meeting or brushing your teeth in the morning. Make sure that you also write the time you are planning on exercising. And if you miss a day, don't worry about it! Just continue with the rest of the week's plan. You can look back at your checklist at the end of the week and adjust it for the following week if need be.



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# THE 4 “F”S OF FITNESS™ CHECKLIST

MOVEMORE



## STEPS

### Craft your weekly fitness plan

In the table on the back side of this sheet, write down:

#### The activity you are planning on doing that day.

*E.g. run, spin class, walk, strength training, yoga.*

#### The time you are planning on doing that activity

*E.g. morning, lunchtime, evening, or the time of a specific class you want to attend.*

#### Which of the 4 “F”s of Fitness you are targeting

*Note: certain activities might incorporate more than one “F” - e.g. certain yoga classes have both Force and Flex benefits*

#### Track your fitness

Make a note of if you completed the activity or not. Give yourself a checkmark if you did.

### Post-assessment

Look back at your week and ask yourself a few questions:

*Were you able to follow your fitness plan? If not, why?*

*Was your plan too challenging? Not challenging enough?*

*Were you able to target all 4 areas of Fitness?*

*What changes (if any) will you make to your fitness plan next week?*



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# EXAMPLE

	Activity	Time	"F" of Fitness	Completed?
<b>Day 1</b>	Run	7am	Fit	✓
<b>Day 2</b>	Yoga	6pm flow class	Force & Flex	✓
<b>Day 3</b>	Run	6pm	Fit	✗
<b>Day 4</b>	Strength training	12pm	Force	✓
<b>Day 5</b>	Run	7am	Fit	✓
<b>Day 6</b>	Rest day			N/A
<b>Day 7</b>	Stretch	8am	Flex	✓

## SUMMARY

3 Fit workouts

2 Force workouts

2 Flex workouts

## POST-ASSESSMENT

Were you able to follow your fitness plan?  
If not, why not?

*I was able to follow my fitness plan for the most part. I wasn't able to complete the run on one of the days as I got home later from work. By the time I got home, I was too tired and hungry to run.*

Was your plan too challenging? Not challenging enough?

*The plan was challenging but doable.*

Were you able to target all 4 areas of Fitness?

*I was able to target all 4 areas, despite missing one workout.*

What changes (if any) will you make to your fitness plan next week?

*Next week, I will plan to do all of my runs in the morning. If I miss a morning run, I'll make sure to do a walk at lunchtime to make up for it. I will also try and incorporate one more Flex workout into my week (after strength training).*



# CRAFT YOUR WEEKLY FITNESS PLAN & TRACK YOUR FITNESS

MOVEMORE



	Activity	Time	"F" of Fitness	Completed?
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				

## SUMMARY

## POST-ASSESSMENT

Were you able to follow your fitness plan?  
If not, why not?

Was your plan too challenging? Not challenging enough?

Were you able to target all 4 areas of Fitness?

What changes (if any) will you make to your fitness plan next week?



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# CRAFT YOUR WEEKLY FITNESS PLAN & TRACK YOUR FITNESS

MOVEMORE



	Activity	Time	"F" of Fitness	Completed?
<b>Day 1</b>				
<b>Day 2</b>				
<b>Day 3</b>				
<b>Day 4</b>				
<b>Day 5</b>				
<b>Day 6</b>				
<b>Day 7</b>				

## SUMMARY

## POST-ASSESSMENT

Were you able to follow your fitness plan?  
If not, why not?

Was your plan too challenging? Not challenging enough?

Were you able to target all 4 areas of Fitness?

What changes (if any) will you make to your fitness plan next week?



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# START, STOP, CONTINUE

MOVEMORE



---

Congratulations, you've completed the Move More module!

Now's the time to look back on what you've learned and think about what you need to do moving forward. Taking all of the information you learned during this module, what are some habits that you would like to incorporate into your life? You can complete the exercise below.

---

## **START**

*What Move More habit(s) would you like to start?*

## **STOP**

*What Move More habit(s) would you like to stop?*

## **CONTINUE**

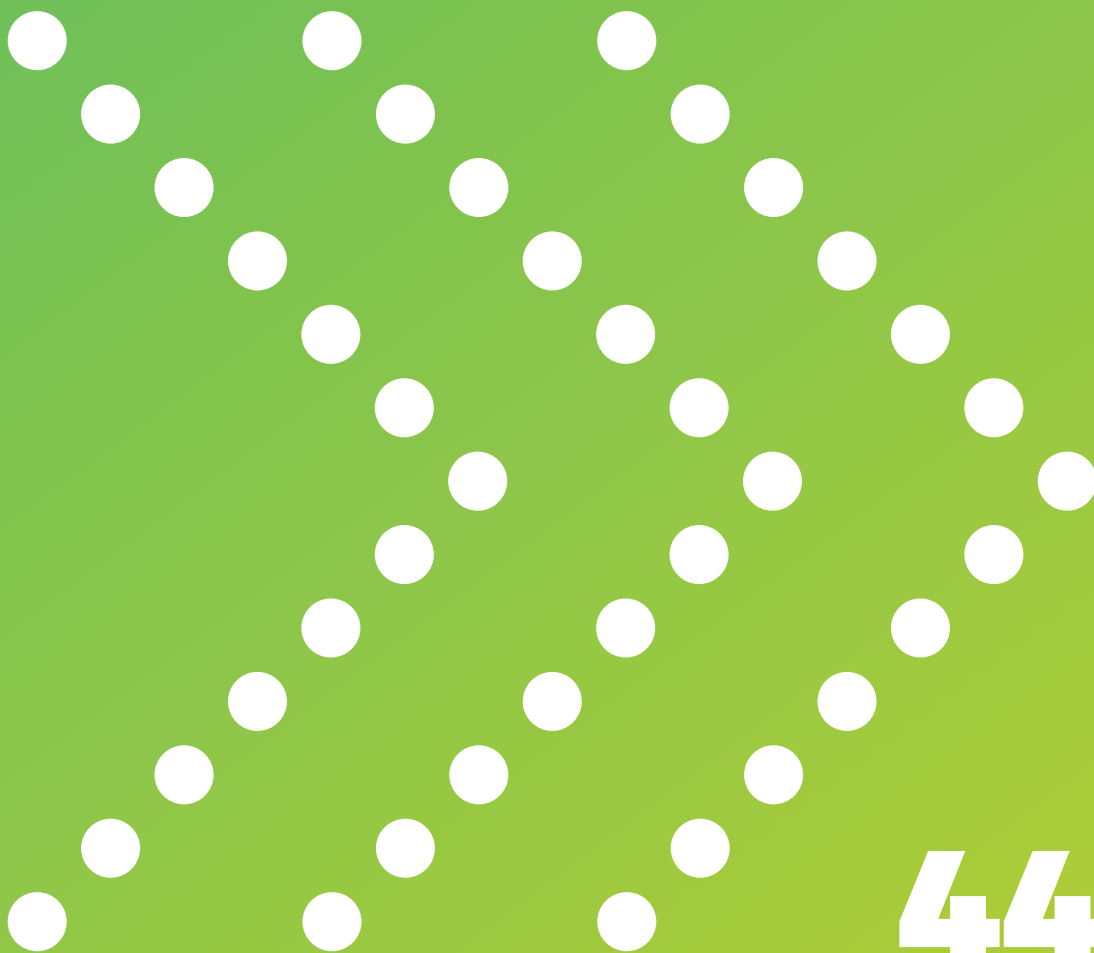
*What Move More habit(s) would you like to continue?*



*You can use this page to write down any thoughts you have regarding your physical activity and exercise routine, or any questions or ideas you have as you move through the program. Never hesitate to contact us at [coach@wellsperformance.com](mailto:coach@wellsperformance.com).*



EATSMARTER



**GW  
WP**

**44+**



## HYDRATION FOR HEALTH AND PERFORMANCE

Water helps transport the carbohydrates, vitamins, minerals, and other nutrients that your cells need to make energy. It helps boost energy production in the body, prevents headaches, improves elimination of toxins, and supports the skin, bowels, and eyes.

Water isn't just important for health. It also improves cognitive function. 60% of your body weight is made up of water, but makes up almost 90% of your brain. Water helps you to think, concentrate, problem solve, and remember.

## MAKE DRINKING PART OF YOUR DAILY ROUTINE

Increasing your water consumption is one of the easiest ways to improve your health and performance. You just need to get into the habit of doing it! Start by putting a glass of water beside your bed so you remember to drink it first thing in the morning. Or get a water bottle and keep it with you, and fill it up a few times every day.

## THE HYDRATION TRACKER

Similar to sleep and exercise, it's good to get a sense of how hydrated you normally are. This tool is meant to track how much water you drink on a daily basis.

## HOW TO USE THIS TOOL

Use this tool for one week to get a baseline for how much water you drink. At the end of the week, you can see if you're hitting your target or not, and then implement changes where needed.

## STEPS

### Calculate your target water intake

You should be drinking approximately half of your weight (in pounds) in ounces of water per day. If you aren't familiar with ounces, you can convert your recommended amount into cups or litres per day.

*Note that if you are exercising, are in extreme environments, or under stress you will need to increase your intake.*

### Track your hydration

In the table on the backside of this sheet, track:

How much water you're drinking each day. You don't have to track every single ounce. But this will at least give you a good estimate of how much you drink to see if you're close to your target.

*Note: Herbal tea can count towards your intake as long as it doesn't have any sweeteners or other additives!*

Record if you exercised or if there was anything else to note that might affect your hydration.

*E.g. Exercising in the heat will make you more dehydrated, as will being on a plane.*

### Post-assessment

#### Look back at your week.

*Did you get your recommended amount of water each day?*

*Were you surprised by the amount you drank?*

*Was it more or less than you thought you drank?*

*What are some strategies you can use to increase your water consumption?*





## EXAMPLE

### CALCULATE YOUR TARGET WATER INTAKE

Weight = 150 lbs

Target water intake =  $150/2 = 75$  ounces

Target intake in litres and/or cups =  
75 ounces = ~2.2 litres/day or ~9 cups/day

	Water intake	Notes
<b>Day 1</b>	4 cups	
<b>Day 2</b>	6 cups	
<b>Day 3</b>	10 cups	Strength workout
<b>Day 4</b>	4 cups	
<b>Day 5</b>	12 cups	Ran outside in heat
<b>Day 6</b>	5 cups	
<b>Day 7</b>	11 cups	Strength workout

## POST-ASSESSMENT

Did you get your recommended amount of water each day?

*On days I exercised, I consumed slightly more than my recommended intake. However, on days I wasn't exercising, I didn't drink enough water.*

Were you surprised by the amount you drank?  
Was it more or less than you thought you drank?

*I drink much less water on the days I'm not exercising than I thought. I need to give myself better cues to drink on those days.*

What are some strategies you can use to increase your water consumption?

*I'm going to start keeping a water bottle on my desk at work.*



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## CALCULATE YOUR TARGET WATER INTAKE

Weight =

Target water intake =

Target intake in litres and/or cups =

	Water intake	Notes
<b>Day 1</b>		
<b>Day 2</b>		
<b>Day 3</b>		
<b>Day 4</b>		
<b>Day 5</b>		
<b>Day 6</b>		
<b>Day 7</b>		

## POST-ASSESSMENT

Did you get your recommended amount of water each day?

Were you surprised by the amount you drank?  
Was it more or less than you thought you drank?

What are some strategies you can use to increase your water consumption?



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# TRACK YOUR HYDRATION

EATSMARTER



	Water intake	Notes
<b>Day 1</b>		
<b>Day 2</b>		
<b>Day 3</b>		
<b>Day 4</b>		
<b>Day 5</b>		
<b>Day 6</b>		
<b>Day 7</b>		

## POST-ASSESSMENT

Did you get your recommended amount of water each day?

Were you surprised by the amount you drank?  
Was it more or less than you thought you drank?

What are some strategies you can use to increase your water consumption?



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## RUNNING ON EMPTY

It's easy to make good food choices when we're well rested, have the time, and aren't stressed out. However, as soon as you're running from dropping off your kids at school, to a meeting, to an exercise class after work, you've barely have had enough time to eat, let alone think about eating something nutritious. When we're really hungry and deciding what to eat on the spot, that's when we make poor decisions regarding food.

## PLAN AHEAD

One way to get around this problem is to come up with a food plan before you get to the point of extreme hunger. This way when you're hungry you're grabbing the healthy snack you prepared the night before as opposed to a hamburger or candy bar from the office vending machine. By planning ahead of time, you can fuel your body and brain with food that is going to improve your health and performance.

## MY FUEL PLAN

This tool is meant to help you make a plan for what you should eat on an ideal day to help you perform at your best. The plan should also be realistic so that you can stick with it.

## HOW TO USE THIS TOOL

Choose a day (most likely the weekend) when you have time to go grocery shopping and prep meals and snacks for the week. If you can do all of your food prep on the weekend, you won't have to worry about prepping anything when things get really hectic during the week. Then make your fuel plan, go grocery shopping, and start prepping your food for the week!

## NUTRITION GUIDELINES

When making your plan, here are some simple guidelines to follow.

### Health = Nutrients/Calories

Prioritize nutrient-dense foods rather than calorie-dense foods to give you the most health and performance benefit. Optimize your nutrient-to-calorie ratio by:

*Eating vegetables at each meal and have cut-up vegetables available for snacks at all times.*

*Having a healthy protein with each meal, such as nuts, seeds, legumes, quinoa, poultry, wild fish, and organic grass-fed meat.*

*Making sure your diet contains healthy fats, such as olive oil, avocado, flax, and cold water fatty fish.*

*Sticking to complex carbohydrates that are high in fibre, like sweet potatoes, quinoa, berries, legumes, seeds, nuts, and long-grain wild rice.*

*Adding in "Superfoods" to your diet such as leafy greens, small fatty fish, legumes, berries, root vegetables, sprouts, chia seeds, spirulina, pomegranate seeds, and turmeric.*

### Hydration

*A simple rule to follow is to drink half your body weight (in lbs) in oz of water each day. Make sure that you drink water first thing in the morning as you become very dehydrated overnight.*

### Caffeine

*Use caffeine as a tool not a crutch. If you have a task you need to be mentally alert for, you can choose to have caffeine beforehand. However, limit your caffeine consumption to 200 mg/day and not within 8 hours of going to bed.*

### Foods to avoid

*Avoid processed foods and high-sugar foods like syrups, candy, junk foods, cereal, fruit juice, pop, foods with added sugars, and refined carbohydrates.*

### Occasional treats

If you are on a very strict plan seven days a week, you might get frustrated when you aren't able to stick to it. This can be discouraging and lead you to relapse into old habits. It's also important to recognize that, in addition to being fuel, food is meant to be enjoyable and is an important part of social life. Allow yourself a treat once or twice a week. Examples include:

*Going out for a nice meal with family or friends*

*Treating yourself to your favourite dessert*

*Having a glass of wine to celebrate a friend's birthday*





## STEPS

### Set your schedule

Pick a typical workday, and then in the sheet below, fill in:

The time you usually wake up and go to bed

The time you usually eat your meals and snacks

The time of any other meetings, activities, or commitments in or outside of work  
*E.g. weekly meetings, planned exercise, taking kids to school, etc.*

### Craft your fuel plan

For each meal/snack that you have scheduled, write down what your ideal day looks like.

*What will you be eating for each of your meals and snacks? Think about your daily schedule to help you make this plan. For example, maybe you want to have fuel that will help you focus and have mental clarity before a big meeting or presentation. If you have exercise planned, what fuel do you want to have before and after?*

**There are recipes and snack ideas on page 57**

### Try it out!

Once you've come up with your fuel plan, try it out for a few days.

*For each meal/snack, feel free to try a few different options - see what works for you!*

### Post-assessment

After you've tried out your fuel plan a few times, look back and ask yourself a few questions:

*Were you able to follow your plan?*

*What worked well?*

*What were some of the challenges?*

*What changes (if any) will you make to your fuel plan?*





# EXAMPLE

## Sleep:

6:00am - Wake up  
10:00pm - Bedtime

## Meals & Snacks:

7:00am - Breakfast  
10:00am - Snack  
1:00pm - Lunch  
4:00pm - Snack  
7:00pm - Dinner

## Daily commitments:

9:00am - Meeting  
12:00pm - Walk  
5:30pm - Yoga class

	Activity	Food & Drinks
6:00am	Wake up	Water
7:00am	Breakfast	Overnight oats Coffee
8:00am		
9:00am		
10:00am	Power Snack	Handful of nuts & seeds Blueberries (brain food before meeting!)
11:00am	Meeting	
12:00pm	Walk	
1:00pm	Lunch	Chicken salad
2:00pm		
3:00pm		
4:00pm	Power Snack	Nut butter on crackers, Cut-up veggies
5:00pm		
6:00pm	Yoga class	
7:00pm	Dinner	Veggie scramble
8:00pm		
9:00pm		
10:00pm	Bed	





## EXAMPLE

---

Were you able to follow your plan? What worked well?

*Yes, for the most part. I found it fairly easy to follow the breakfast and dinner plans, as I could prep them on Sunday and eat them as soon as I woke up and when I got home at the end of the day. This was especially nice on days I worked out as I was very hungry by the time I got home.*

What were some of the challenges?

*When I got off track, it was because I got caught up doing work and/or didn't have time to eat my healthy snacks. This led me to be extremely hungry and buy something in the afternoon when I had low energy.*

What changes (if any) will you make to your fuel plan?

*I will continue to prep snacks and meals on Sunday. I will make sure to have healthy snacks that are readily accessible so that I don't get to the point of extreme hunger.*



# SET YOUR SCHEDULE & CRAFT YOUR FUEL PLAN

EATSMARTER



Sleep:

Meals & Snacks:

Daily commitments:

	Activity	Food & Drinks
6:00am		
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12:00pm		
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		
10:00pm		



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# POST ASSESSMENT

---

EATSMARTER



Were you able to follow your plan? What worked well?

What were some of the challenges?

What changes (if any) will you make to your fuel plan?



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# SET YOUR SCHEDULE & CRAFT YOUR FUEL PLAN

EATSMARTER



Sleep:

Meals & Snacks:

Daily commitments:

	Activity	Food & Drinks
6:00am		
7:00am		
8:00am		
9:00am		
10:00am		
11:00am		
12:00pm		
1:00pm		
2:00pm		
3:00pm		
4:00pm		
5:00pm		
6:00pm		
7:00pm		
8:00pm		
9:00pm		
10:00pm		



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# POST ASSESSMENT

---

EATSMARTER



Were you able to follow your plan? What worked well?

What were some of the challenges?

What changes (if any) will you make to your fuel plan?



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## BREAKFAST

### Overnight Oats

If you're too rushed to make breakfast in the morning, you can make this recipe the night before.

#### Ingredients:

3/4 cup steel cut oats  
1/2 cup berries  
1 tbsp chia seeds  
1 tbsp natural nut butter  
1 tsp maple syrup  
1 tsp cinnamon  
1 cup unsweetened nut milk (or water)

#### Directions:

Put all ingredients into a sealed container or jar. Add more milk if needed (dry ingredients should be completely covered by the milk). Refrigerate overnight and enjoy!

\*\*\*There are many ingredients you can use so play around with what you like - try adding nuts, different fruits, yogurt, or honey to mix it up.

### Chia Pudding

This is another easy recipe to make the night before so it will be ready for you to enjoy in the morning.

#### Ingredients:

1 cup coconut milk  
1/4 cup chia seeds  
2 Tbsp maple syrup  
1/4 cup frozen berries

#### Directions:

Add all the ingredients to a mason jar. Shake or stir with a spoon until evenly mixed, twist on a lid and put it in the fridge over night.

### Healthy Pancakes

Healthy pancakes are a great way to get some good carbohydrates and protein to start your day.

#### Ingredients:

1 banana  
2 eggs  
oat flour (enough to thicken the batter to your liking)

#### Directions:

Mix all the ingredients together. Cooking in coconut oil (less than a tablespoon is needed) will give you more micronutrients than butter.

### Breakfast Bento Box

This is an ideal meal prepping breakfast, as you can organize everything for the week ahead of time. Just add all the items to a to-go food container.

#### Ingredients:

2 slices of smoked Pacific salmon  
3 olives  
1/2 avocado  
1 hard boiled egg  
2 boiled new potatoes

### Egg Muffin

#### Ingredients:

1 egg  
pinch of finely chopped spinach  
pinch of chopped tomato  
pinch of feta cheese  
salt and pepper to taste

#### Directions:

Crack an egg and mix it with a fork. Pour into a muffin tin lined with coconut oil. Add a good pinch each of finely chopped spinach and tomato and feta cheese, and salt and pepper.  
Bake it at 350F for 20 minutes.

\*\*\*Multiply the recipe by 12 for a full tray of muffins. These will last in the fridge for 3 days.

### Berry Blast Smoothie

#### Ingredients:

1/4 cup frozen black cherries  
1.4 cup frozen blueberries  
1 scoop vanilla vegan protein powder  
1 Tbsp ground flax seeds  
1 tsp spirulina powder  
1.5 cups coconut milk

#### Directions:

Add the ingredients to a blender and blend until uniform.

### Chocolate Banana Smoothie

#### Ingredients:

1 ripe banana  
1 Tbsp almond butter  
1/3 cup lactose free plain Greek yogurt  
1 tsp cacao powder  
1.5 cups chocolate almond milk  
Handful of baby spinach

#### Directions:

Add the ingredients to a blender, blend for 20 seconds and enjoy!

### Brain-Powering Smoothie

#### Ingredients:

1 banana  
2 handfuls of spinach or kale  
1 tsp ground flax seed  
1/2 avocado  
1 tsp grated ginger  
1/2 tsp turmeric root  
3/4 cup almond milk (a little more or less depending on your preferred thickness)  
1 scoop of protein powder of your choice (Living Fuel and Vega are good plant-based proteins)

#### Directions:

Add all ingredients to a blender and blend on high for 60 seconds.

\*\*\*Optional - a kiwi or 1/3 cup of raspberries gives it a little extra sweetness.





## LUNCH & DINNER

### Shrimp Stirfry

**Ingredients:**

1 bag pre-shelled, cooked shrimp  
2 cloves garlic  
1/4 tsp ginger  
2 tbsp soy sauce  
1 cup chicken broth  
1 head broccoli

**Directions:**

Thaw a bag of pre-shelled, cooked shrimp.  
Add garlic, ginger, soy sauce, chicken broth, and broccoli (cut into small pieces) to a pan.  
Cook until broccoli becomes soft.  
Add the shrimp and cook until warmed through.  
Add this to 1 cup of rice noodles and enjoy.

### Fish and Beans

**Ingredients:**

1 filet of pacific salmon (or rainbow trout)  
juice of a lemon  
1 tsp dill  
mustard to taste  
2 cups green beans

**Directions:**

Place the fish into an oven safe container and add the lemon and dill.  
Spread a layer of mustard evenly on top of the fish.  
Place 2 cups of green beans beside the fish and add 1/2 cup water to the bottom of the dish.  
Place the lid on and bake at 350F for 15 minutes (until the fish is cooked through).  
Serve with a portion of brown rice.

### Chicken Salad

On days you don't have time to cook you can pick up a few pre-made items from the grocery store and still make it into a healthy meal.

**Ingredients:**

roasted chicken  
bag of pre-washed salad  
1/4 can chickpeas  
2 tbsp apple cider vinegar  
2 tbsp olive oil

**Directions:**

Pick up a cooked roasted chicken from the grocery store.  
Cut out a breast and pull off the skin.  
Add it to a bag of pre-washed salad and add chickpeas.  
Add vinegar and olive oil for dressing.

### Veggie Scramble

This is a quick and easy meal. You can make a few batches and freeze them for up to 6 weeks.

**Ingredients:**

3 eggs  
Handful of baby spinach  
1/4 cup salsa to a bowl

**Directions:**

Add ingredients to a bowl and beat with a fork until uniform.  
Add to a pan and cook while stirring constantly until no longer liquid.  
Roll it up tightly in a whole grain wrap, broil for a minute or so (until just a bit crispy).

## SNACKS

### Homemade Protein Balls

**Ingredients:**

1 scoop protein powder  
2 tbsp all natural almond butter  
4 tbsp almond milk (unsweetened)  
2 tbsp maple syrup

**Directions:**

Stir ingredients together, roll into balls, and freeze overnight.  
\*Optional - roll balls in unsweetened coconut flakes before freezing.

### Homemade Granola

Store bought granolas have a lot of additives. This home-made granola is easy to make and you can store it in the fridge for an entire week. You can have this yogurt and fruit for an easy snack.

**Ingredients:**

3 cups oats  
1 cup mixed nuts and seeds (chia, cashews, almonds, walnuts...)  
1/2 cup shredded coconut  
1/2 cup chopped dates  
1/2 cup Thompsons raisins  
1 tsp vanilla  
1 Tbsp cinnamon  
1/4 cup maple syrup  
1/4 cup melted coconut oil  
pinch of salt.

**Directions:**

Put all the ingredients into a large bowl and mix with your hands until uniform.  
Spread the mixture on a parchment lined baking sheet and bake at 300F for about 12 minutes.

### Yogurt Parfait

**Ingredients:**

3/4 cup yogurt (Plain lactose-free Greek or coconut)  
1/2 cup frozen berries  
1/2 tsp cinnamon  
1 Tbsp raw honey  
1/4 cup raw pumpkin seeds

**Directions:**

Add everything to a bowl.  
Eat immediately or take with you for a snack.

## OTHER SNACK IDEAS

Handful of Nuts/seeds  
Hummus with fresh veggies  
Blueberries are a great food for your brain!  
Cottage cheese with fresh fruit  
Nut butter and banana on whole grain toast  
Canned fish on rice crackers



# START, STOP, CONTINUE

EATSMARTER



---

Congratulations, you've completed the Eat Smarter module!

Based on what you've learned during this module, what are some habits that you'd like to incorporate into your life that you think you can stick to? Are there new recipes you'd like to try?

Maybe you'd like to drink more water? Maybe you'd like to plan your meals better so you're not reaching for that unhealthy snack when you're really hungry. Fill out the exercise below to help you with this process.

---

## START

*What Eat Smarter habit(s) would you like to start?*

## STOP

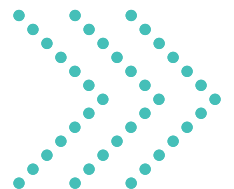
*What Eat Smarter habit(s) would you like to stop?*

## CONTINUE

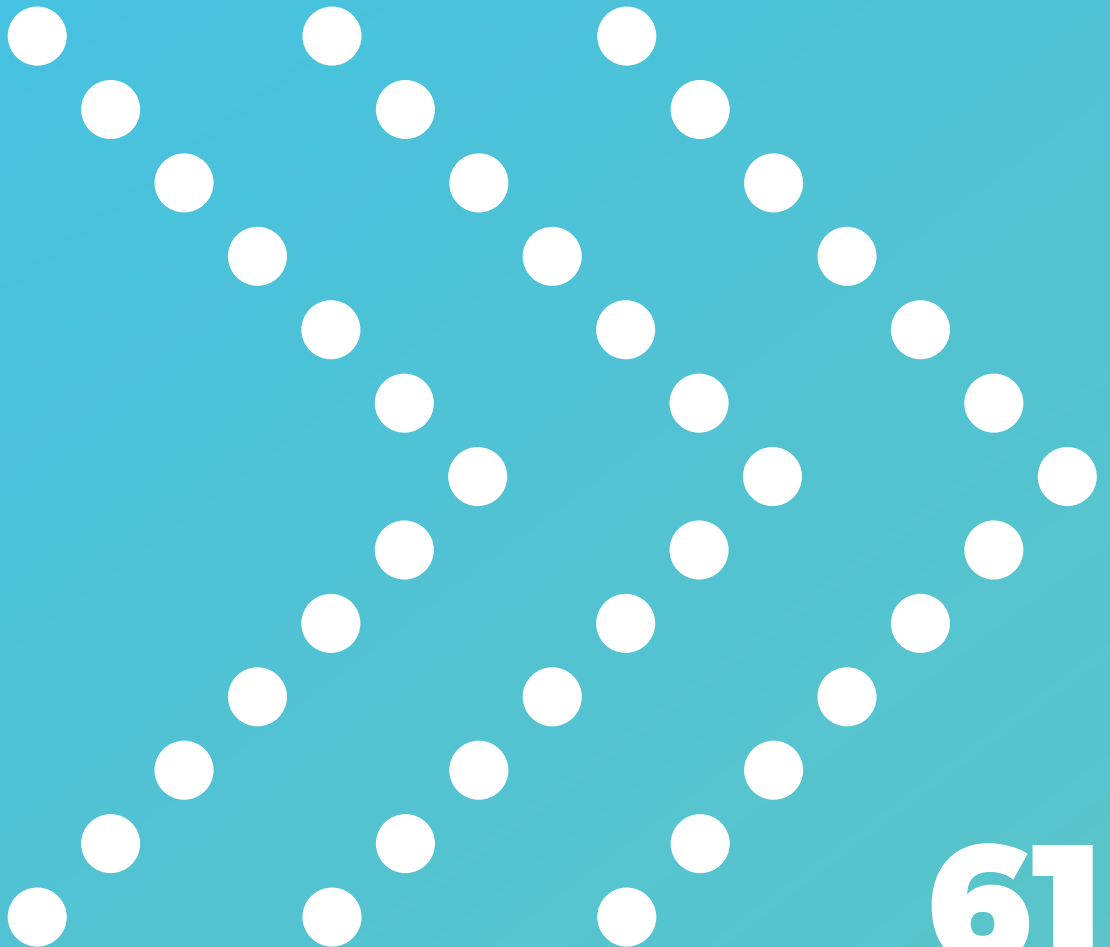
*What Eat Smarter habit(s) would you like to continue?*



*You can use this page to write down any thoughts you have regarding your nutrition, or any questions or ideas you have as you move through the program. Remember we're here to help so never hesitate to contact us at [coach@wellsperformance.com](mailto:coach@wellsperformance.com).*



THINKCLEARLY



# THE DO LESS TO ACHIEVE MORE™ BUILDER

Name: \_\_\_\_\_

THINK CLEARLY



Date: \_\_\_\_\_

## MORE ISN'T BETTER - BETTER IS BETTER

In today's society, we think we need to work harder, put in more hours, and get less sleep to be successful. However, this is leading to us to become sick, die from lifestyle-related diseases, and be unhappy. Remember that more isn't better - better is better.

## URGENT VS. IMPORTANT

One of the first steps in achieving your dreams means knowing the difference between "important" and "urgent," because that allows you to set the right priorities and allocate your time and resources well. Urgent activities demand immediate attention, and are usually associated with achieving someone else's goals. Important activities have an outcome that leads to us achieving our goals.

## SWITCH FROM TIME MANAGEMENT TO PRIORITY MANAGEMENT

The key is to switch from doing time management to priority management. Instead of focusing on urgent activities that are usually associated with someone else's goals (such as responding to emails), focus on activities that lead to achieving your goals and dreams.

## THE DO LESS TO ACHIEVE MORE BUILDER

This tool can help you make sure that you're allocating time every day and week towards your important activities, whether these are professional or personal. By shifting from time management (living by the calendar) to priority management (doing the most important things well), you can create a wave of focus and wellness.

## HOW TO USE THIS TOOL

Use this tool to map out your responsibilities and prioritize them to reflect your goals. You can then start to build your ideal day and week. At the end, you can look back and see how your ideal day and week differ from your current reality, and then see what tactics you can use to align your life with your priorities.

## STEPS

### The time check

In the table on the back side of this sheet:

**List the roles, tasks, and time commitments that you are responsible for in your life now.**

*Can be responsibilities at work, home life (e.g. spending time with family), or personal life/goals (e.g. hobbies, exercise).*

**Rank these responsibilities from most important to least important to you.**

**Write if you feel that you are currently spending enough time on the things that are important to you.**

*Give yourself a checkmark if yes.*

### Build your ideal day

Look back at your time check, paying attention to your most important priorities and if you're allocating enough time to them.

Then in the next table, construct your ideal day, moving from time management to priority management. Allocate time to the most important priorities and defend that time on a daily basis.

### Build your ideal week

**In the next table, construct your ideal week. Looks for blocks of time that you can dedicate to certain tasks.**

*E.g. One complete day can be dedicated to one aspect of your work (strategic planning), mornings can be dedicated to working out, etc.*

### Post-assessment

**Look back at your ideal day and week and ask yourself a few questions.**

*How does this differ from your current reality?*

*What tactics do you need to execute to bring your life into alignment with your dreams and priorities?*



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## EXAMPLE

ROLES, TASKS, COMMITMENTS	RANK THESE RESPONSIBILITIES	ENOUGH TIME?
Spending time with family	1	×
Spending time with friends	4	×
Exercise (training for a triathlon)	3	✓
Meetings	7	✓
Household chores	9	✓
Responding to emails	8	✓
Studying for course that will further my career	5	×
Work projects that require total focus	2	×
Art project	6	×





## EXAMPLE

TIME	TASK(S)
6:00am-7:00am	Training (run, swim, etc.)
7:00am-8:00am	Get kids ready for school
8:00am-9:00am	Breakfast, commute to work
9:00am-10:00am	Daily meeting, respond to emails
10:00am-11:00am	Power work (total focus on one project)
11:00am-12:00pm	Power work
12:00pm-1:00pm	Lunch, walk
1:00pm-2:00pm	Power work
2:00pm-3:00pm	Power work
3:00pm-4:00pm	Emails
4:00pm-5:00pm	Phone calls, communication with team
5:00pm-6:00pm	Training
6:00pm-7:00pm	Study for course
7:00pm-8:00pm	Dinner with family
8:00pm-bed	Bedtime routine







## EXAMPLE

	MON	TUES	WED	THURS	FRI	SAT	SUN
6-8am	Training, Family time	Training, Family time	Training, Family time	Training, Family time	Training, Family time	R&R	R&R
8-10am	Meeting, Emails	Meeting, Emails	Meeting, Emails	Meeting, Emails	Meeting, Emails	Training	R&R
10am-12pm	Power work	Strategic planning	Power work	Strategic planning	Power work	Family time	Family time
12-2pm	Lunch, Power work	Strategic planning	Lunch, Power work	Strategic planning	Lunch, Power work	R&R	Family time
2-4pm	Power work, Emails	Strategic planning	Power work, Emails	Strategic planning	Power work, Emails	Art project	Chores
4-6pm	Study for course	Phone calls, Training	Study for course	Phone calls, Training	Study for course	Spend time with friends	R&R
6-8pm	Family time	Family time	Family time	Family time	Family time	Spend time with friends	Family time
8-10pm	Bedtime routine	Bedtime routine	Bedtime routine	Bedtime routine	Bedtime routine	Bedtime routine	Bedtime routine





## EXAMPLE

How do your ideal day and week differ from your current reality?

*I am not good at blocking off time to do Power Work. Ideally I would like to do about 4 hours each day (with a couple days per week dedicated to strategic planning).*

*I also need to get better at making a hard time cap to put away all other distractions and spend time with my family every night.*

*I'm not prioritizing studying for my course.*

What tactics do you need to execute to bring your life into alignment with your dreams and priorities?

*When I'm in Power Work, I need to remove all distractions (turn off phone and email notifications, close my door, put in headphones) so I can focus on the task that requires all of my attention.*

*I will set a daily alarm that will remind me to put away work for the night at 6pm.*

*I will put it in my calendar to study for my course three times per week. Once it's in my schedule, it will be easier to stick to it instead of putting it off.*



# THE TIME CHECK

THINKCLEARLY



ROLES, TASKS, COMMITMENTS	RANK THESE RESPONSIBILITIES	ENOUGH TIME?

ROLES, TASKS, COMMITMENTS	RANK THESE RESPONSIBILITIES	ENOUGH TIME?



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# BUILD YOUR IDEAL DAY



TIME	TASK(S)	TIME	TASK(S)
6:00am-7:00am		6:00am-7:00am	
7:00am-8:00am		7:00am-8:00am	
8:00am-9:00am		8:00am-9:00am	
9:00am-10:00am		9:00am-10:00am	
10:00am-11:00am		10:00am-11:00am	
11:00am-12:00pm		11:00am-12:00pm	
12:00pm-1:00pm		12:00pm-1:00pm	
1:00pm-2:00pm		1:00pm-2:00pm	
2:00pm-3:00pm		2:00pm-3:00pm	
3:00pm-4:00pm		3:00pm-4:00pm	
4:00pm-5:00pm		4:00pm-5:00pm	
5:00pm-6:00pm		5:00pm-6:00pm	
6:00pm-7:00pm		6:00pm-7:00pm	
7:00pm-8:00pm		7:00pm-8:00pm	
8:00pm-bed		8:00pm-bed	



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# BUILD YOUR IDEAL WEEK

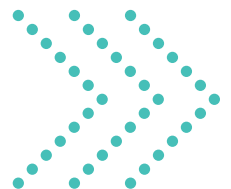
THINKCLEARLY



	MON	TUES	WED	THURS	FRI	SAT	SUN
6-8am							
8-10am							
10am-12pm							
12-2pm							
2-4pm							
4-6pm							
6-8pm							
8-10pm							



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# BUILD YOUR IDEAL WEEK

THINKCLEARLY



	MON	TUES	WED	THURS	FRI	SAT	SUN
6-8am							
8-10am							
10am-12pm							
12-2pm							
2-4pm							
4-6pm							
6-8pm							
8-10pm							



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# POST ASSESSMENT

THINK CLEARLY



How do your ideal day and week differ from your current reality?

What tactics do you need to execute to bring your life into alignment with your dreams and priorities?



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## THE POWER OF GRATITUDE

In the past two decades, researchers have learned that gratitude is strongly related to all aspects of well-being. Gratitude has also been shown to reduce mental health disorders such as depression, anxiety, and post-traumatic stress disorder (PTSD). A person who has suffered a traumatic experience, for example, is able to recover better and even achieve a higher level of emotional well-being afterward if they are oriented toward noticing and appreciating the positive in the world.

Gratitude also reduces stress, lowers heart rate, decreases inflammation in the body, improves sleep, strengthens relationships, reduces conflict, and triggers reciprocally helpful behaviour. This last finding means that a person who shows gratitude—for a friend’s input, a home-cooked meal, a parent’s help with homework—will increase the likelihood that the recipient will show more care and compassion toward others. Gratitude generates kind-hearted acts like the ripples of a pebble dropped in water.

## THE GRATITUDE PROJECT

This tool is meant to remind you to take two minutes to step back and notice the good parts of life, to help you appreciate them even more. Doing this simple practice will help you focus on what is important so you can avoid getting caught up in short-term issues.

## HOW TO USE THIS TOOL

At the end of every day (or in the morning), write down three to five things that you are grateful for that day. It doesn’t have to be formal but writing it down can help you develop the habit.

## STEPS

### Practice daily gratitude

Take a few minutes to jot down the three to five things you are most grateful for in your life right now. It can be anything - grateful for a friend, grateful for what you have, or grateful for being in the present moment. Here are some examples of different types of gratitude:

#### Appreciation of other people

*“I’m lucky to have David as a friend/teammate/brother.”*

#### A focus on what you currently have

*“I’m thankful for my family/for the healthy food available/for a safe and warm home.”*

#### Feelings of awe when encountering beauty

*“This waterfall is a wonder!”*

#### Focusing on the positive in the present moment

*“I’m going to sit here on this park bench for a moment and take in the autumn colours.”*

#### Appreciation arising from understanding that life is short

*“I will die and people I know will die, so this day matters so much.”*

#### Positive social comparisons

*“There are so many people who have less than I do.”*







## DAILY GRATITUDE

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



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## DAILY GRATITUDE

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



# START, STOP, CONTINUE

THINKCLEARLY



---

Congratulations, you've completed the Think Clearly module!

Based on what you've learned during this module, what are some habits that you'd like to incorporate into your life that you think you can stick to? Are you going to start single tasking? Continue with daily gratitude? Fill out the exercise below to help you with this process.

---

## **START**

*What Think Clearly habit(s) would you like to start?*

## **STOP**

*What Think Clearly habit(s) would you like to stop?*

## **CONTINUE**

*What Think Clearly habit(s) would you like to continue?*



*You can use this page to write down any thoughts, comments, or questions you have regarding your stress, focus, or mental health. Remember we're here to help so never hesitate to contact us at [coach@wellsperformance.com](mailto:coach@wellsperformance.com).*



# PERFORM BETTER NOTES

---

*Congratulations! You've completed the program and hopefully this workbook has helped you combine world-class habits for sleeping, eating, moving, and thinking better to make incredible gains in your health and performance.*

*You can use this page to write in any final comments, questions, or take-aways. You've learned some new ideas, and now it's time to apply them to make your life better, and bring the wonderful people around you along for the incredible journey!*

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*I would love for you to share your journey with me. You can contact us anytime at [coach@wellsperformance.com](mailto:coach@wellsperformance.com). You can also connect with me on my website: [www.wellsperformance.com](http://www.wellsperformance.com) or my social platforms:*



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