



SWEATPANTS TO SWIMSUIT ROADMAP

BUILD YOUR FOREVER-BODY FOR LIMITLESS HEALTH, ENERGY, AND CONFIDENCE

IT PHASE
Iterate & Accelerate

EDD PHASE
Every Damn Day Habits

PREP PHASE
Build Your Vision & Plan

Metabolic Exercise Plan

Metabolic Fasting Plan

Muscle Growth & Retention Plan

MVEP
Minimum Viable Exercise Plan

Metabolic Nutrition Plan

Core-4 Habits
Water, Walking, Relaxation, and Sleep

METABOLIC KPIs

Vision & Obstacles

5-DAY METABOLIC RESET

