

EXIT STRATEGY

Now, make sure you plan your **EXIT STRATEGY**.





CONGRATULATIONS on coming to the end of **THE COMPLETE NUTRITION GUIDE** Coaching Programme!

Unlike exercise, where you start a workout and then finish an hour later, nutrition doesn't have really a starting point or a finishing point, it's a continuous process. This 'ongoing' factor is the main reason why so many people struggle with it.

I hope by now you know that your nutrition doesn't have to be perfect and nor should it be. Trying to be perfect will only hold you back!

You have learned that nutrition is all about being that **LITTLE BIT BETTER CONSISTENTLY**, and you can now make **INFORMED DECISIONS** about what and how much to eat.

As part of your exit strategy, I recommend revisiting **HABIT 9: GET BACK ON TRACK:**

 HABIT 1	HYDRATION	<input checked="" type="checkbox"/>
 HABIT 2	PROTEIN	<input checked="" type="checkbox"/>
 HABIT 3	FRUITS AND VEGGIES	<input checked="" type="checkbox"/>
 HABIT 4	FATS	<input checked="" type="checkbox"/>
 HABIT 5	QUALITY CARBS	<input checked="" type="checkbox"/>
 HABIT 6	EAT MINIMALLY PROCESSED FOODS	<input checked="" type="checkbox"/>
 HABIT 7	CARBS AROUND BREAKFAST AND EXERCISE	<input checked="" type="checkbox"/>
 HABIT 8	FOOD PREP	<input checked="" type="checkbox"/>

Are there any of them you can do a little bit better on?

In **HABIT 6: EAT MINIMALLY PROCESSED FOODS** I said:

IF YOU COULD ONLY MAKE JUST ONE CHANGE TO YOUR DIET THAT WOULD HAVE THE BIGGEST IMPACT ON HOW YOU FEEL AND HOW YOU LOOK, THIS WOULD BE IT!

I think that **HABIT 6** and **HABIT 8: FOOD PREP** go hand in hand with each and are the **MOST POWERFUL TOOLS** that you can have at your disposal.

It's the domino effect. If you have **HABIT 6** and **HABIT 8** under your belt, the other habits will follow.

So if you're struggling, you need to make time for it and **CREATE YOUR RITUAL**. Whether its 5mins, 15mins or an hour, just **GET IT DONE!**



FINAL THOUGHT

ALL THE HABITS THAT YOU HAVE LEARNED AND PUT INTO PLACE, STAND YOU HEAD AND SHOULDERS ABOVE THE MAJORITY OF PEOPLE.

This programme has given you all the tools to be successful and live your life to fullest, now take advantage of your new arsenal of habits and continue to take ownership of your nutrition!

What's so good about nutrition is that at any point you can create a clean slate. **THE INFORMATION IN THE PROGRAMME IS TIMELESS.**

Had a meal that wasn't great? Draw a line under it, don't get hung up, just make the next meal better! **GET BACK ON TRACK!**

I would always recommend repeating this programme in full. Use the [FB Community Group](#) to your advantage, post up your consistency sheets, buddy up with someone and be accountable to each other!

In the words of  Precision Nutrition

You know that **ACTION** is more important than any plan.

You know that **BEHAVIOURS** are more important than outcomes.

You know that **CONSISTENCY** beats heroic effort.

You know that **JUST A LITTLE BIT BETTER** beats perfection.

You know that doing **ONE SMALL THING AT A TIME** gets you where you want to go.

Good luck and see you in the community group.



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