



4 EASY STEPS TO

GET FIT
&

LOSE WEIGHT

www.getdadbodfit.com

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DON'T SET RESOLUTIONS

BUILD A HABIT

I'm Doug Hutchins and I'm the founder of Get Dad Bod Fit.
I'm the father of 2 kids with a busy dad life and a demanding job.



I set fitness resolutions for many years

- ▶ I tried different fad diets
- ▶ I purchased exercise programs
- ▶ I joined various gyms

But my resolutions never resulted in lasting change

THEN I LEARNED A SIMPLE TRUTH:

A HABIT REPEATED OVER TIME RESULTS IN LASTING CHANGE



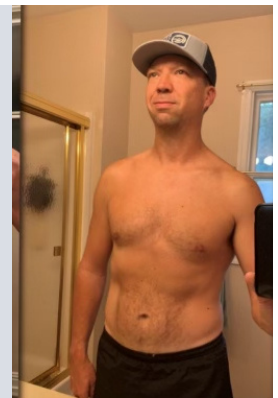
Jan 2019
220 lbs

3 years ago

I began with one daily fitness habit and then I built on that habit over 7 months

I LOST 45 POUNDS

AND I'VE KEPT THE WEIGHT OFF



174 lbs
Aug 2019

NOW I WANT TO HELP YOU DO THE SAME



4 EASY STEPS TO GET FIT AND LOSE WEIGHT

#1: START SMALL

Start with pushups. The pushup encompasses several muscle groups. Determine how many pushups you can do at one time and start with that number. If you can do 10 pushups, do 10 each day. If you can do 25, do 25. This may sound simple, but keep in mind that you are going from 0 pushups each week to 70 (if you do 10/day) or 175 (if you do 25/day).

#2: STACK YOUR NEW HABIT

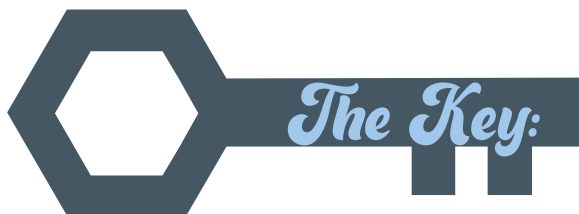
Connect your pushup habit to an existing habit you perform every day. I brew coffee every morning. I connected my workout to this existing habit. Every day when I heat water for my coffee, I step over to the carpet and do my pushups. If you don't drink coffee, connect your workout to another habit like brushing your teeth, waking up your kids, or getting the mail.

#3: SET YOUR HABIT TO FORGET IT

You want your new habit to become a subconscious behavior so that you do it without thinking. At first, you will need to remind yourself to practice your pushup habit. You can put a post-it note on your bathroom mirror, create a daily reminder on your cell phone or Echo device, or ask a friend to text you. Remind yourself each day to do your pushups until it becomes second nature.

#4: BUILD ON YOUR HABIT

When your daily pushup habit becomes second nature, it's time to build on your habit. Add increments of 5 pushups until it becomes more challenging. The second add will be a set of air squats. Start with 10-20 each day and add more as you are able. Once air squats become second nature, add a set of 10-20 abdominal crunches and increase as necessary.



START TODAY

Start building your workout habit today. Start where you are and you will grow stronger in no time.



MY FITNESS HABIT

Momentum is vital to success, and momentum starts with one simple habit. Begin your journey to Get Dad Bod Fit by establishing a pushup habit and then use that momentum to build on that habit after it has become second nature. Use the four boxes below to start small, stack your new habit, set your habit to forget it, and then build on it.

MY INITIAL FITNESS HABIT

I do _____ pushups every day

I will connect my new pushup habit to the following existing habit:

HABIT STACKING

I will remind myself to do my pushups daily by:

SET IT TO FORGET IT

When my pushup habit becomes 2nd nature:

BUILD ON IT

I will add _____ air squats to my daily workout



Check Us Out Online:

to learn more about fitting fitness into a
busy dad life

www.getdadbodfit.com

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for support, encouragement, &
accountability with like-minded dads

facebook.com/GetDadBodFit/

**Stay tuned for an upcoming
challenge in early 2022**

