



Consistency.

Struggling to be consistent?

Often when someone isn't getting results, they want to blame the programme. So they bounce from one diet and workout to the next, without ever making much progress. But the truth is, rarely is it the fault of the programme. It's a lack of consistency that's the problem.

You can't expect to get results by hitting the gym and eating healthy for one week, only to get off track for the next two. Achieving a goal is the result of committing to a process and embedding the necessary habits and behaviours consistently.

Here's some top tips if you're struggling with consistency:

Motivation is a brief emotion that can't be relied upon.

You need to create momentum by building good habits and taking action even when you don't feel like it.

Don't try to overhaul your lifestyle all at once.

Doing so is overwhelming and you're more likely to want to give up all together because it feels so hard. Instead, pick one habit you want to change, and work on that until it feels easy.

Find a way of eating and exercise programme you enjoy.

If what you're doing makes you miserable, you won't stick to it for long. Love carbs? Then don't eliminate them from your eating plan. Hate running? Then don't run – find another way to bring cardio into your exercise programme.

Failing to plan is planning to fail

- Schedule your workouts and pack your gym bag the night before.
- Do some meal prep a few days a week so you always have nutritious meals and snacks ready to go

Don't let perfect hold you back.

If you stay on track 80-90% of the time, you can be less than perfect 10-20% of the time and still make progress. And when you do slip up just forgive yourself and get right back on track.

Celebrate every win along the way.

Those positive feelings will help you keep the moment going.



Prioritise sleep and self-care.

When we are stressed and sleep deprived, we are less likely to make good choices. It can impact our food choices, our decisions to go and exercise.

How to stay consistent checklist.

- Rely on habits, not motivation.
- Make only one change at a time.
- Prioritise sleep and stress management.
- Set up your environment for success.
- Follow an eating plan and training plan that you enjoy.
- Plan ahead so you're always prepared.
- Don't let trying to be perfect hold you back.
- Celebrate your wins along the way.
- Turn negatives into positives.