

## Welcome to the Fit in Five Workshop!

Health and fitness are about so much more than your weight on the scale or the weight you lift at the gym.

### True health and real fitness are about:

- the way you feel
- your quality of life
- the focus you have at work
- your ability to move
- your psychological state



When you're truly healthy, you are in a better mood and able to do more physically, with more ease. Whether it's walking your dog, going hiking, enjoying annual ski trips, or playing on the floor with kids, your health allows you to do the things you love.

True health is a rewarding lifetime journey, and it's the small choices we make over time that can bring the biggest benefits to our lives. To gauge your improvement, track your wellbeing at the beginning of Fit in Five and at the end. Make a copy of this assessment to use later.

### On a scale of 1-10:

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

- |   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 1. How well do you sleep?                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. Do you feel energized at the end of your days?   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. Do you enjoy exercise?                           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. How good do you feel in your clothes?            | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. How is your energy level?                        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. Do you have a healthy relationship with food?    | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. Do you take time for self-care?                  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8. Do you experience brain fog?                     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 9. Do you experience pain?                          | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10. If so, how much does the pain affect your life? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Fit in Five Daily Success Tracker. Track your progress. Let's do this together.**

|   |  |
|---|--|
| <p>★ Day 1: Build your CORE / Explore Pain<br/>Our abdominals are truly the "core" of our body. By building our strong core, we protect our back and are able to move freely and safely.</p>  | <p>[ ] 🎯 I completed today's workout.<br/>---<br/>How do I feel after the workout?<br/>😞 1 2 3 4 5 😊</p> |
| <p>★ Day 2: Build your Strength / Explore Time<br/>Upper and lower body strength go together, because a balanced body is fit, strong, and resilient. We focus on large &amp; small muscles and full range of motion.</p>                              | <p>[ ] 🎯 I completed today's workout.<br/>---<br/>How do I feel after the workout?<br/>😞 1 2 3 4 5 😊</p> |
| <p>★ Day 3: Build your Fitness / Explore Food<br/>Cardiovascular exercise gets our heart pumping and blood flowing. We'll do targeted cardio sets that get you fit, in a few minutes.</p>   | <p>[ ] 🎯 I completed today's workout.<br/>---<br/>How do I feel after the workout?<br/>😞 1 2 3 4 5 😊</p> |
| <p>★ Day 4: Build your Dynamic Power / Explore Plateaus<br/>Strength and cardio come together as we move in multiple planes, with power, control, and elegance.</p>   | <p>[ ] 🎯 I completed today's workout.<br/>---<br/>How do I feel after the workout?<br/>😞 1 2 3 4 5 😊</p> |
| <p>★ Day 5: Build in your Recovery / Explore No Limits<br/>Recovery days with stretching and relaxing movement are just as important as strength and cardio training. In fact, building in recovery workouts will help you reach your next goals.</p> | <p>[ ] 🎯 I completed today's workout.<br/>---<br/>How do I feel after the workout?<br/>😞 1 2 3 4 5 😊</p> |

**About the CORE Journey / Welcome from Misha Patel**

The transformation you experienced Fit in Five -- five aspects of physical and mental fitness in a strategic progression that builds over time -- is the foundation of the CORE program. We build real results during the 6-month program and continue the upward spiral. We deep-dive into each month's theme with weekly workouts, a challenge, live sessions, and supporting each other in our online community. CORE is fitness that fits your life: safe and effective. I created CORE to combine the power of my career as a certified Pilates, TRX Sports Medicine, and Z-Health Trainer, providing you with intelligent application of movement, no matter whether you begin from clinical rehabilitation to athletic performance.



**MORE ABOUT CORE**