

ALIGNED | COMMITTED | TRANSFORMED

M3

MUSCLE METHOD



12 MONTH GUIDE

TABEL OF CONTENTS

1. The What & Why
2. Being Aligned and Committed
3. What You Can Expect from Me
4. 12-Month Overview
5. Training Protocols
6. Nutrition Protocols
7. Mindset Protocols
8. Lessons Learned
9. Community
10. Program FAQ



M3 MUSCLE METHOD

ALIGN YOUR STRENGTH AND COMMIT TO CHANGE



Hey girl

I'm Coach Hannah, and my goal with this program is to help women aged 35+ redefine aging, one rep, one bite, and one thought at a time. Even if you're just 30, starting now will set you up for success in the future.

WHY M3 MUSCLE METHOD?

Over the past decade, I've witnessed many incredible women like you struggle with programs that don't deliver lasting results. The issue isn't about trying harder but having the right strategy.

The M3 Muscle Method is that strategy. It's tailored for women 35+ who want to:

- Build lean muscle and improve body composition 🏋️
- Boost metabolism and increase energy ⚡
- Enhance self-esteem and confidence ✨
- Age well with a focus on sustainable, long-term health 🏠

This isn't just another program; it's a lifestyle shift—a commitment to yourself that we'll embrace together over the next 12 months. Whether you've faced setbacks before or are new to this journey, now is your time. Things can and will improve, and I'll be here to guide you every step of the way.

If you're tired of yo-yo dieting, endless cardio, and the constant struggle to feel good in your own skin, M3 is for you. This program is designed for busy women and moms who want to feel stronger, more energized, and more confident in their bodies. It's time to stop letting age define you—let's redefine how you age.



ALIGN YOUR STRENGTH | COMMIT TO CHANGE

ALIGNMENT

Definition: Alignment refers to being in a state of harmony or agreement with your values, goals, and actions. It means that your efforts are synchronized with your true desires and intentions.

How It Relates to You: When you align yourself with your health and fitness goals, every action you take becomes more purposeful. It ensures that your efforts in the gym, your meal choices, and your mindset are all working together to support your overall well-being.

COMMITMENT

Definition: Commitment is the state of being dedicated to a cause or activity. It involves consistently pursuing a goal with determination and perseverance.

How It Relates to You: To achieve the results you want, you must commit to yourself and your journey. This means making a promise to change your story—the one that has kept you stuck—and consistently showing up each day. Without commitment, lasting change is challenging. Embrace the process, and remember that commitment is key to transforming your life.

By aligning your actions with your goals and committing to your journey, you set yourself up for success. It's not about perfection but about persistence and dedication. Each day you show up, you're one step closer to becoming the healthiest, strongest, and most confident version of yourself.

Ps. we are in this together.

Hannah xo



WHAT YOU CAN EXPECT FROM ME AS YOUR COACH

Welcome to the M3 Muscle Method program! I want you to know that you're not alone on this journey. Unlike many other apps where you might feel disconnected from the creator, I am here as your personal trainer and coach, fully committed to your success. Here's what you can expect from me:

1. Personal Support and Accessibility

You can reach out to me via email whenever you have questions or need assistance. I make it a priority to respond quickly to emails, ensuring you get the support you need. While I'm active on social media, email is the fastest way to get in touch with me. I'm here to help you, and I don't take that lightly.

2. Weekly Form Reviews

Each week, I'm available to review your form and technique. To make the most of this, film yourself performing your exercises and send the videos to me. I'll provide feedback to ensure you're performing each movement correctly, helping you build a strong foundation and avoid bad habits. Remember, the app also includes form tutorials in the workout section, which are great resources to supplement your training.

3. Mindset Coaching


Mindset is a crucial part of this journey, and I'm here to guide you through it. Every week, I host a mindset coaching session in our Facebook group at 12 PM MST. This is an opportunity for us to connect, discuss strategies, and reinforce the mental aspects of your fitness journey. Don't overlook this part—it's just as important as your nutrition and training.

4. Commitment to Your Success

I am dedicated to seeing you succeed and am committed to being an active and engaged coach. By showing up for you, I'm teaching you to show up for yourself. Building new habits and staying committed are key to achieving long-term success, and I'm here to support you every step of the way.

5. Guidance and Motivation

Expect regular guidance and motivation to keep you on track. I'm here to help you navigate challenges, celebrate your victories, and ensure you're making steady progress toward your goals.

 hannah@fitnessministry.ca

Coach Hannah



M3 MUSCLE METHOD
12-MONTH OUTLINE

OVERVIEW

The M3 Muscle Method is structured into four phases, each lasting three months. Each phase builds on the previous one, ensuring progressive improvement in training, nutrition, and mindset. Here's what you can expect from each phase:

PH 1 MONTHS 1-3

BUILDING THE FOUNDATION

Focus: Establishing a strong base with proper form, technique, and consistency.

Training:

- **Objective:** Learn how to move better, focus on form and technique.
- **Structure:** 3x/week full-body workouts for beginners, 3-4x/week full-body workouts for intermediate to advanced.
- **Key Points:** Stick strictly to the program to ensure steady progress and avoid burnout.

Nutrition:

- **Objective:** Master maintenance calories and practice food tracking.
- **Focus:** Consistent intake of 300-500 grams of veggies and 300 grams of fruit per day, while ensuring adequate protein intake.
- **Key Points:** Practice meal prep and tracking daily to build a solid nutritional foundation.

Mindset:

- **Objective:** Develop a commitment to change and build new habits.
- **Daily Non-Negotiables:**
 - Mindset Workout: 5-10 minutes daily (motivational devotions, gratitude, goal setting, and reflection).
 - Daily Steps: 8-10k steps, including a 10-minute outdoor walk.
 - Nutrition: Track and eat all macros and food as planned.
 - Additional Non-Negotiables: Ensure early bedtime (e.g., 9 PM) for adequate rest.

OVERVIEW

The M3 Muscle Method is structured into four phases, each lasting three months. Each phase builds on the previous one, ensuring progressive improvement in training, nutrition, and mindset. Here's what you can expect from each phase:

PH 2
MONTHS 4-6

BUILDING WORK CAPACITY

Training:

- **Focus:** Increase work capacity both in workouts and through increased nutrition and mindset practices.
- **Workouts:** 3 full-body weighted sessions per week for beginners; 3-4 full-body weighted sessions per week for intermediate/advanced.
- **Cardio Protocol:** 10-minute daily walk outside and aim for 8-10K steps per day.

Nutrition:

- **Objective:** Support increased training with higher nutrient intake.
- **Focus:** Maintain emphasis on protein and fiber while adapting to increased caloric needs.
- **Key Points:** Adjust meal prep and tracking as needed to align with new training demands.

Mindset:

- **Objective:** Strengthen mental resilience and focus.
- **Daily Non-Negotiables:**
 - **Mindset Work:** 5-10 minutes of daily motivation, gratitude, reflection, and visualization. Add a focus word each day or week and spend 2 minutes on visualization about something positive regarding yourself.
 - **Steps:** 8-10K daily steps, including a 10-minute walk outside.
 - **Food Tracking:** Continue tracking macros and meal prep.
 - **Sleep:** Maintain a consistent bedtime routine.

OVERVIEW

The M3 Muscle Method is structured into four phases, each lasting three months. Each phase builds on the previous one, ensuring progressive improvement in training, nutrition, and mindset. Here's what you can expect from each phase:

PH 3
MONTHS 7-9

MAXIMIZING HYPERTROPHY

Focus: Concentrating on muscle growth, optimal nutrient intake, and advanced mindset practices.

Training:

- **Focus:** Maximize muscle growth with more advanced training techniques.
- **Workouts:** Transition to split routines (e.g., upper/lower body splits) and add an additional workout day for beginners who are ready.
- **Cardio Protocol:** 10-minute daily walk outside and aim for 8-10K steps per day.

Nutrition:

- **Objective:** Maximize nutrient intake to support muscle growth.
- **Focus:** Fine-tune macronutrient ratios to optimize muscle recovery and growth.
- **Key Points:** Continue with meticulous meal prep and tracking to ensure adequate nutrition.

Mindset:

- **Objective:** Enhance mindset for peak performance.
- **Daily Non-Negotiables:**
 - Mindset Workout: 5-10 minutes daily (includes previous practices plus five minutes of visualization with a focus word).
 - Daily Steps: Maintain 8-10k steps.
 - Nutrition: Adhere to optimized macros and food tracking.
 - Additional Non-Negotiables: Continue with advanced visualization techniques.

OVERVIEW

The M3 Muscle Method is structured into four phases, each lasting three months. Each phase builds on the previous one, ensuring progressive improvement in training, nutrition, and mindset. Here's what you can expect from each phase:

PH 4
MONTHS 10-12

STRONG PHASE AND FINAL STRETCH

Training:

- Focus: Combine full-body and split routines to enhance strength and endurance.
- Workouts: A mixture of full-body and split routines, with options for LISS/HIIT cardio or running days.
- Cardio Protocol: 10-minute daily walk outside and aim for 8-10K steps per day, with options to incorporate LISS/HIIT or running.

Nutrition:

- Focus: Cement nutrition habits and continue to refine meal prep and tracking for a sustainable lifestyle.
- Goals: Maintain protein and nutrient balance, with a focus on integrating the learned nutrition habits into everyday life.

Mindset:

- Focus: Integrate all previous mindset work with a final push for achieving personal goals and maintaining long-term success.
- **Daily Non-Negotiables:**
 - Mindset Work: 10 minutes of daily motivation, gratitude, reflection, and visualization. Incorporate all previous focus techniques.
 - Steps: 8-10K daily steps, including a 10-minute walk outside.
 - Food Tracking: Continue with food tracking and meal prep.
 - Sleep: Maintain a consistent bedtime and sleep routine.



M3

TRAINING

TRAINING

BUILDING THE FOUNDATIONS FOR SUCCESS

Welcome to the training section of your journey! This is where we lay the groundwork for a stronger, healthier, and more confident version of yourself. Training isn't just about showing up; it's about showing up with purpose and commitment. Here's how you can maximize your results and make the most of your training program:



MASTERING THE MOVES

Practice Makes Progress:

- To get good at foundational lifts and movements, repetition is key. You'll need to practice each exercise over and over again to build proficiency and strength. It's through consistent practice that you'll see results. Take the time to watch the instruction videos, review your workout plan the night or day before, and make notes on how you can improve.

Track Your Progress:

- Keep a workout journal or use the Fit Club app to track your weights, sets, and reps. Monitoring your progress helps you stay accountable and make necessary adjustments to your training. It also allows you to see how far you've come and stay motivated. (if you don't know where this is make sure you ask for the getting started Fit club getting started guide)

Ask for Help:

- I am here to support you every step of the way. If you have questions or need assistance, don't hesitate to reach out. Communication is crucial for your success. If something isn't clear or you're struggling with a particular exercise, let me know—I'm your personal trainer and coach, and I'm dedicated to helping you achieve your goals.

Focus on Form:

- Proper form is essential for preventing injuries and getting the most out of your workouts. Film yourself doing the movements during the first week and send the videos to me for feedback. It's better to correct your form early on than to develop bad habits that could be harder to fix later. I will provide you with detailed feedback to ensure you're performing each exercise correctly.

TRAINING PROTOCOL

MONTH 1 | PHASE 1

Welcome to Month One, Phase One of the M3 Muscle Method Program!

This is your starting point for transforming your body and reaching your fitness goals. Below you'll find the training protocols for both beginners and intermediate to advanced levels, along with additional tips and tools to help you succeed.



M3 BEGINNER PROGRAM

Who is it for? Ideal for those new to weightlifting or individuals who have been lifting for up to 6 months.

Training Schedule:

- Frequency: 3 full-body weighted sessions per week.
- Focus: Building foundational strength and mastering basic movements.

Cardio Protocol:

- Daily Activity: 10 minutes of walking outside 7 x week
- Steps Goal: Aim for 8,000 to 10,000 steps per day.
- Purpose: To boost overall cardiovascular health and support your weight loss or maintenance goals.



M3 INTERMEDIATE TO ADVANCED PROGRAM

Who is it for? Suitable for individuals who have been consistently weightlifting for 24+ months without long breaks.

Training Schedule:

- Frequency: Choose between 3 or 4 full-body weightlifting sessions per week, based on your schedule.
- Focus: Building foundational strength and mastering basic movements.

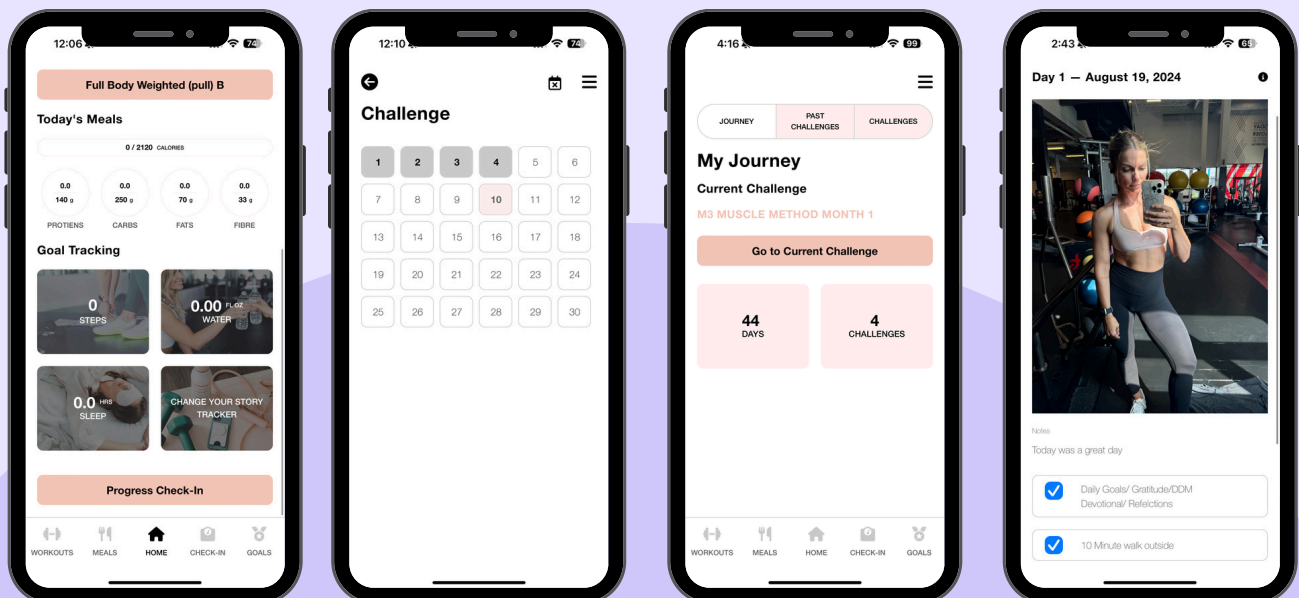
Cardio Protocol:

- Daily Activity: 10 minutes of walking outside.
- Steps Goal: Aim for 8,000 to 10,000 steps per day.
- Purpose: To enhance cardiovascular fitness and support muscle recovery and overall health.

M3 METHOD PROGRAM TRACKER

I'm all about ticking those boxes and watching those days light up like a disco ball! It's those little daily wins that pave the way to big victories. Focus on each day, and before you know it, you'll be rocking that healthy, vibrant lifestyle you've been dreaming of.

So, join the challenge tracker every month for the following year. Share your journey with the community and on social media, and let's cheer you on as you conquer your goals and own that fit, healthy life!



You will have some daily protocols that will help you be successful, and to help you remember each month, I will release a challenge tracker found on your home page right by all your daily habits: tap on it and choose M3 whatever month you are on it will say month1 ext. then you select it and each day it will let you know what to remember to do. You can tick it off. You'll also be able to upload a picture of yourself, whether that's on your walk or workout - this will act like a little diary for you on this journey.

- ✓ Daily Morning Mindset
- ✓ 8-10k steps
- ✓ 10 minute walk outside
- ✓ 300g fruits
- ✓ 300-500g veggies

ADDITIONAL TIPS AND

TOOLS:

MONTH 1 | PHASE 1

Welcome to Month One, Phase One of the M3 Muscle Method Program!

This is your starting point for transforming your body and reaching your fitness goals. Below you'll find the training protocols for both beginners and intermediate to advanced levels, along with additional tips and tools to help you succeed.



TIPS & TOOLS

Preparation is Key:

- **Watch Instruction Videos:** Review the workout videos the night before or the day of your workout. This helps you understand the exercises and ensures you're ready to perform them correctly.
- **Track Your Progress:** Use workout notes to keep track of your weights and any observations during your workouts. This will help you monitor your progress and make necessary adjustments.

Seek Support:

- **Ask for Help:** If you have any questions or need clarification, don't hesitate to reach out. I am here as your personal trainer and coach to help you succeed.

Focus on Form:

- **Film and Review:** Film yourself doing the movements during the first week and send the videos to me. This allows you to correct your form early and avoid developing bad habits.

Build Consistency:

- **Commit to the Plan:** This first month is about establishing a training schedule and building trust with yourself. Consistency is key, so follow the program and watch your progress unfold.

Stick to the Plan:

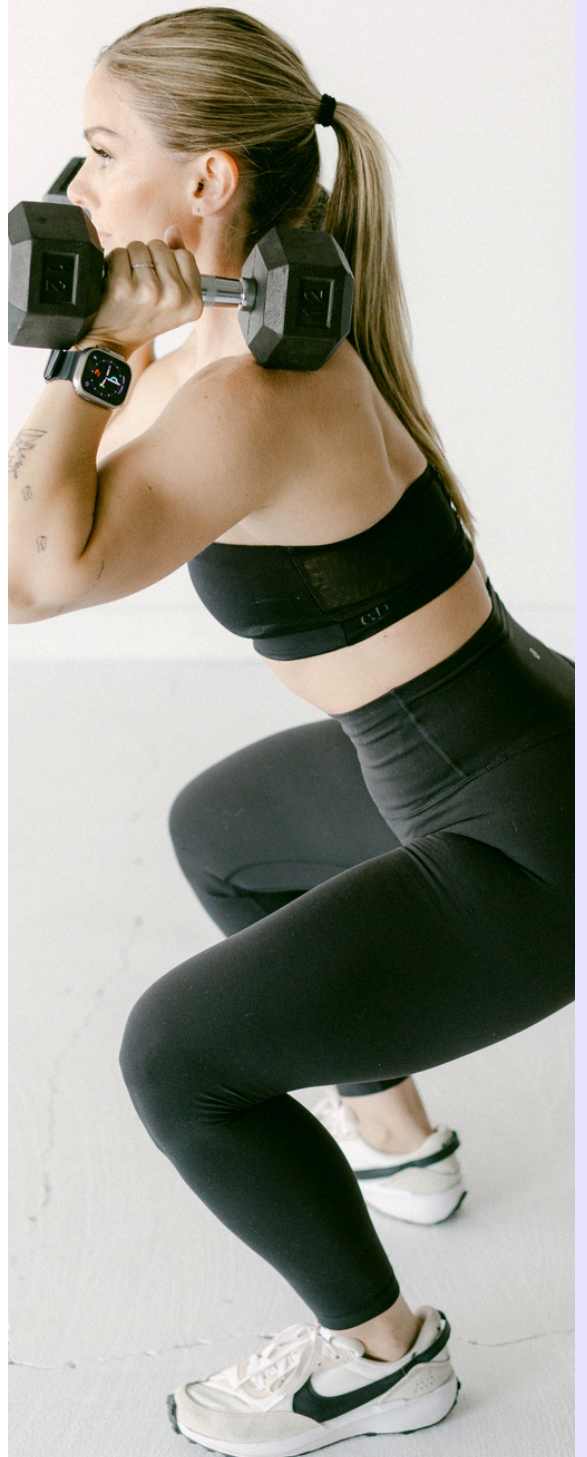
- **Structured Approach:** Random workouts and constant changes won't help you build your body effectively. Follow the structured program I've created to achieve your best results.

TRAINING TIPS

Your workouts are central to building lean muscle and improving overall fitness. Here's how to effectively engage with your training:

- 1 Choosing Your Program:** Access the workout program in the app, select "Month One / Phase One," and choose between beginner, intermediate, or advanced levels based on your fitness experience.
- 2 Scheduling Workouts:** Set your workout days and times in your calendar to establish a consistent routine.
- 3 Preparing for Workouts:** Each workout includes a video with detailed instructions. Watch these videos the night before to familiarize yourself with the exercises and techniques. Always review your workout ahead of time to address any questions.
- 4 Form Fridays:** On Form Fridays, film your basic lifts and submit them for review. This allows me to help you refine your technique and ensure you're lifting effectively.

Remember, you're not alone! Reach out with any questions or concerns. I'm here to guide and support you every step of the way.



FUN FATCS: Building muscle is crucial as we age. Starting around age 40, we lose 1-2% of muscle mass each year, and strength can decrease by 2-4%. At ages 50-60, 11% of women have sarcopenia, a condition of insufficient muscle mass. By age 65, 50% of women may experience serious injuries like hip fractures, with a significant risk of mortality within a year. Preventing muscle loss is essential for maintaining strength and reducing injury risk.

Prioritising Your RECOVERY

When it comes to maximizing your well-being and ensuring optimal health as a busy woman 35+, recovery is key. The M3 Method focuses on several essential areas:

SLEEP

Prioritizing quality sleep is crucial for recovery and overall health. Aim for 7-9 hours of sleep per night to allow your body to repair and rejuvenate, ensuring you feel your best and are ready to tackle each day.

Focus on a macro-balanced diet that includes adequate protein, healthy fats, and carbohydrates. Protein aids in muscle repair, while carbohydrates replenish glycogen stores. Additionally, prioritize hydration by drinking enough water throughout the day to support overall bodily functions and recovery.

NUTRITION

STRESS

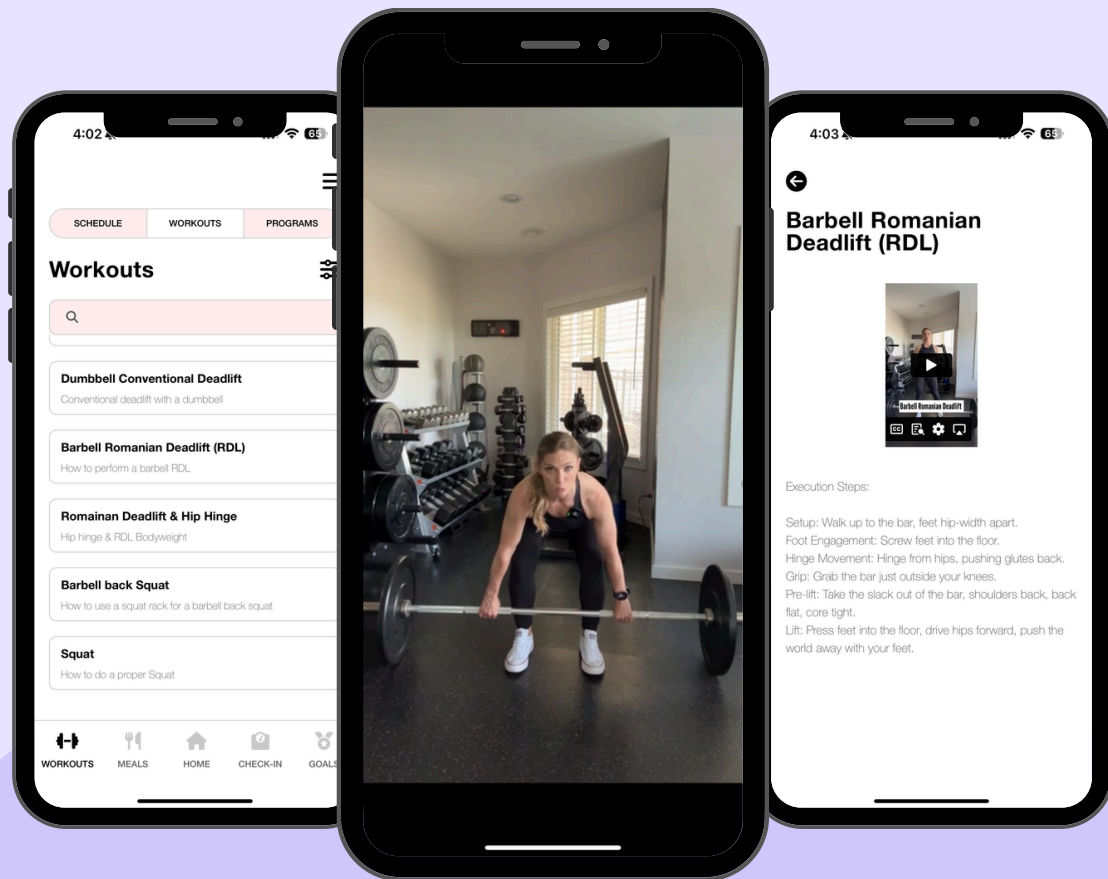
High levels of stress can impede recovery. Incorporate stress-reducing activities such as meditation, deep breathing exercises, or journaling into your routine. Find what works best for you to promote relaxation and mental well-being, which are essential for effective recovery.

Protein is crucial for the recovery process after exercise-induced muscle damage, as it provides the necessary amino acids for muscle repair and growth. It also aids in nutrient delivery, supports immune function, and helps reduce inflammation. Aim to include a high-protein meal post-workout to optimize your recovery and muscle growth.

PROTEIN

REST DAYS

Rest days and adequate rest times between working sets are vital components of the M3 Method. This is why the program includes only 3-4 weighted sessions each week. Rest days allow your muscles to recover, reduce the risk of overtraining, and improve overall performance. During workouts, taking proper rest times between sets helps in maintaining strength and reducing fatigue, enabling you to give your best effort in each session. By focusing on these key areas, you'll enhance your recovery, boost your overall health, and be well-prepared to achieve your fitness goals with the M3 Method.



Form & Technique

Using the correct form is crucial when doing any exercise. Exciting news – our training tutorials are now available in the app. These tutorials will assist you in perfecting your form and maximizing your workout results. **Remember, if your form is incorrect, the entire program is ineffective.**

Join us for Form Friday in the Fit Club, where I will be available every Friday to assist you with your form. Just send me a video of your exercise, and I will help you correct your form.

Whether you are a beginner looking to learn the basics or a gym goer looking to level up; I am here to guide you every step of the way.

The Fit Club app is your ultimate BFF for nailing your health and fitness goals. It's like having a personal cheerleader 24/7!



M3

NUTRITION

NUTRITION PROTOCOLS

Understanding Maintenance: The Key to Sustainable Success

Many women face a common issue: they don't actually have a weight loss problem; they have a weight management problem. Let's dive into why this is and how focusing on maintenance can be the game-changer you need.

THE WEIGHT MANAGEMENT CHALLENGE



When you lose weight, it's not just about shedding pounds. The real challenge comes with maintaining that weight loss. Often, after reaching your weight loss goal, the next step—maintaining that weight—is where many stumble. The cycle of losing weight and then not knowing how to maintain it can lead to what's known as "yo-yo dieting."

WHY DOES THIS HAPPEN?

Chronic Dieting and Lower BMR:

- If you continue to diet without properly transitioning to maintenance, your Basal Metabolic Rate (BMR) drops. Your BMR is the number of calories your body needs at rest to maintain basic bodily functions. Lowering your calorie intake for prolonged periods slows down your metabolism. When you finally stop dieting, you might find it hard to keep the weight off because your metabolism is now slower than before.

Rebound Effect:

- Without a proper reverse dieting phase, your body becomes "fat anabolic," which means it's primed to gain back the weight quickly. This rebound effect often results in gaining back all the lost fat—and most times more—because the body has adapted to lower calorie intake.

The Importance of Maintenance:

- You must earn the right to diet. This means taking time to stabilize your weight and repair your metabolism before embarking on another diet. If you've been a yo-yo dieter, it's crucial to focus on maintenance for at least 6-12 months. This period allows you to rebuild your metabolism, increase muscle mass, and heal your hormones.

SWITCHING YOUR MINDSET:

From Weight Loss to Weight Management and Body Recomposition

To achieve long-term success, it's essential to shift your mindset from focusing solely on weight loss to prioritizing weight management and body recomposition.

HOW TO APPROACH MAINTENANCE



Embrace Body Recomposition:

- Body recomposition involves increasing lean muscle mass while decreasing body fat. This means that even if the scale doesn't change dramatically, you'll notice significant changes in your body's appearance and measurements. This process is slower but ultimately more sustainable for long-term success.

Focus on Muscle and Macros:

- Weight management doesn't mean nothing changes. By focusing on eating enough food and hitting your macronutrient goals in conjunction with weight lifting, you can effectively change your body composition. Building muscle and reducing fat will lead to a leaner, more toned physique, even if your weight stays relatively stable.

Sustainable Changes:

- Maintenance isn't about stopping progress; it's about making gradual, sustainable changes. This approach helps you avoid the pitfalls of yo-yo dieting and supports a healthier metabolism and hormone balance.

Understand the Benefits:

- Prioritizing body recomposition over quick weight loss helps you achieve better long-term health outcomes. As you build muscle and adjust your body composition, you'll also improve your strength, energy levels, and overall well-being.

Track and Adjust:

- Even during maintenance, tracking your food intake and ensuring you meet your macronutrient needs is important. Use tools like the Fit Club app or MyFitnessPal to help you stay on track.

Gradual Transition:

- Transition into maintenance gradually. Instead of making drastic changes, slowly increase your calorie intake and monitor how your body responds.

Build Healthy Habits:

- Focus on building habits that support a balanced lifestyle. Prioritize nutrient-dense foods, regular physical activity, and a positive mindset.

Seek Support:

- Don't hesitate to reach out for guidance. As your coach, I'm here to help you navigate this phase and ensure you're set up for success.

The Power of Maintenance Calories:

Why They Matter

Welcome to an exciting new phase in your fitness journey: maintenance calories. This concept might seem counterintuitive at first, especially if you've been focused on weight loss for a long time. However, understanding and embracing maintenance calories is a crucial step toward achieving long-lasting health and fitness results.



Why Focus on Maintenance Calories?

Breaking the Cycle of Weight Loss and Dieting:

- Many women are experts at weight loss but struggle with weight management. The cycle of losing weight only to regain it is common, often because of chronic dieting. Maintenance calories offer a different approach: it's not about depriving yourself but nourishing your body with the right balance of nutrients.

The Magic of Maintenance:

- Eating at maintenance isn't about doing nothing; it's about creating a balanced state where your body can thrive. This means you're not constantly in a calorie deficit but are fueling your body properly. The goal is to ensure you're eating enough to support your activity level and muscle growth while optimizing your metabolism and hormonal balance.

What Happens at Maintenance?



Hormonal Balance:

- When you eat at maintenance, your body gets the nutrients it needs, which helps regulate hormones. This is crucial for overall health, energy levels, and mood. Proper hormonal balance supports effective metabolism and reduces the risk of issues like hormonal imbalances or metabolic slowdowns.



Muscle Preservation and Growth:

- Maintenance calories provide the necessary energy to support lean muscle mass. This is key for body recomposition—losing fat while building muscle. Adequate calories help prevent muscle loss and encourage muscle growth, which is essential for a toned and strong physique.



Metabolic Health:

- Eating at maintenance helps keep your metabolism functioning optimally. Chronic dieting can slow down your metabolism, making it harder to maintain or lose weight. By eating enough calories, you support a healthy metabolic rate and avoid the negative effects of prolonged calorie restriction.



Why Chronic Dieting Needs to Stop:

Chronic dieting can lead to numerous problems, including slowed metabolism, hormonal imbalances, and nutrient deficiencies. It can also affect your relationship with food, causing stress and anxiety around eating. By focusing on maintenance calories, you can break free from this cycle and build a healthier, more sustainable approach to nutrition.



THE COMMITMENT TO MAINTENANCE:



Tracking and Eating:

- You might be new to tracking your intake at maintenance, but it's a valuable tool. Using an app like the Fit Club app or MyFitnessPal helps ensure you're getting the right balance of macronutrients (protein, fats, and carbs) and micronutrients (vitamins and minerals). This tracking is crucial in the beginning to establish good habits and ensure you're meeting your nutritional needs.



Building Habits:

- At first, you'll need to be disciplined with meal prep and tracking. This isn't forever, but it's essential to build habits that will help you maintain your results and health long-term. Once you've established these habits, maintaining your health and fitness will become second nature.



Excitement for Maintenance:

- Embracing maintenance calories can be a game-changer. It allows you to enjoy a variety of foods while still progressing toward your goals. You'll feel energized, less stressed about food, and better equipped to manage your health effectively.



GETTING STARTED WITH MAINTENANCE:

Track Your Intake:

- Begin by using the Fit Club app or MyFitnessPal to track your daily calories and macronutrients. This will help you stay on track and ensure you're meeting your nutritional goals.

Plan Your Meals:

- Create a meal plan that includes a balance of proteins, fats, and carbohydrates. Incorporate a variety of fruits and vegetables to meet your micronutrient needs.

Prepare and Organize:

- Dedicate one or two days a week to meal prep. This will help you stay organized and make it easier to stick to your nutritional goals.

Focus on Nutrients:

- Aim for nutrient-dense foods to support your health and fitness goals. Ensure you're getting enough protein to support muscle growth, carbohydrates for energy, and fats for hormonal balance.

Stay Committed:

- Remember, maintenance is about nurturing your body and building a sustainable approach to health. Stay committed to tracking, meal prepping, and aligning your habits with your goals.

By focusing on maintenance calories, you're taking control of your health and setting yourself up for long-term success. Embrace this phase with excitement, knowing that it's a crucial step toward becoming your healthiest, strongest, and most confident self.

FUEL YOUR BODY LIKE AN ATHLETE

Unlock the secrets to optimizing your nutrition and boosting your fitness results with these essential tips. When you fuel your body like an athlete, you'll enhance metabolism, build muscle, and burn fat more effectively. Here are three pro tips to elevate your nutrition game:



Prioritize Protein for Muscle Repair and Growth

- Tip: Include a source of lean protein in every meal and snack. Options like chicken, fish, eggs, and plant-based proteins are excellent choices.
- Fact: Protein not only aids in muscle repair and growth but also helps maintain muscle mass as you age. It boosts metabolism and keeps you feeling full longer, which can aid in fat loss.



Balance Your Macros for Optimal Performance

- Tip: Focus on a balanced intake of carbohydrates, proteins, and healthy fats. Carbs provide energy for workouts, proteins support muscle recovery, and fats are essential for hormonal balance.
- Fact: Carbohydrates help replenish glycogen stores after exercise, while healthy fats are crucial for maintaining energy levels and supporting overall health. Proper macronutrient balance accelerates metabolism and enhances performance.



Stay Hydrated for Peak Performance and Recovery

- Tip: Drink plenty of water throughout the day and consider electrolyte-rich beverages post-workout to replenish lost minerals.
- Fact: Hydration is vital for optimal muscle function and recovery. Proper hydration supports metabolic processes, improves exercise performance, and helps flush out toxins from your body.

NUTRITION PROTOCOLS

FOR SUCCESSFUL MEAL PREP AND NUTRITION ADHERENCE

MEAL PREP TIPS

Choose Prep Days:

- Select 1-2 days a week for meal prep. This could be on weekends or a day that suits your schedule.

Simple Tracking Strategy:

- Use the app to track your macros easily or follow the provided meal plans. Keep things simple by preparing basic ingredients that you can mix and match throughout the week.

Use a Food Scale

- **Accurate Measurements:** A food scale helps you measure ingredients accurately, ensuring you hit your macro targets. For instance, measuring out 100 grams of chicken breast is more precise than estimating.
- **Portion Control:** Weighing your food helps you maintain portion control, which is crucial for managing your calorie intake and achieving your nutritional goals.

Create an Eating Schedule:

- Plan your meals and snacks at regular intervals to maintain energy and manage hunger.

Always Pack Protein and Veggies:

- When on the go, carry portable protein sources (like protein bars or cooked chicken) and easy-to-eat veggies (like baby carrots or sliced bell peppers).

Prep in Bulk:

- Prepare large batches of proteins (like grilled chicken, beef, fish), grains (rice, quinoa, oatmeal, pasta), potatoes, squashes, and veggies. Store them in portioned containers for easy access.

Swap Ingredients:

- Use what you have on hand and substitute ingredients as needed. For example, if you don't have spinach, use kale or mixed greens instead.

Focus on Simplicity:

- The more straightforward your meal prep, the easier it will be to stay consistent. Aim for quick and easy recipes that fit your schedule and keep you satisfied.

Food is Fuel:

- Embrace the concept of food as fuel. Eating nutrient-dense foods will enhance your recovery, energy, mood, and overall well-being. Aim for 80-90% of your meals to come from whole food.

FUN FACT: Proper nutrition supports your skin, hair, nails, cells, and brain. Your cells shed and renew every 30 days, so focusing on whole foods can significantly improve your skin and overall health.

SAMPLE MEAL PLAN

EXAMPLE

Total Daily Macros:
Calories: 2,000 | Protein: 120 grams (30%) | Fat: 67 grams (30%) | Carbs: 200 grams (40%)
This meal plan has 300grams fruit & 300-500 grams of veggies

BREAKFAST:GREEK YOGURT PARFAIT

Greek Yogurt 0%: 200 grams (20 grams protein, 0 grams fat, 10 grams carbs)

Granola: 30 grams (3 grams protein, 5 grams fat, 20 grams carbs)

Mixed Berries: 100 grams (1 gram protein, 0.5 grams fat, 14 grams carbs)

Chia Seeds: 1 tablespoon (2 grams protein, 4 grams fat, 4 grams carbs)

Total Macros: 26 grams protein, 9.5 grams fat, 48 grams carbs



LUNCH: GRILLED CHICKEN BOWL

Grilled Chicken Breast: 150 grams (33 grams protein, 3.6 grams fat, 0 grams carbs)

Quinoa: 100 grams cooked (4 grams protein, 2 grams fat, 21 grams carbs)

Roasted Sweet Potatoes: 100 grams (2 grams protein, 0.1 grams fat, 20 grams carbs)

Mixed Greens: 100 grams (2 grams protein, 0.4 grams fat, 4 grams carbs)

Cherry Tomatoes: 100 grams (1 gram protein, 0.2 grams fat, 7 grams carbs)

Cucumber: 100 grams (1 gram protein, 0.1 grams fat, 4 grams carbs)

Olive Oil Dressing: 1 tablespoon (0 grams protein, 14 grams fat, 0 grams carbs)

Total Macros: 39 grams protein, 20.4 grams fat, 56 grams carbs



SNACK:COTTAGE CHEESE WITH ALMONDS

Cottage Cheese: 200 grams (20 grams protein, 2 grams fat, 8 grams carbs)

Almonds: 1 tablespoon (1.5 grams protein, 7 grams fat, 3 grams carbs)

Apple: 100 grams (0.5 grams protein, 0.2 grams fat, 14 grams carbs)

Total Macros: 21.5 grams protein, 9.2 grams fat, 25 grams carbs



SAMPLE MEAL PLAN

EXAMPLE

DINNER: BAKED SALMON WITH VEGGIES

Baked Salmon: 150 grams (30 grams protein, 15 grams fat, 0 grams carbs)

Brown Rice: 100 grams cooked (2.5 grams protein, 1.5 grams fat, 23 grams carbs)

Steamed Broccoli: 200 grams (4 grams protein, 0.4 grams fat, 12 grams carbs)

Roasted Brussels Sprouts: 150 grams (3 grams protein, 0.5 grams fat, 15 grams carbs)

Total Macros: 39.5 grams protein, 17.4 grams fat, 50 grams carbs



EVENING SNACK (OPTIONAL): PROTEIN SHAKE

Protein Shake: 1 scoop (20 grams protein, 1 gram fat, 2 grams carbs)

Banana: 100 grams (1.3 grams protein, 0.3 grams fat, 23 grams carbs)

Total Macros: 21.3 grams protein, 1.3 grams fat, 25 grams carbs



HOW WOULD YOU PREP THIS PLAN- TIPS

CHOOSE 1-2 DAYS A WEEK FOR MEAL PREP:

- Prepare proteins (chicken, salmon) and cook grains (quinoa, rice) in bulk.
- Roast or steam vegetables (broccoli, Brussels sprouts, sweet potatoes) and store them in containers.

SIMPLEST STRATEGY FOR TRACKING MACROS:

- Use the app's meal planning feature to log meals and track macros.
- Plan and portion out each meal to meet your macro targets.

CREATE AN EATING SCHEDULE:

- Have 3 main meals and 1-2 snacks per day.
- Include a balance of protein, veggies, and fruits in each meal.
- Use the app to set reminders for meal times and track your food intake.

ALWAYS BRING PROTEIN AND VEGGIES OR FRUIT ON-THE-GO:

- Pack snacks like Greek yogurt, protein bars, or nuts.
- Carry cut-up veggies and fruits in reusable containers or bags.

SAMPLE MEAL PREP STEPS:

- **Preparation Day:** Cook a batch of quinoa, brown rice, and sweet potatoes.
- **Protein Prep:** Grill or bake chicken and salmon. Portion for the week.
- **Veggies:** Chop and store mixed greens, broccoli, Brussels sprouts, and peppers.
- **Snacks:** Portion out nuts, fruit, and pre-made protein bars or shakes.

By following this meal plan and meal prep tips, you'll be able to efficiently meet your nutritional goals while managing a busy schedule, making it easier to stay consistent and energized throughout the day.

M3

MINDSET



MINDSET: *Aligning with Your Best Self*

Welcome to the mindset section of the M3 Method, where we focus on aligning yourself with who you want to become. It's not just about physical transformation; it's about mental and emotional growth too. You're here to build a stronger, fitter, and healthier version of yourself, and that begins with how you think and feel about yourself.

The Power of Alignment and Commitment

Imagine where you could be in a year if you commit to aligning your actions, habits, and mindset with your goals. By focusing daily on positive changes and aligning your goals with your inner self, you'll transform not just your body but your overall well-being.

Healing Your Relationship with Yourself

Let's dive into how healing your relationship with yourself and transforming your inner dialogue can positively impact your life. Your mindset isn't just about thinking positively—it's about practicing gratitude, appreciation, and love.

Inner Dialogue and Mindset:

Gratitude and Appreciation:

- Practicing gratitude and appreciation can significantly boost your immune system. According to research from the Institute of HeartMath in California, feelings of love and appreciation increase the production of vital chemicals in your body, enhancing your physical vitality and vigor.
- These positive feelings reduce stress hormone levels, lower high blood pressure, alleviate anxiety, guilt, and burnout, and even improve glucose regulation in diabetics.

The Magnetic Field of the Heart:

The heart's magnetic field is 5,000 times more powerful than the brain's magnetic field and extends several feet from your body. When you cultivate positive emotions, you create a higher degree of harmony in your heart's rhythm.

The Science of Love and Water:

- Our bodies are composed of approximately 70% water, and our brains are about 80% water. Research from Japan, Russia, Europe, and the USA reveals that water exposed to positive words and feelings like love and gratitude shows increased energy and improved structure.
- Conversely, negative emotions such as hate cause water to become chaotic and less harmonious. Given that our cells are surrounded by water, the quality of our inner dialogue can profoundly impact our health.

The Impact on Your Cells:

- When you focus on love and gratitude, it affects the water in your 100 trillion cells. Positive emotions contribute to the harmony of this water, promoting better overall health and well-being.

Implementing Mindset Practices in the App

To make the most of this mindset section, we've integrated daily practices in the app to help you align your mindset with your goals. Here's how you can use these tools:

Daily Devotional:

Start your day with a brief devotional to set a positive tone. This will help you center yourself and focus on your intentions for the day.

5 Non-Negotiables:

Each day, set five key goals or tasks that are non-negotiable. These will help you stay committed to your health and fitness journey.

Gratitude and Reflection:

Take 5-10 minutes daily to reflect on what you're grateful for and how far you've come. This practice reinforces positive thinking and self-love.

Tracking Your Progress & Weekly Mindset check ins

- Use the app to track your daily goals, reflections, and gratitude notes. This will help you maintain focus and adjust your mindset as needed.
- Review your progress and mindset practices regularly. Adjust your goals and reflections based on your evolving needs and experiences.

Embracing the Journey

Remember, this process is about alignment and commitment. It's about changing your inner dialogue, focusing on gratitude, and practicing self-love. The better you align your mindset with your goals, the more successful and fulfilling your journey will be.

Focusing on these mindset aspects and using the app's features will build a solid foundation for achieving your health and fitness goals. Embrace this journey with an open heart and mind, and watch as you transform into your strongest, healthiest, and most confident self.

MIND-SET

The importance of your mindset on your health and fitness journey

Shifting your perspective to embrace a balanced lifestyle, prioritize self-care, and stay motivated.

Training Mindset

Training Mindset: We shift our mindset from just exercising for weight loss and keeping it off to training for strength, muscle, and overall health. Training means you have a plan, a focus, and a purpose for why you're showing up.

Nutrition Mindset:

We shift away from training to burn calories to training with enough calories and eating to fuel our bodies and recover like an athlete. We break up with yo-yo dieting and weight fluctuations. Instead, we switch our mindset to body recomposition: more muscle, less fat, more strength, better workouts, better recovery, more energy, and a better relationship with food.

Self and Body Mindset

Loving the body you have is the first step. Practice training your mindset to see how amazing your body is every day. Repeat what you love about it and what you are grateful for. Build your self-esteem just like it's a muscle. We show up and eat better, train smarter and harder, and think better. We are kinder to ourselves and change our belief system from "more is never enough" and "we are never enough" to "more than enough" and "less is more."



MINDSET SHIFT

To achieve lasting results, it's crucial to shift your mindset from focusing solely on weight loss to improving body composition and overall health. This involves:

- Prioritizing muscle building over just losing weight.
- Viewing food as fuel rather than something to restrict.
- Embracing a balanced lifestyle that includes proper nutrition, strength training, and self-care.

Consequences of Inaction:

Continuing with ineffective methods can lead to:

- Increased body fat percentage.
- Greater risk of injury and chronic illnesses.
- Lower energy levels and reduced quality of life.
- Decreased confidence and self-esteem.

Benefits of Change:

By adopting the M3 Method, you can:

- Preserve and build muscle mass, boosting metabolism and strength.
- Improve bone density, reducing the risk of fractures and osteoporosis.
- Enhance overall health, preventing chronic diseases.
- Cultivate a positive relationship with food and exercise.
- Experience increased energy, better mood, and greater confidence.

Mental Health Benefits:

- **Improved Mood:** Regular exercise releases endorphins, which can reduce feelings of depression and anxiety. A study conducted at the University of Australia found that exercise is 1.8 times more effective than medication and therapy in treating mental health issues.
- **Stress Relief:** Strength training and physical activity can help manage stress, leading to a calmer and more focused mind.
- **Better Quality of Life:** Engaging in regular exercise and building strength not only benefits your physical health but also your mental well-being, leading to a more balanced and fulfilling life.



Things I Wish I Knew when I First Started my Health and fitness Journey...

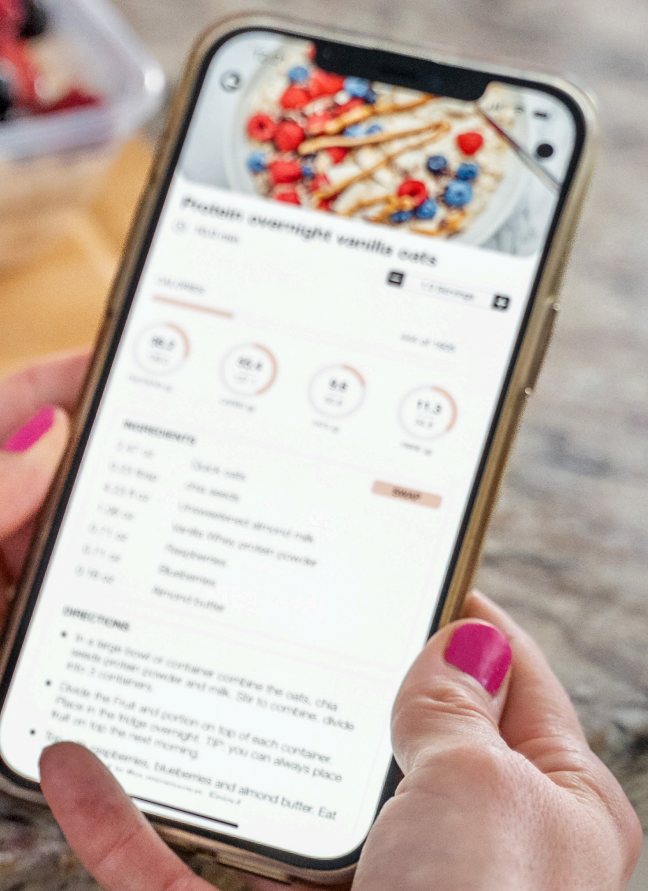
LESSONS ON TRAINING

- 1. Focus on Body Recomposition:** Weight loss and fat loss are not the same. Body recomposition is about building lean muscle and creating the shape you want. It's not just about the number on the scale—it's about how you feel in your body and how it moves.
- 2. Workouts Are for Sculpting and Strength:** Training isn't just about losing weight. It's about building a body that feels strong, capable, and resilient.
- 3. Weights Won't Make You Bulky:** Lifting heavy will give you the toned, strong body you've always dreamed of. Muscle is your best friend.
- 4. Stronger Over Skinny:** This is a mindset, not a body type. Prioritize strength, confidence, and resilience over chasing a certain size or weight.
- 5. Cardio Strengthens Your Heart, Not Melts Fat:** Cardio is for heart health, not fat loss. Do it because you love it or because you want a strong heart, not as a quick fix for weight loss.
- 6. Maintenance is Magic:** Maintaining your weight and muscle is where the real magic happens. It's about balance and sustainability for long-term health.
- 7. Less is More:** When you overwhelm yourself with too much, you become inconsistent. Focus on doing less but doing it well.
- 8. Training Mindset - Keep It Simple:** Keeping it simple is key. Focus on form and technique—do less but better, and you'll get stronger. Simple doesn't mean easy; it means effective and efficient.
- 9. The formula for Success in Body Transformation:** Effort + Consistency x 10 Years = Becoming the healthiest, strongest version of yourself. Transformation takes time—it's a lifetime journey with milestones rather than a final destination. Learn to be patient and persistent, no matter what.

Things I Wish I Knew when I First Started my Health and fitness Journey...

LESSONS ON NUTRITION

- 1. Food is Fuel:** There's no such thing as "good" or "bad" food—only energy. Some foods are more nutrient-dense than others, but all food fuels your body.
- 2. Macros Over Calories:** Counting calories might help with weight loss, but tracking macros will transform your body composition and how you feel physically, mentally, and emotionally.
- 3. Start Thinking Less About Calories and More About Nutrition:** Calories matter, but the quality of those calories matters more. Focus on nourishing your body with nutrient-rich foods that fuel your goals and overall health.
- 4. 80/20 Rule - Discipline with Flexibility:** The key to success is discipline with flexibility. Follow the 80/20 rule—80% whole, nutrient-dense foods and 20% foods you love within your goals. Enjoying the process is crucial. A plan that works is one you can stick to, so if adding a piece of chocolate to your macros keeps you on track, do it.
- 5. Your Diet is More Than Food:** Your diet includes not only what you eat but also what you consume mentally and emotionally—who you hang around with and what you speak to. All of these will either plant a beautiful garden in your mind and life or, if neglected, become weeds that drain the life out of all the beauty.



Things I Wish I Knew when I First Started my Health and fitness Journey...

LESSONS ON MINDSET

1. **Build a Lifestyle, Not a Quick Fix:** Chasing weight loss forever is exhausting. Focus on building a lifestyle that supports your health, happiness, and longevity.
2. **Love Your Body at Every Stage:** If you don't learn to love your body where it's at now, reaching your goal won't bring you happiness. The journey is about self-love, not just self-improvement.
3. **Trust the Process:** Stay consistent, even when it's tough. The results will come, but only if you stick with it.
4. **No Shortcuts:** Hacks and quick fixes are tempting but only prolong the process. The real results come from putting in the work.
5. **Trust Your Body:** Your body knows what it needs. Feed it according to your age, goals, and activity level, and it will take care of you.
6. **Take Care of Your Body and Mind:** When you nourish your body through proper nutrition and training and work on your mindset daily, you'll discover you already have the body you always wanted.
7. **Your Inner Dialogue Matters:** The way you talk to yourself impacts your confidence, self-esteem, and overall health. Be the kindest, most supportive voice in your life.
8. **How You Age is a Choice:** You're getting older whether you like it or not. You can let age change you, or you can start now by changing the way you age. Choose to age with strength, vitality, and confidence.
9. **The Story you believe will be the life you lead:** The story that will have the greatest impact on your life is the one you tell yourself about yourself. Your life will follow the direction of your strongest thoughts. Work on your mindset and thoughts harder than on your body, and you will change your life.
10. **The Small Decisions Have the Greatest Impact:** It's the small choices that shape your life and health—like waking up early, organizing your schedule, feeding your mindset before others get your attention, and making mindful choices about food, training, and hydration. These may seem insignificant in the moment, but they add up over time to make a huge difference. Every day, you choose the path you want for your life and health. "**Little by little, a little becomes a lot.**" — **Tanzanian Proverb.**



Things I Wish I Knew when I First Started my Health and fitness Journey...



**YOU CAN'T DO
IT ALONE**

You Can't Do This Journey Alone: Well, you can, but it will be a lot harder. You need a tribe of sisters doing it with you—supporting you as well as you supporting them. We thrive in a tribe of like-minded women. That's why we have our Fit Club community. We are more than just women on a fitness journey; we are fit sisters doing this fit life together.



JOIN THE TRIBE



**STRONG
EMPOWERED
WOMEN
EMPOWER
WOMEN**

M3 Muscle Method

FAQ

WHY FOCUS ON MAINTENANCE CALORIES? WILL I EVEN SEE RESULTS?

- **Answer:** Maintenance calories are crucial because they allow your body to stabilize and build strength without the stress of continuous calorie restriction. This approach helps balance hormones, improve metabolism, and sustain muscle mass. By focusing on eating enough, you'll see improvements in your body composition, strength, and overall health. This approach also prepares your body for future progress and prevents the pitfalls of chronic dieting.

WHY DO WE FOLLOW THE SAME WORKOUT FOR 4 WEEKS?

- **Answer:** Repeating the same workout for 4 weeks is essential for progression. Consistency helps you master the movements, improve technique, and track your progress. This approach builds strength and muscle more effectively than constantly changing routines. By practicing regularly, you'll become stronger and more efficient, leading to better results.

WILL MUSCLE MAKE ME BIG AND BULKY?

- **Answer:** No, muscle does not make you big and bulky. Muscle is dense and helps create a leaner physique. It's fat that contributes to a larger appearance. By increasing muscle mass, you'll achieve a more toned and defined look, which enhances your overall body composition.

WHAT IF I DIDN'T START WHEN EVERYONE ELSE DID? CAN I STILL JOIN?

- **Answer:** Absolutely! The M3 Muscle Method is structured month by month and phase by phase. You can start at any time by going to the program section, selecting Month 1 of the M3, and choosing the appropriate level (Beginner or Intermediate to Advanced). The program is designed to be flexible and accommodate various starting points.

WHAT IF I MISS A WORKOUT OR A DAY?

Answer: It's okay to miss a day occasionally. The key is to get back on track as soon as possible. Consistency is important, but it's also important to be kind to yourself. Adjust your schedule to fit in missed workouts, and focus on maintaining overall progress rather than perfection.

M3 Muscle Method

FAQ

HOW DO I TRACK MY PROGRESS?

- **Answer:** Tracking your progress involves several methods. Use the app to log your workouts, monitor your nutrition, and track changes in your body measurements. Take progress photos, note your strength improvements, and use the app's tools to help you stay on track. Regularly reviewing your progress will help you stay motivated and make necessary adjustments.

WHAT SHOULD I DO IF I'M NOT SEEING RESULTS?

- **Answer:** If you're not seeing the results you expect, review your nutrition, workout consistency, and mindset practices. Ensure you're following the program closely and tracking everything accurately. Reach out for support if needed; sometimes small adjustments can make a big difference. Remember, results take time and consistency.

HOW DO I USE THE FIT CLUB APP?

- **Answer:** Our Getting Started guide for the app is available on the dashboard of the website. This guide will walk you through setting up your profile, tracking your workouts, and logging your nutrition. If you have specific questions or need further assistance, the app's support section can provide additional help.

DOES MAINTENANCE MEAN I CAN EAT WHATEVER I WANT?

- **Answer:** Maintenance doesn't mean a free-for-all. It's about ensuring you're getting optimal nutrients while allowing some flexibility. Aim to follow the 80-90% rule, where 80-90% of your meals come from whole, nutrient-dense foods, while allowing room for occasional treats within your macros. This approach helps you stay on track without feeling deprived.

WHAT IF I HAVE MORE QUESTIONS OR NEED HELP WITH THE PROGRAM?

- **Answer:** If you have questions or need assistance, don't hesitate to reach out. I'm here to support you every step of the way. Use the app's messaging feature or email me directly for personalized support. Your success is my priority, and I'm here to help you achieve your goals.



THANK YOU

Thanks for joining me on this wild ride and putting your trust in me to guide you through this adventure! I can't wait to see where you'll be rocking it in a year from now!

Coach Hannah