

END OF THREE FITNESS

EO3 ELEMENTS

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Athlete,

EO3 Elements is the foundation of making any training program or nutritional protocol work. Dialing in your lifestyle parameters is the **BIGGEST** first step you can take in improving mental acuity, balancing energy levels, and increasing performance. Furthermore, without these 9 elements in balance, your body will not be able to properly utilize some of the more advanced strategies we teach at End of Three Fitness. Putting the right **FUELS** in a car with no wheels won't do you much good. Dial these things in starting **TODAY!**

To becoming better,

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EO3 ELEMENTS GAME TO HABIT

Committing to the EO3 Elements is something that should be done daily over decades. To start, we recommend treating it as a game where you get ONE point per completed item. Rather than aim for perfection, aim for as many points you can get each day. Over time, it will go from game to habit. Once these habits become a part of who you are, your life will dramatically change. You will forever be primed for high-performance in all areas of your life. This is the foundation we build better humans on. Make the commitment today, play the game, and build the habits!

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SLEEP

Did you get 7+ hours of sleep last night?

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HYDRATION + MINERAL BALANCE

Did you consume 50-60% of your BW (lb.) in ounces of water today?

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NUTRITION

Meat + Veggies in two meals today?

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BLOOD FLOW

Light aerobic work (walk, jog) for 10 min outside of normal training?

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SUN

Did you get adequate sun exposure today?

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DIGESTION

Chew food. Smell food. Limit liquids during eating.

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MEAL TIMING

Has your body fasted for at least 12 hours?

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WARM-UP / COOL-DOWN

Did you complete a 5-min warm-up and cool-down during training?

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DOWNREGULATION

Meditation. Breathing. Limit Nighttime Light Exposure.