

# INTRODUCTION

## Your Roadmap to Recapturing Your Morning

I was terrified of becoming the fat, balding guy in business class who “used” to play sports in high school.

10 years ago I began a career that required a ton of international business travel. I’d fly from country to country where I’d spend my days in a windowless boardroom and my nights at a restaurant — where my party wouldn’t dare leave without ordering dessert. I had zero control over when I got to fly, where I got to eat, and when I’d get to bed.

The only thing I did have control over? **My morning routine.**

So I spent years tinkering with those 3 precious hours before 9am. I realized, if I could set the tone for the whole day I was much more likely to sneak in a workout, be focused and alert at meetings, and have the willpower to say “no thanks” to the bread at dinner.

A few years ago, I discovered Pavlok, and incorporated aversion-therapy to make extra-sure that routine stuck.

I’m happy to announce that in 10 years and XXXXX miles of business travel, I’ve maintained a 10% body fat percentage all thanks to the tricks I’ve incorporated into this morning routine.

Now I’m sharing it with you. Whether you’re racking up frequent flyer miles like I am — or simply ready to get back in shape and feel like you have zero free time — this is your step-by-step roadmap to recapturing your morning — and ultimately the rest of your day.



**Welcome to the Jet Fit System.**

# WHY JUST “TRYING HARDER” WON’T WORK

There’s an invisible force we battle against every single day:

## **Willpower.**

You know what I’m talking about. You declare after a weekend of booze and wings that next week you’ll hit the gym every day. And not eat carbs. Easy to say when you’re well-rested and relaxed. This is called the *optimism bias*.

What really happens? You follow through on Monday. Maybe even Tuesday. By Wednesday you have one frustrating meeting that runs past lunch, you grab a slice of pizza and skip the gym because you’ve got too much work to do...then you curse yourself for not having enough willpower.

Willpower is an exhaustible resource. It’s like doing reps at the gym — the more you have to use it to make choices...

- to choose getting up 6am instead of hitting snooze
  - to choose the gym instead of watching tv
  - to choose grilled chicken & steamed broccoli instead of 4-cheese lasagna
- ...the less self-control you’ll have stored up. Which means, you’re going to slip up. It’s natural.

That’s why “just trying harder” doesn’t work.

One way to get around this — and save up your willpower for more important things — is to give yourself less choices.

How do you give yourself less choices? By creating a SYSTEM: a certain set of activities that you do so habitually that you practically do them on autopilot. Just like brushing your teeth. You don’t have to use willpower to brush your teeth, do you? Heck no. It’s automatic.

That’s exactly what we’re going to do here with the Jet Fit System.

# GETTING STARTED

Imagine waking up with purpose, getting an instant burst of energy, and effortlessly doing all the things you've always said you were going to do: meditate, write, work out.

The secret to having this happen? Is to have the majority of your “work” done before you even wake up.

That's right — your morning routine starts the night before.

Think of all the times the motivated, fired up “Sunday night you” said you were going to get up extra early the next day...and the tired, disoriented, groggy “Monday morning you” hits the snooze button faster than swatting a mosquito. Too tired. No willpower.

We lighten the load on your willpower by removing your options in the morning — the night before. So set a reminder in your calendar now for 9PM each night — that's when the system begins...

## **5 Steps to your new Morning Routine:**

- STEP 1: *Set up* the next day as a meeting (the same way you would be for a VIP)
- STEP 2: *Unwind* and relax
- STEP 3: Wake up and *Hydrate*
- STEP 4: *Train your mind*—Meditate and Journal
- STEP 5: *ACT!*

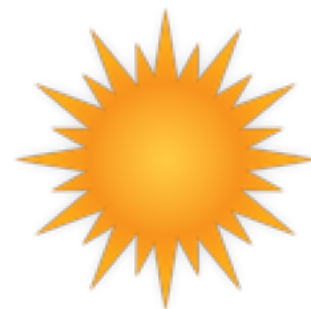
# 5 Step Road Map

SET UP



UNWIND

HYDRATE



TRAIN YOUR MIND

ACT

# STEP 1: SET UP



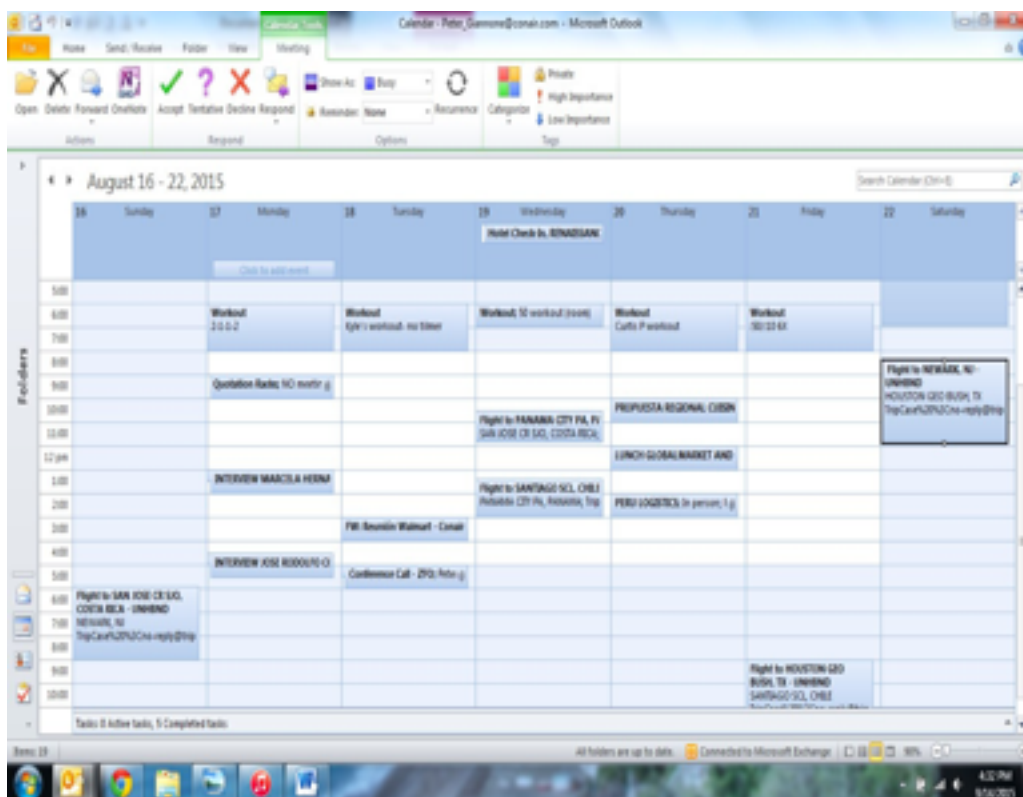
## TREAT YOUR MORNINGS LIKE YOUR BEST

In my experience, mornings are meant for exercise. First, it starts your day off right — you're less likely to want to eat a cheese danish at breakfast if you just had a great workout. Second, it gives you a burst of energy and raised your testosterone. Great for having alertness and clear decision-making in the morning. And third, you're much more likely to DO it if you do it in the morning. The more your day goes on, the less control you have of your day — meetings come up, cars break down, kids get sick, you lose willpower.

Now, maybe for you your #1 objective isn't working out. Maybe it's writing 500 words. Maybe it's spending an hour on your side hustle. Whatever it is, schedule it when you have the most control of the day: first thing.

I like to think about it this way: if your biggest client asked for a meeting or your parents were coming to town, I bet it's in a calendar somewhere. And I bet you wouldn't just blow them off.

Treat your morning objective the same way. Get it in the calendar and give it the same level of respect. I have all of my workouts in my calendar, especially when on a business trip:



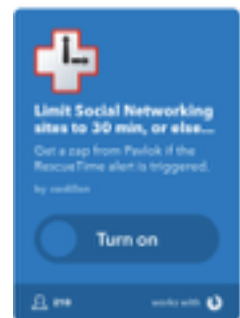
# STEP 2: UNWIND



## GOING TO BED RELAXED

Turn off your screens before you go to bed. And try not to bring them into bed with you. Like it or not, the screens are stimulating and a big part of your morning is dictated by your night.

This is simple in theory but hard in practice because you may want to check just one more email or see if Suzy posted a new picture from her trip but don't do it. If you want, set up a Pavlok IFTTT to keep yourself off of those pesky sites that seem to derail getting to bed.



<https://buy.pavlok.com/pages/getting-started-with-ifttt>

## *Magnesium*

Magnesium is a natural relaxant. It should be taken before bedtime to help you fall asleep, stay asleep, and wake up more refreshed. I LOVE magnesium. My preference is to take a powder version that needs to be mixed with hot water and drank like a tea. Failing that, pills are available and work just as well. There is some science out there that also seems to show that athletic performance is enhanced through the taking of magnesium supplements which, speaking for myself, has been true.

# Mg

# STEP 3: HYDRATE



## WATER AND ONLY WATER

We all know that staying hydrated is important for many reasons — your brain needs water to function, it helps keep you satisfied, it helps you detox. But I've been really surprised and how simply drinking more water could effect my performance. In fact, a USDA study found that even mild levels of dehydration had a negative effect on both mood and performance.

A good rule of thumb is to drink half your body weight in ounces for example, 75ozs for a 150lb person. Most of us drink much less than we need to. I've found the best way to battle this is to front-load my water intake first thing in the morning.

### Jumpstart your morning.

Have a bottle or glass of water ready by the side of your bed to be drank immediately upon waking up. Drinking water first thing in the morning gives your cells the water that they need to survive. Remember, 90% of your body is made of water and so is each individual cell. You have gone without water for 4-10 hours while you sleep so getting as much water as possible, as soon as possible, is like a jump start to your body's engine.

Start with 12-16oz water and keep going from there. It's like knocking down the first domino in your morning routine — and your day.

#### **H2O Trick: water helps you feel full.**

Keep a bottle of water with you all day long and pound another full bottle when you feel cravings coming on. Water takes up space in your stomach that a cake would love to occupy.



# STEP 4: TRAIN YOUR MIND



## *Meditation*

Meditating, Mindfulness, Quiet contemplation, call it whatever you want but quieting your mind for a few minutes has exponential benefits over the course of the day. How much of your day is wrapped up in your own head— planning for later, overthinking a recent interaction with someone close to you, worrying about a part of your body? Taking 10 minutes to clear your mind has had a real impact on the way my day goes. 1 minute of quiet is great. You can do it listening to music or just finding a quiet place. Start with 1 minute and build up. I have two options listed on page 10 to get started RIGHT AWAY.

## *Journaling*

Over and over again studies have found that recognizing the things that you are grateful for have a positive effect on happiness levels. It's such an easy thing to do— it takes 5 minutes. I will give you the link to a great notebook that walks you through this day-by-day but if you don't want to spend any money here are the 5 things you can start journaling each morning and you'll see how much better it makes you feel.

- **3 things you're grateful for.** This can be anything but if you need a way to frame it for yourself think of one tangible and one intangible— *I am grateful for the way my sense of humor comes alive when I've with Suzy and I am grateful for my new refrigerator.*
- **2 positive things about yourself.** e.g. I am a focused and caring person.

Don't make it too complicated and don't undersell yourself. Remember this is only for you. We are great at negative self talk so this is your opportunity to start interrupting that cycle, if not breaking it.



# BONUS TRICKS



## WAKING UP READY TO GO— MIND, BODY, MOOD

### *Use the Pavlok Alarm Clock*

Having the meeting you've scheduled over your head is usually the push you need but I need a jolt out of bed just like most people sometimes. Your morning routine really doesn't mean much if you start it at noon. Or if you get up too late to do anything except cram some donut holes into your mouth and rush to whatever you're rushing to.

I got some crooked glares when I explained this thing on my wrist too but you can explain that it's a clinically proven conditioning method that has been around for a long time. Similar conditioning has been around for around 100 years so we're a little late to the game really.

Psych 101:  
*Aversive Therapy* is a type of behavior therapy that connects an undesirable behavior with an unpleasant effect

### *Foam Rolling*

Fitness or not in the morning, start using a foam roller to loosen yourself up. I can't say enough great things about rolling out. Foam rolling promotes what is called Self-Myofascial release or the ability to loosen the soft muscle tissue. Very similar to what someone may experience from their masseuse. More and more elite athletes are employing this method as a way to increase circulation and decrease recovery time.

# STEP 5: ACT

You will have your own set of objectives in the morning and this routine will allow you to get up, out, and be your most effective. As I said earlier, I am a proponent of exercise in the morning so I'm including a great couple of workouts to get you moving as a Bonus at the end. There are so many approaches to fitness and this isn't the place to get into all of it, my objective is create the spring board that allows you to workout or write or hustle so go to it.

The next steps are to go out and get the things you need for your new routine...

Shopping List	
<b>Foam Roller (preferred)</b>	<a href="https://www.amazon.com/Rumble-Roller-">https://www.amazon.com/Rumble-Roller-</a>
<b>Foam Roller (micro mini)</b>	<a href="https://www.amazon.com/ProSource-Bullet-">https://www.amazon.com/ProSource-Bullet-</a>
<b>Foam Roller (option 2)</b>	<a href="http://www.amazon.com/TriggerPoint">http://www.amazon.com/TriggerPoint</a>
<b>Magnesium (preferred)</b>	<i>Flavored:</i> <a href="http://www.amazon.com/Natural-">http://www.amazon.com/Natural-</a> <i>Plain:</i> <a href="http://www.amazon.com/Natural-Vitality-Original">http://www.amazon.com/Natural-Vitality-Original</a>
<b>Magnesium (pills)</b>	<a href="http://www.amazon.com/Bluebonnet">http://www.amazon.com/Bluebonnet</a>
<b>Pavlok</b>	<a href="https://www.amazon.com/Pavlok">https://www.amazon.com/Pavlok</a>
<b>Meditation</b>	MEDITATION Option 1: Headspace (free trial let's you give it a shot before purchasing) <a href="https://www.headspace.com/headspace-meditation-app">https://www.headspace.com/headspace-meditation-app</a>
<b>Meditation</b>	MEDITATION Option 2: Meditation timer (totally free) iOS: <a href="https://itunes.apple.com/us/app/meditation-timer-free/id515571863?mt=8">https://itunes.apple.com/us/app/meditation-timer-free/id515571863?mt=8</a> Android: <a href="https://play.google.com/store/apps/details?id=com.spotlightsix.zentimerlite2&amp;hl=en">https://play.google.com/store/apps/details?id=com.spotlightsix.zentimerlite2&amp;hl=en</a>
<b>Journal</b>	<a href="https://www.amazon.com/Five-Minute-Journal-Happier-Minutes/dp/0991846206/ref=sr_1_1?ie=UTF8&amp;qid=1481800874&amp;sr=8-1&amp;keywords=5+minute+journal">https://www.amazon.com/Five-Minute-Journal-Happier-Minutes/dp/0991846206/ref=sr_1_1?ie=UTF8&amp;qid=1481800874&amp;sr=8-1&amp;keywords=5+minute+journal</a>

# SCHEDULE

What time is it?	What do I do?
<9PM	Add a calendar invite into your calendar for 7AM the next morning for the task you want to accomplish
9PM	Turn off your screens
>9PM (Bedtime)	Take your magnesium
6AM (or later..... WAKE UP)	Pavlok Shocking alarm clock
6:01AM	12-16oz of water
6:15AM	Meditation
6:30AM	Journal
7-8AM	GO!
<9AM	You're prepared....



# BONUS: WORKOUT

## JUMP START

1. 100 Push-Ups
2. 100 Sit-Ups
3. 100 Jump-Squats

*\*Break these up any way you like, i.e. 25 at a time or all 100 at once*



## ADVANCED

1. 100 Push-Ups
2. 100 Sit-Ups
3. 100 Jump-Squats

*Every minute, on the minute, do 3 burpees. Continue until all 300 reps are complete.*



# Tell us what's on your mind

This helpful morning routine was brought to you by Pavlok as a guideline to help you succeed. It was taken from a larger eBook on how to Travel without going crazy or getting fat.

If you have any comments at all please let me know and I hope you are on your way to the morning routine you deserve.

[jetfitsystem@gmail.com](mailto:jetfitsystem@gmail.com)

Please take the survey:



