



# The Hydrate Like An Athlete Program

*Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.*

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# Ryan Nolan



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Ryan Nolan was born and raised in Northern California. He has always had passion for food and nutrition and before getting certified as a Personal Trainer he spent his early adult life working in the restaurant industry as a Chef and had his own catering company. His experience as a Chef gives him a unique advantage when it comes to nutrition and meal planning.

His passion for fitness began when he saw a picture of himself and decided it was time to take the initiative and get motivated. He was in the gym within a week and competing within the year. Since then it has propelled him into this field with vigor and resolve to help others get to what is healthy for their body and mind.

In his free time Ryan enjoys hiking, tabletop gaming, and spending time with his family and dog.

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Water is the most important nutrient in your diet. Nothing else comes close. It's therefore a truly vital resource for the human body. This 2-week habit coaching program encourages you to drink fresh water with every meal.

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## Day 0 : Introduction Of Habit (Sunday)

**Habit Challenge: Drink fresh water with every meal**

For the next two weeks, I challenge you to drink fresh water with every meal.

Water is the most important nutrient in your diet. Nothing else comes close. Got your attention?

It's therefore a truly vital resource for the human body.

We know it is indispensable for life itself, and provides essential functions for good health. In fact, it is the most widely used nutrient involved in the process and make up of the body.

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Daily water intake is extremely important in helping to replenish water lost through bodily processes including urination, sweating and breathing.

When the water is not replaced, we become dehydrated. It's clear that even a small amount of dehydration can hold us back from being our best.

It's time to get hydrated!

## How Can I Personalize This Habit?

Choose how much water you would like to start consuming with each meal and thus daily. If you're not used to drinking fresh mineral water, then start with a small amount each meal, like 100ml.

If you're used to drinking fresh water, then focus on increasing your consistency or slightly increase your normal intake.

## How Can I Make This Habit Easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week.

Have one day off per week from completing the habit.

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## What Can I Piggyback Off Of?

Look for events you can use as a reminder to eat every 3-4 hours: after your morning coffee, getting to work, after your workout, getting home from work, when an alarm goes off on your phone, whatever you want. Just pick a pre-existing habit to use as your reminder.

**TO DO:** *Create your personal version of the habit to commit to this challenge!*

### Here's a template:

I am 90-100% confident that I will [insert habit] for 6 days a week after I [insert what you're going to piggyback off of].

### Here's an example:

I am 90-100% confident that I will eat every 3-4 hours without snacking for 6 days per week after I set reminders on my phone.

P.S. Don't worry about making this perfect. We'll help you adjust.