

SHOULD I MOVE ON TO FF30X PHASE #2?

Dear friend, if you're reading this, you're probably wondering if you should move on to FF30X Phase #2. That's why our FFP training staff prepared this quick checklist to help you figure out if you're ready to move on to FF30X Phase #2 right now, or if you should spend some more time in Phase #1 first.

To progress to Phase #2, you must be meet the following criteria:

Exercise Criteria:

- ☐ You have performed 8x APEX 10 sessions over the past month (~2 sessions per week).
- ☐ You can now complete the APEX 10 workout completely (all the way up and down the pyramid).

In FF30X Phase #2, you will get a new set of workouts. It's important that you complete enough APEX 10 sessions to create a fitness base before moving on to Phase #2. If you haven't done 2x sessions each of the past 4 weeks, then we recommend you stay on Phase #1 until you have.

Nutrition Criteria:

- ☐ You are consistently drinking a minimum of 70oz of water each day.

If you're following the guidelines in the Fit Father Meal Plan, you're likely drinking much more. This is simply a baseline amount of water that will keep your body full and energized.

- ☐ You feel that you have established an improved nutrition plan and you are eating much healthier the vast majority of days.

Successfully checking this "healthy eating" criteria is up to your judgment. To move onto Phase #2, your eating DOES NOT need to be "perfect." We just want to make sure that you feel you've established a structured healthy eating routine on Phase #1 before moving on to Phase #2.

Progress Criteria:

- ☐ You have lost weight and/or fat since Day #1 on the program.

There is no hard or fast guideline on HOW MUCH weight you've lost. Total weight loss is not the determining factor! The key is that your body & health are improving and you're seeing progress.

Energy & Motivation Criteria:

- ☐ You currently rate your average daily energy level 7/10 or greater. This doesn't mean that you don't experience certain days that you feel tired. The key criteria here is that you are generally feeling more energized than when you started Day #1 on the FF30X Program.
- ☐ You are feeling motivated for FF30X Phase #2.

We want to make sure you're moving on to this next phase feeling motivated for continued progress.

If you can check YES to the 6 above criteria, then you're ready for Phase #2. If you need more time, then you have as much time as you need on Phase #1. We'll get you to Phase #2 when you're ready.