

Be
100



I'm so excited that you're about to commit to this incredible fitness challenge. Over the next 100 days, we're going to unlock the very best version of YOU—one amazing workout at a time. When you start your day strong and take the opportunity to work on yourself, you're setting a positive tone for your entire day. Together, we're going to put the fat on meltdown, dial-up the energy, build strength, and get you feeling strong and accomplished. My goal: to help you build your best life ever.

I COMMIT TO 100

We're going to kick off every day with the right attitude, and the knowledge that we're doing something right for ourselves. This Be 100 Book is your companion on your fitness journey. It's equal parts daily tracker and workbook, with written activities meant to help motivate and empower you to keep showing up, stay strong, and finish strong.

One of the first things we'll do is identify your driving force—your “why.” We'll follow that with a few other important things to do before you begin your first workout. Make time to dig into this book and think about how you'll work it into your daily routine. Tracking your workouts every day will keep you committed and focused. Remember, this is all for you.

On days you're not feeling totally 100, look back through the days you've completed. Read your own words. Use your accomplishments to further push you to keep going. I know you can do this. And better yet, you know you can do this, too.

All that's left is for you to pick up a pen and sign your name to show your commitment to the next 100 workouts.



I Commit
to 100
X Leitch

(Signature)

A vibrant sunset scene over a beach. The sky is a mix of deep blue, orange, and yellow, with several birds flying in the distance. The sun is low on the horizon, casting a warm glow over the water and sand. The text 'DREAM.' is written in a large, white, brush-stroke font across the top of the image.

DREAM.

GOAL.

REALITY.

#MorningMeltdown100

YOUR PERFECT MORNING ROUTINE

I get it: not everyone is a morning person. Sometimes I'm not a morning person. But I do know that when I get up and get in a killer workout, I'm setting up my whole day to be better, more productive, more on point. It's a ripple effect. How do you envision your perfect routine? What do you think it would feel like and how would it impact the rest of your day?



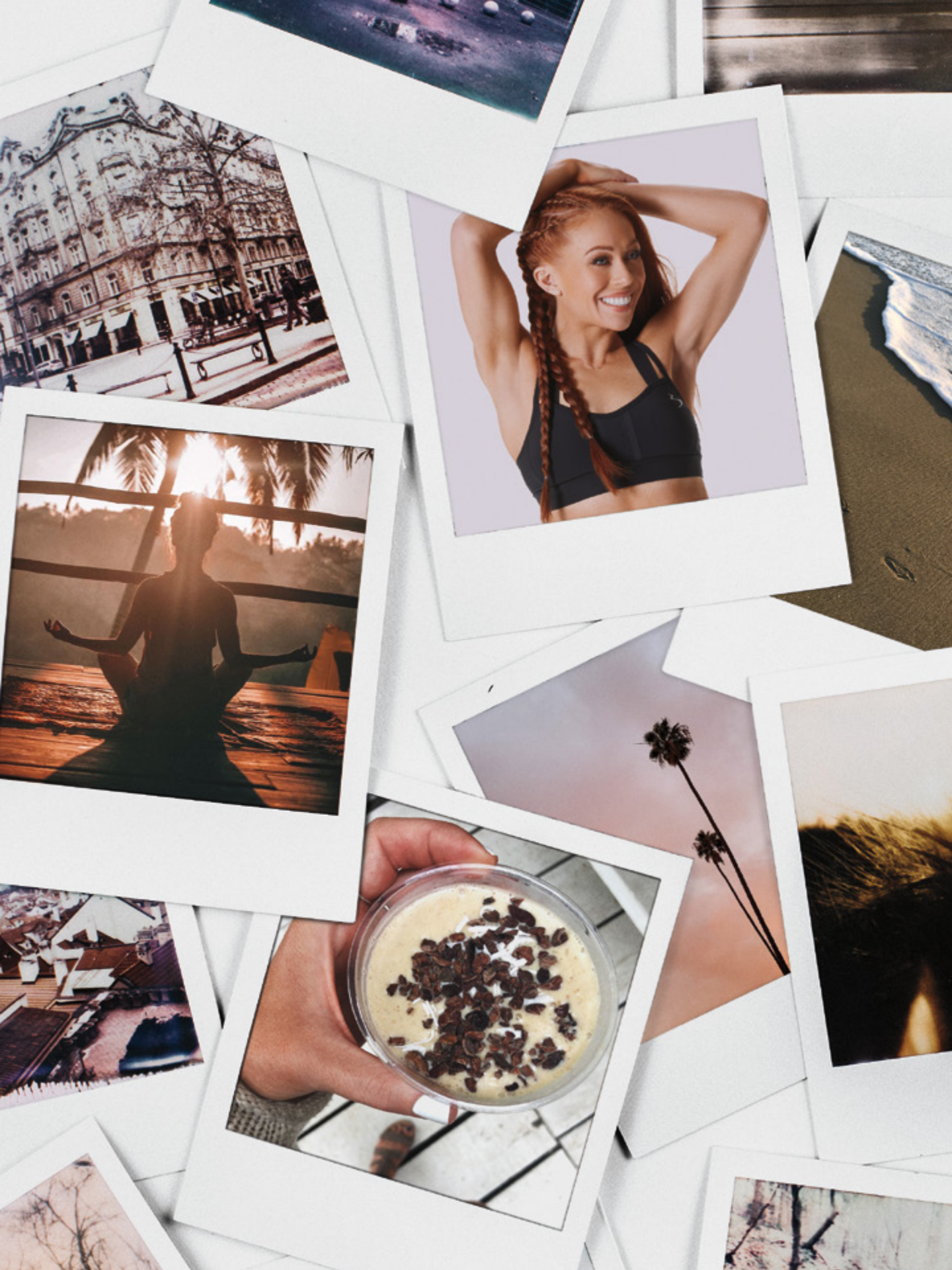
phase 1

WORKOUTS 1–20

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

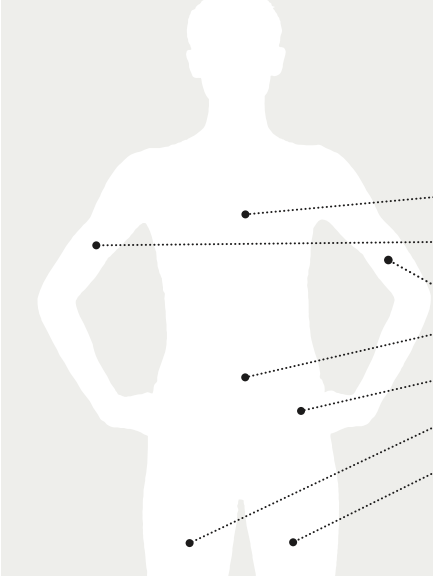
Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!



TRACKER #1

The best way to see how much your commitment to 100 workouts is paying off is by taking progress photos and keeping track of your measurements. So, before you press play on your first workout, take a few moments to take your BEFORE photo and your measurements. Yes, this might feel hard at first. But we're going to do this every 20 workouts. And if you truly commit to giving me 100 every time, you'll start to love doing these.

Attach photo



MEASUREMENTS	WORKOUT #1
CHEST	
R. ARM	
L. ARM	
WAIST	
HIPS	
R. THIGH	
L. THIGH	
TOTAL INCHES	
WEIGHT	

WHEN YOU
MAKE A
CHOICE, YOU
CHANGE THE
FUTURE.

—Deepak Chopra

#MorningMeltdown100

ACTIVITY 1: WHY BE 100?

Each of us has our own reasons for committing to something as big as 100 workouts in 100 days. Of course, each of us wants to get strong, lose weight, and feel more confident and empowered—but why? What's motivating you? Understanding your why is crucial to understanding what will push you beyond what you thought you were capable of achieving.

For me, it's my son. He's my heart. Every time I step into the Morning Meltdown 100™ studio, I'm doing this to set the right example for him. Hard work. Perseverance. The value of a commitment. Teaching him those values is why I work as hard as I do.

What's your why?

The image features a motivational quote written in a white, thick, brush-stroke style font. The text is arranged in five lines: "always", "start with your", "tribe", "and your", and "'why'". The background is a photograph of a palm tree against a sky that transitions from a deep blue at the top to a soft orange and pink at the bottom, suggesting a sunrise or sunset. The palm tree's fronds are dark and silhouetted against the sky.

always
start with your
tribe
and your
"why"

#MorningMeltdown100

WHO IS YOUR BE 100 TRIBE AND WHY

Who's got your back? Whose back do you have? Who knows the best way to get your butt in gear? That's your tribe, and they're your biggest support system. Take a moment to think about who you can work with to Be 100. Call them up or shoot them a text, and invite them on this journey with you. Write down their name, ask them their why, and make a note here so you can all remind each other of the reasons you're in this together.

NAME: _____

WHY? _____

NAME: _____

WHY? _____

NAME: _____

WHY? _____

NAME: _____

WHY? _____

NAME: _____

WHY? _____

WORKOUT #1

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY®, H2O, AND NUTRITION IN THE BEACHBODY® APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #2

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #3

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #4

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #5

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #6

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #7

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #8

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #9

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #10

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

Be the
author of
your life and
write the
next chapter.

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!

WORKOUT #11

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #12

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #13

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #14

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #15

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #16

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #17

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #18

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #19

Date:

Time:

MELTMAKER CHALLENGE TIME: _____

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #20

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)



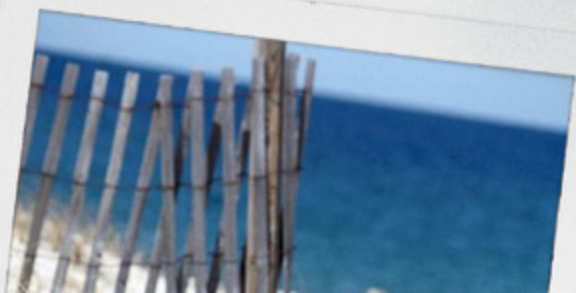
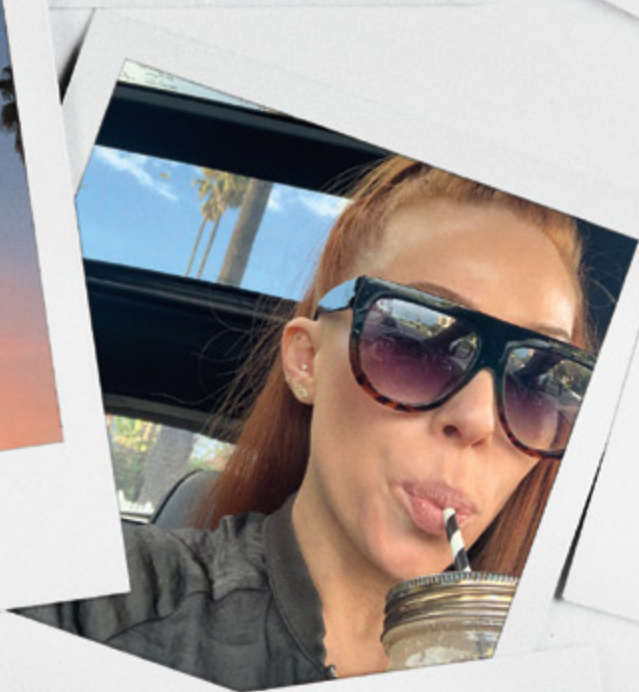
phase 2

WORKOUTS 21–40

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

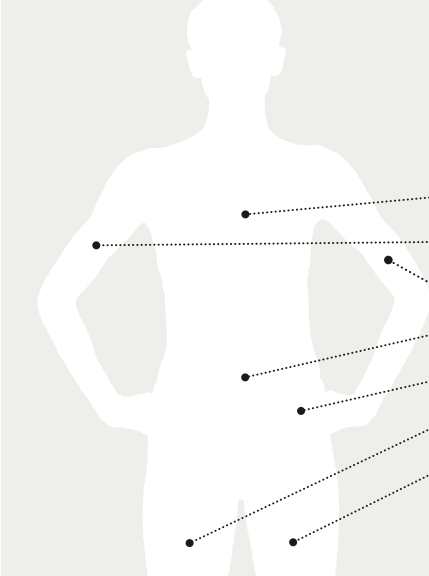
Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!



TRACKER #2

Twenty workouts down! First, I want you to celebrate all your hard work. It's also time to check in. And remember, this isn't a competition with other people, or even yourself. This is about how your commitment is creating a healthy habit that can set you up for your best results.

Attach photo

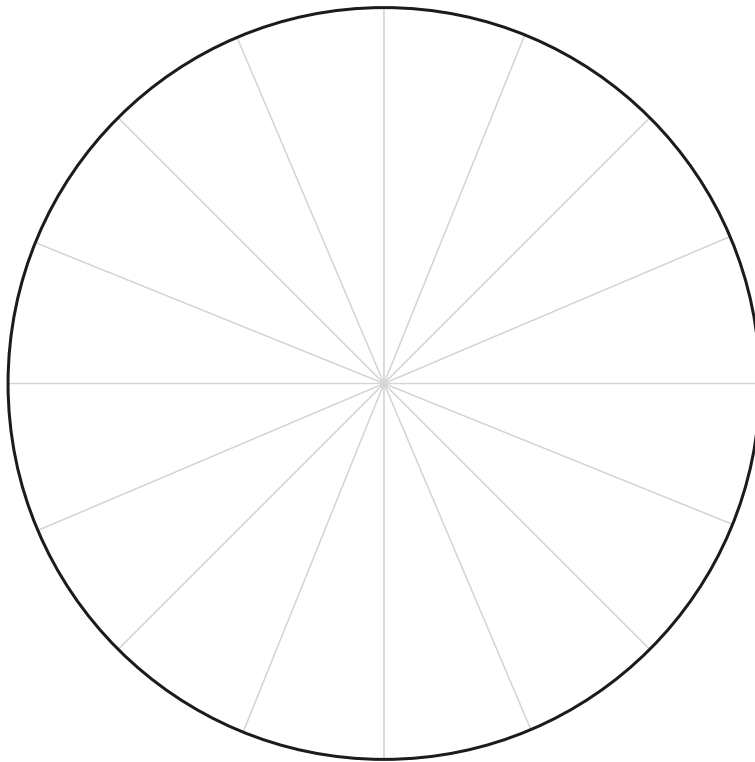


MEASUREMENTS	WORKOUT #20
CHEST	
R. ARM	
L. ARM	
WAIST	
HIPS	
R. THIGH	
L. THIGH	
TOTAL INCHES	
WEIGHT	

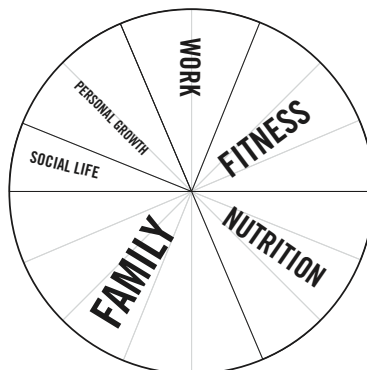
**MAKE
YOURSELF
A
PRIORITY**

ACTIVITY 2 : PRIORITIZE YOUR LIFE

Your life is made up of lots of important things. The key is understanding how they relate to each other, and what takes precedence in any given moment. For this activity, in the blank circle below, I want you to draw a pie piece to represent all the elements of your life today, and how much of your time they take up. So, if you're currently devoting more of your time to your social life than your fitness, the social life piece should be bigger. Don't worry if it's not perfect—the idea is to give you insight into how your days are probably structured. Notice anything interesting that you'd like to focus on a little more, and things you'd like to focus on a little less? Think about how this chart would look if you made yourself a priority a little more. You're the only one who can make yourself a priority.



Example:



Note: Digital editing not available. Please print this page to complete the activity.

WORKOUT #21

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #22

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #23

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #24

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #25

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #26

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #27

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #28

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #29

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #30

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)



LIFE IS
BEAUTIFUL

#MorningMeltdown100

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!

WORKOUT #31

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #32

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #33

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #34

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #35

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #36

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #37

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #38

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #39

Date:

Time:

MELTMAKER CHALLENGE TIME: _____

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #40

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)



phase 3

WORKOUTS 41-60

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

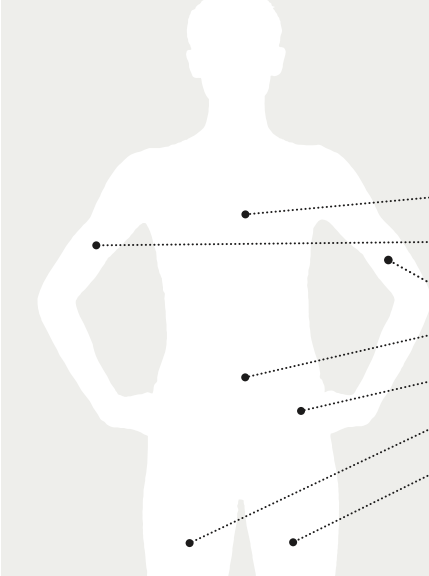
Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!



TRACKER #3

Before we kick off this next phase, take your photo and your measurements and record them here. By now, hopefully you're seeing some progress toward your goals. Even if it feels like a small jump instead of a huge leap forward, just know that by now the changes you've made to your routine are healthy habits.

Attach photo



MEASUREMENTS	WORKOUT #40
CHEST	
R. ARM	
L. ARM	
WAIST	
HIPS	
R. THIGH	
L. THIGH	
TOTAL INCHES	
WEIGHT	

HEALTHY

SELF

HEALTHY

SELF

ACTIVITY 3: MINDSET

Sometimes, we are our own biggest obstacle. The worst part is, we may not even realize how we're doing it. Here's one powerful solution: Think about the words you may be using when you describe yourself or assess your efforts. In the left column, write down all the words that come to mind if you were to tell me about you. Look that list over and see how you can change each of those into something positive. When you use these more often, your mindset can change. And so will your results.

NEGATIVE	SWAP TO	POSITIVE
Failure	TO	Opportunity
Problem	TO	Challenge
Fear	TO	Curiosity
	TO	
	TO	
	TO	
	TO	
	TO	
	TO	
	TO	
	TO	
	TO	
	TO	
	TO	
	TO	

WORKOUT #41

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #42

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #43

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #44

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #45

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #46

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #47

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #48

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #49

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #50

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

give yourself a break,
give yourself credit,
give yourself time,
give yourself attention,
give yourself love,
give yourself power,
give yourself to you.

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!

WORKOUT #51

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #52

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #53

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #54

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #55

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #56

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #57

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #58

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #59

Date:

Time:

MELTMAKER CHALLENGE TIME: _____

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #60

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)



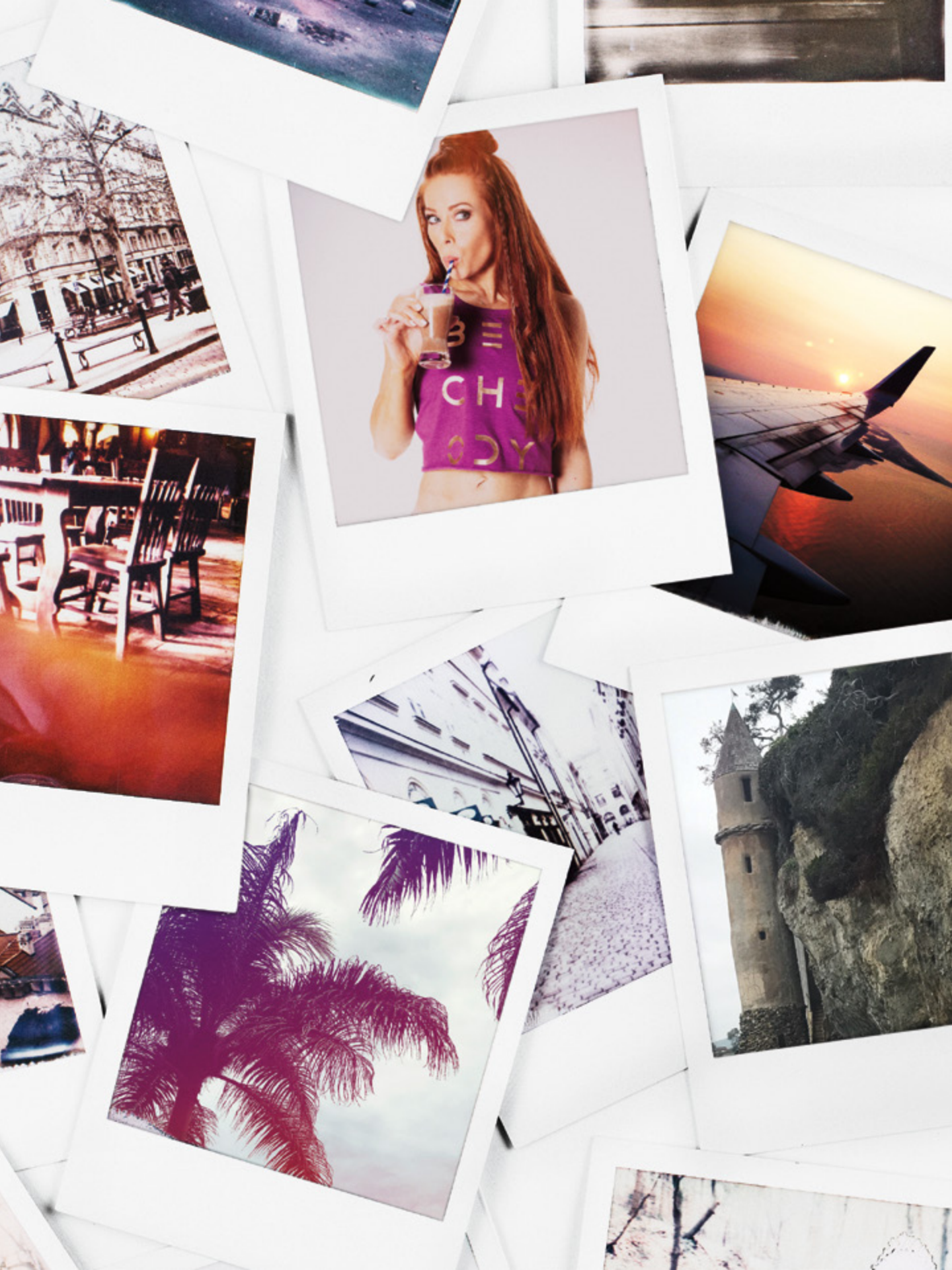
phase 4

WORKOUTS 61–80

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

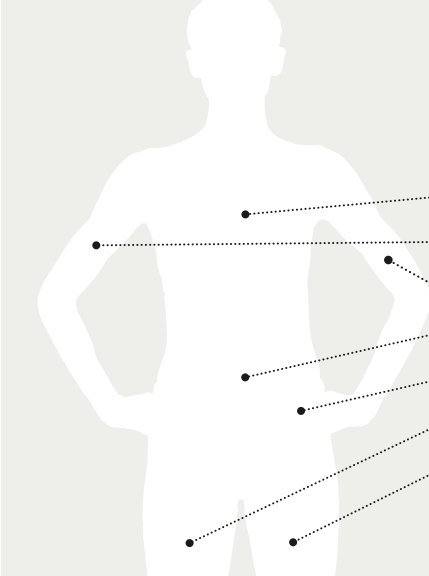
Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!



TRACKER #4

You're doing great. But you already know this because you've made it this far. I'm so proud of your commitment to 100 workouts. Your photos and measurements are for you—they're a reminder of the power of seeing something through, start to finish. They're also proof that sometimes you have to push yourself out of your routines to get your mind and body to a better, different place.

Attach photo



MEASUREMENTS	WORKOUT #60
CHEST	
R. ARM	
L. ARM	
WAIST	
HIPS	
R. THIGH	
L. THIGH	
TOTAL INCHES	
WEIGHT	

I AM

SO

CAPABLE

ACTIVITY 4: HABITS

So much of our day is driven by habits. Good ones move us forward, while bad ones hold us back. Sounds simple, but it can be so hard to change our behavior. This activity is all about recognizing what might be our bad habits—especially those around working out, what we eat, and how we structure our day. Below, start by listing your good habits. Then do the same with your bad habits. Only by consciously and actively recognizing and understanding our behavior can we begin to work to make positive changes in our lives. Bonus: Under your bad habit, list ways to overcome/replace that habit with a good one.

GOOD HABITS

BAD HABITS

WORKOUT #61

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #62

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #63

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #64

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #65

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #66

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #67

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #68

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #69

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #70

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)


MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)



MOTIVATION
GETS YOU
GOING.
HABIT
GETS YOU
THERE.

—ZIG ZIGLAR

#MorningMeltdown100

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!

WORKOUT #71

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #72

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #73

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #74

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #75

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #76

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #77

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #78

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #79

Date:

Time:

MELTMAKER CHALLENGE TIME: _____

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #80

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)



phase 5

WORKOUTS 81-100

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

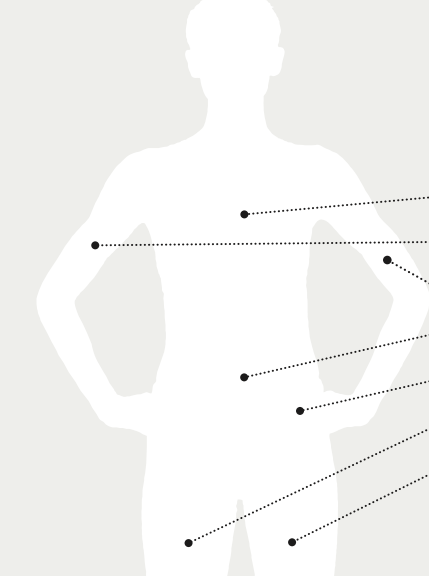
Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!



TRACKER #5

We're nearing the end, but we're never done. When you commit to changing your routine, fitness, and nutrition, you're creating a ripple effect in your life. Your body is changing but so is everything else. Your moods. Your confidence. Your outlook. Progress is just that—it's the journey you're always on instead of the destination. Think about that today as you take your photos and measurements.

Attach photo



MEASUREMENTS	WORKOUT #80
CHEST	
R. ARM	
L. ARM	
WAIST	
HIPS	
R. THIGH	
L. THIGH	
TOTAL INCHES	
WEIGHT	

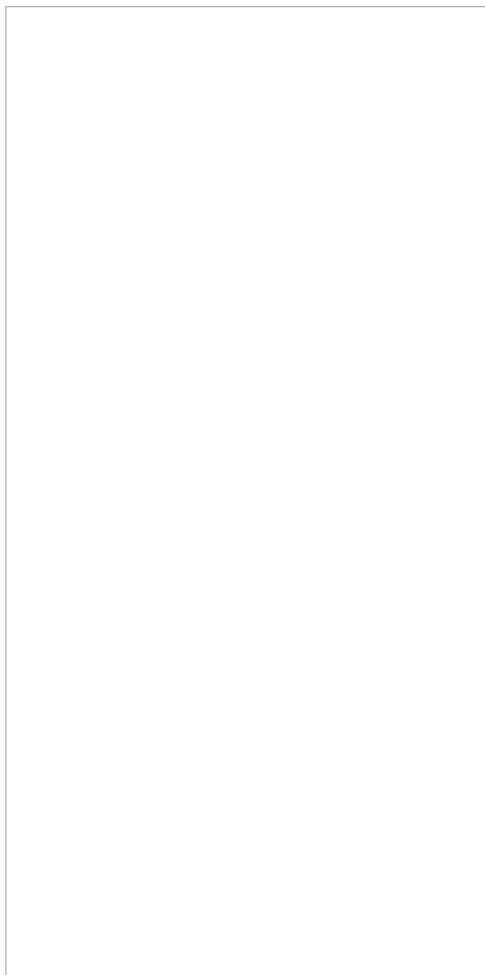
**YOU ARE
YOUR
ONLY
LIMIT**

#MorningMeltdown100

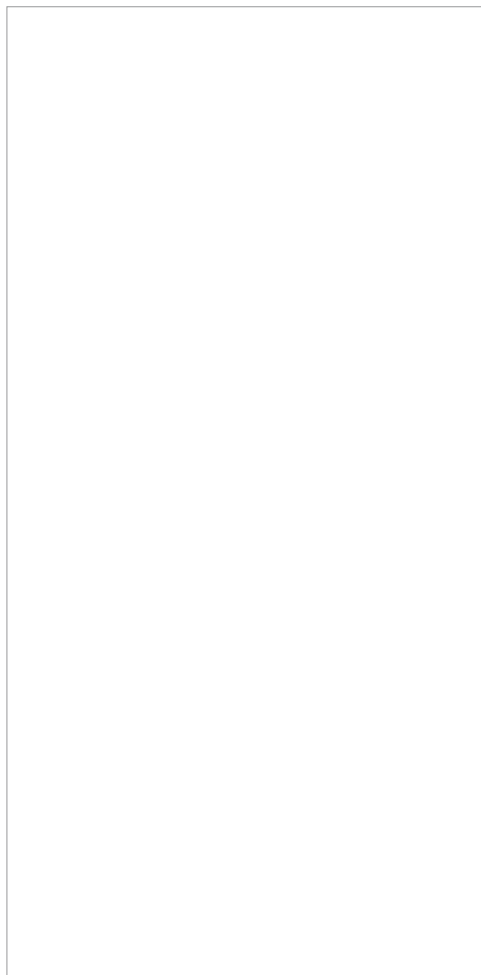
ACTIVITY 5: GOALS

Ahead of you are the last 20 workouts. But before we get there, I want you to look back on the 80 that got you here. Do you remember what you hoped to accomplish before that very first workout? What have you noticed since then? How have you changed and grown? Use that list to create your goals and final commitment to the last 20 workouts.

**WHAT I'VE ACCOMPLISHED
IN THE FIRST 80 WORKOUTS:**



**WHAT I'M COMMITTING TO FOR
THE FINAL 20 WORKOUTS:**



WORKOUT #81

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #82

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #83

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #84

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #85

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #86

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

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⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #87

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #88

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

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⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #89

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #90

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

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④

⑤

(Your WHY goes on this line)

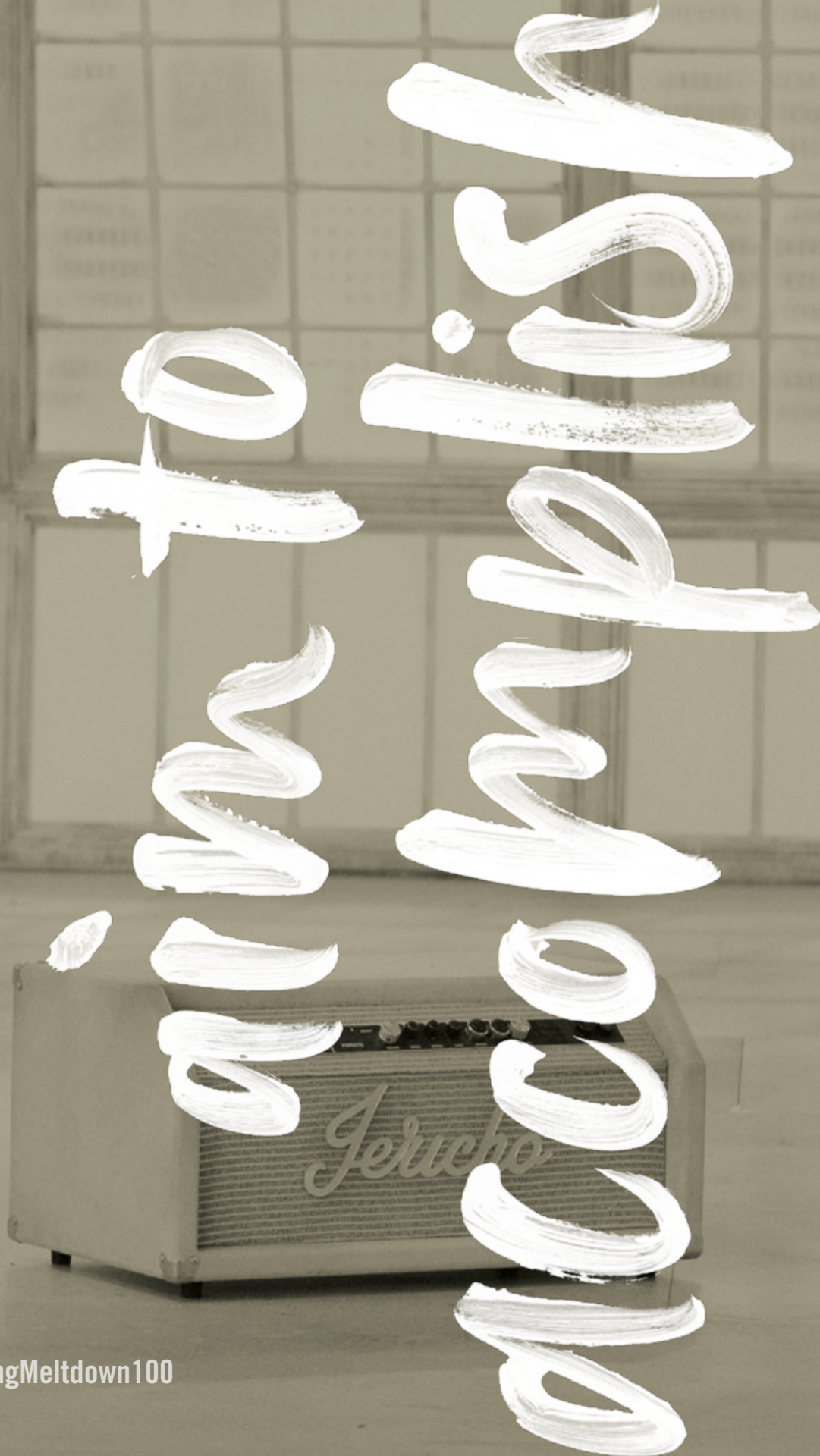
MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)



#MorningMeltdown100

100 SECONDS

Set a timer for 100 seconds. Be ready to write, scribble, or sketch. Just keep your pen or pencil moving until you reach 100 seconds.

Your inspiration: What is the one thing that will keep you committed to completing 100 workouts and to Be 100? Is there anything slowing you down that you can work through right now? Nothing can stop you!

WORKOUT #91

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #92

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #93

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #94

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

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(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #95

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

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⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #96

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #97

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #98

Date:

Time:

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

①

②

③

④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #99

Date:

Time:

MELTMAKER CHALLENGE TIME: _____

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

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②

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④

⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I AM COMMITTED TO TOMORROW'S WORKOUT

(Time)

(Initials)

WORKOUT #100

Date:

Time:

FOR TODAY'S WORKOUT I USED _____ WEIGHTS

WHAT WAS MY COMMITMENT LEVEL TODAY AND WHY?

- ① ② ③ ④ ⑤

(Your WHY goes on this line)

MY POSITIVE INTENTION FOR THE DAY IS:

REMEMBER TO TRACK YOUR SHAKEOLOGY, H2O, AND NUTRITION IN THE BEACHBODY APP

I DID IT! I KNOW WHAT IT TAKES TO BE 100.
I AM READY FOR MY NEXT BEACHBODY COMMITMENT.

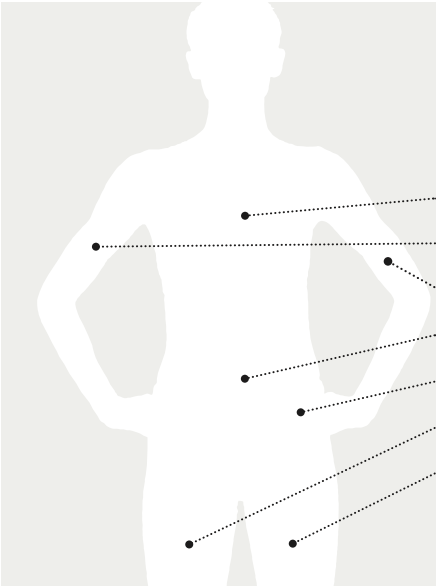
(Initials)

FINAL TRACKER

100 workouts done. But this is just the beginning. By now, hopefully you've created a healthy habit of a morning workout, one that can power your day to amazing heights. When you take your final photo and measurements, I want you to think of these as the first chapter of an incredible new you, one that will continue this journey for a long time to come.

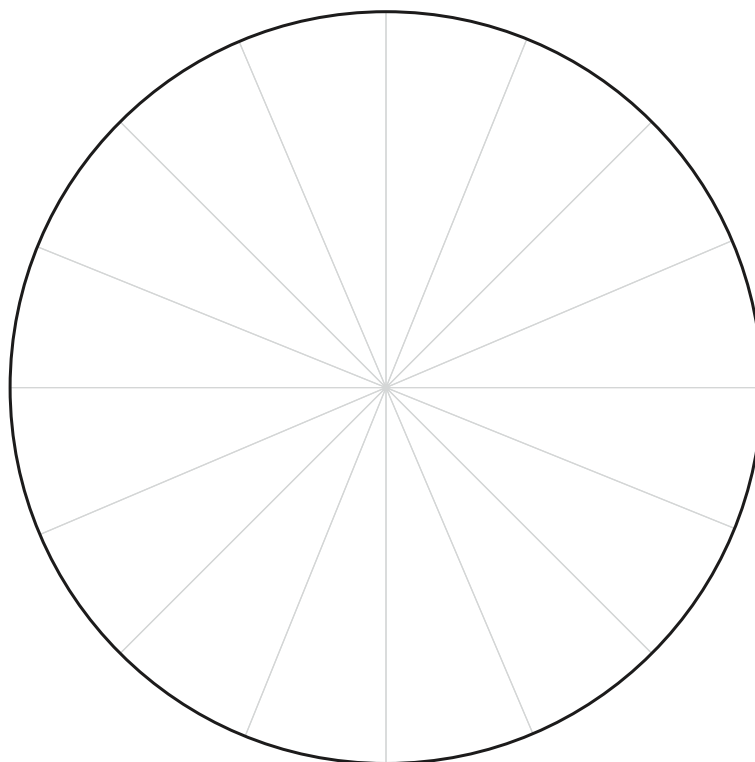
Attach
before photo

Attach
after photo

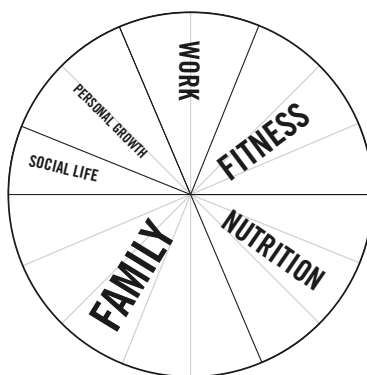


MEASUREMENTS	WKT #1	WKT #100	TOTAL LOSS
CHEST			
R. ARM			
L. ARM			
WAIST			
HIPS			
R. THIGH			
L. THIGH			
TOTAL INCHES			
WEIGHT			

Remember your pie chart back on page 41? Fill out the one below and compare the two. Have your priorities shifted since Day 21? Reflect on those changes and how far you've come!



Example:



Note: Digital editing not available. Please print this page to complete the activity.

FINAL THOUGHTS: 100 SECONDS

Your final task: Set your timer for 100 seconds and be ready to let it flow.

Your inspiration: You made it! You committed to 100 workouts, you showed up, and you did it. Now it's time to acknowledge your success. Take these 100 seconds to think about all you've achieved. What lessons did you learn? How have you reprioritized your life? What good habits have you created that you'll keep with you every day?

Thank you
for letting
me lead this
journey!



CELEBRATE YOU.

SPREAD YOUR JOY.

HONOR YOUR COMMITMENT.

SET YOUR NEXT GOAL.

LIGHT THE WAY.

The logo for 'Morning Meltdown 100' features a stylized sun with rays behind the word 'MORNING'. The word 'MELTDOWN' is positioned below 'MORNING', and the number '100' is at the bottom in a large, bold font. The 'M' in 'MORNING' and the '1' in '100' have diagonal lines extending from them.

MORNINGTM MELTDOWN 100

Consult your physician and follow all safety instructions before beginning this high-intensity and physically demanding exercise program and nutrition plan. No endorsement or affiliation by any individuals named in this guide is expressed or implied.

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