

TRANSFORM



THE FOUNDATION 5

5 the foundation

Most often we associate transformation with dramatic change—change that’s easy to recognize and is noticeable to others. And while we see the awe-inspiring end results of these dramatic transformations, most people don’t fully recognize the process that took place and how even the smallest of actions taken every single day are often the greatest drivers in helping us achieve our long-term goals.

One of the biggest mistakes we can make when starting the journey is taking on too many promises at once:

Drink a gallon of water a day, eat 5 smaller meals, do 30 minutes of cardio every day, etc. While stacking these may give us fast results in the short term, behavioral studies show that the more habits we take on at once significantly lowers our chances of long term behavior change:

- If someone takes on one single daily habit they have an approximately over 80% chance of keeping that commitment for longer than a year..
- If they take on 2 commitments, that success rate drops to less than 35%.
- At three or more commitments, that success rate drops to less than 5%.

Taking on more than one commitment at a time can actually cost you your transformation, so be careful what you are committing to!

Breaking your commitments into single, easy to keep daily promises is the winning strategy towards making lasting change. At Transform, our focus isn’t on eating a certain food or doing a particular exercise per se, but instead, our focus is on keeping the promise--no matter what it is--because you made a commitment to yourself! In fact, this approach



WHAT IS THE FOUNDATION 5?

The Foundation 5 is a series of five basic personal commitments you choose to keep every single day. It's the simple practice of learning to be accountable to yourself in order to lay the groundwork for larger goals you'd like to accomplish in the future.

The process goes like this: Choose one commitment and work on consistently making that choice every single day until you feel 100% confident that you can easily keep the commitment every day-forever. At that point, add in a second commitment from the list and start keeping that promise too. Over time, you may work up to 3, 4, or even all 5 of The Foundation Five promises as they become a part of your daily routine. Any or all 5 of these daily commitments will serve as the foundation of transformation and personal accountability in your life.

Let's get started!

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1

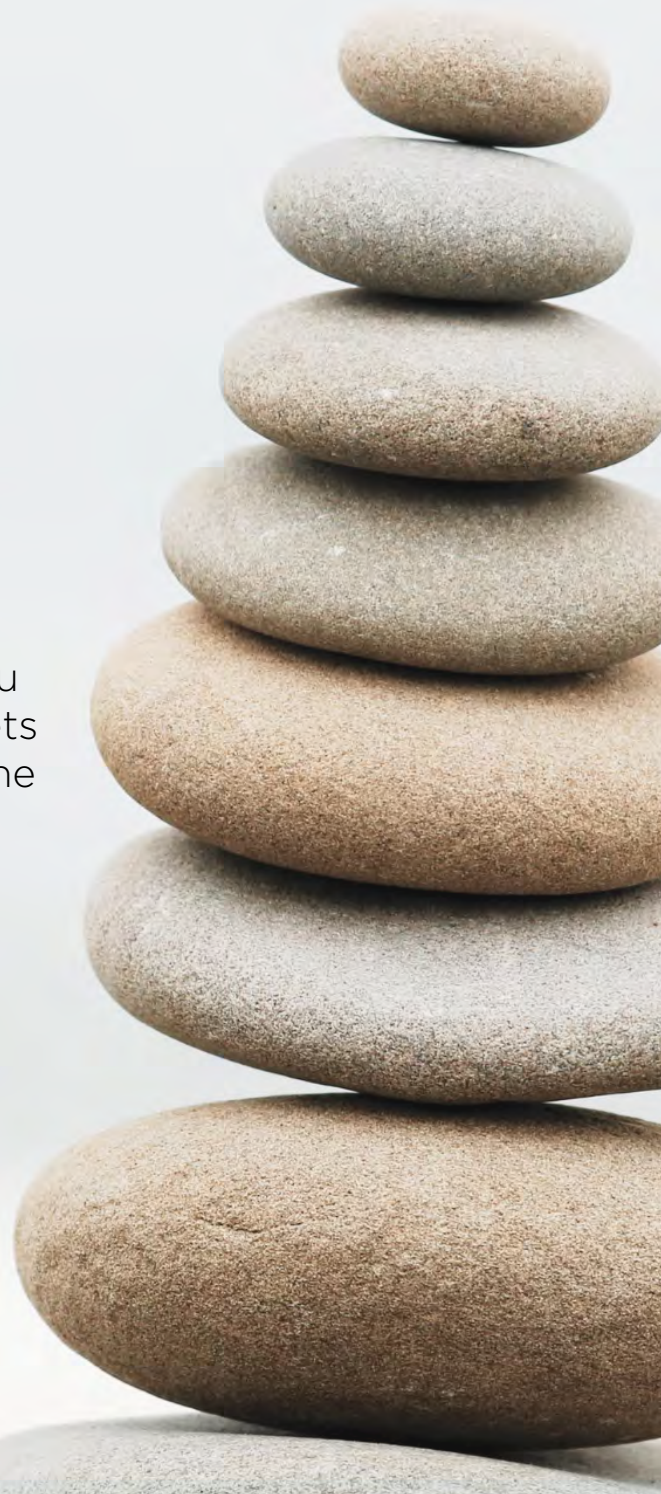
commitment

START EVERY DAY WITH A WIN

Start EVERY day completing a small, but personally fulfilling or beneficial task. If you do this as soon as you roll out of bed, it sets an unstoppable tone of achievement for the rest of your day.

- Make your bed
- Drink a tall glass of water
- Do a light stretching routine
- Spend a couple of minutes focusing on breathing, being present, and setting positive intentions for the day

These are all powerful ways to start your day with a win!



Chris started his service project called **Move One Million** with the goal of providing a “win” for everyone, everyday. It is a light, total body stretching routine followed by a mindfulness exercise that he leads nearly 80,000 people through every day in countries around the world!

2

commitment

DRINK AT LEAST 1/2 YOUR BODYWEIGHT IN OUNCES OF WATER EVERY DAY.

For example: If you weigh 200 lbs, you're aiming for 100 ounces of water. Get yourself a reliable 24oz or 32oz water bottle and aim to drink and refill it however many times you need to based on your current weight.

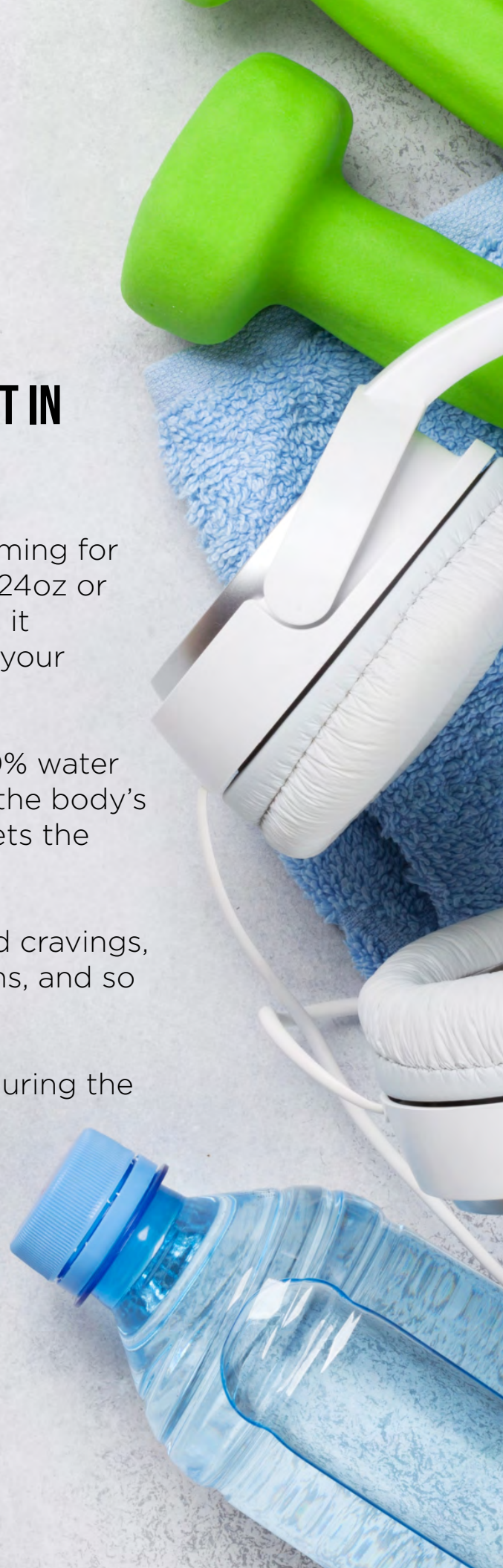
Why water? Because your body is about 60% water to begin with. Water is involved in most of the body's metabolic processes, so proper hydration sets the foundation for physical transformation!

Water boosts metabolism, curbs hunger and cravings, aids in digestion, helps your body filter toxins, and so much more!

If you have trouble drinking enough water during the day, try these tips:

1. The 10-gulp rule: Every time a bottle touches your lips, take 10 gulps before putting it down.
2. Flavor your water with a low calorie or zero calorie sweetener or fruit infusion to make it delicious. The better your water tastes, the more likely you are to

So get your drink on and stay hydrated!



A person is running on a treadmill in a gym. They are wearing a black tank top, teal leggings with yellow and white stripes, and black sneakers. The background is slightly blurred, showing other gym equipment and windows.

3

commitment

DELIBERATELY MOVE YOUR BODY FOR 5 MINUTES EVERY DAY.

5 minutes seems simple, but that's the whole point. The key is to commit to something beautifully simple.

- Take a walk (aim for at least 500 steps)
- Do a routine exercise circuit
- Do a routine stretching circuit
- Do 5 minutes of yoga

Whatever you do, it needs to be deliberate and intentional. Chances are, when the 5 minutes are up, you won't want to stop. Make 5 minutes the goal, and anything beyond is just icing on the transformation cake!

4

commitment

EAT A SOURCE OF PROTEIN AT EVERY MEAL

Commit to eating a source of protein at every meal. Eggs, chicken, pork, Greek yogurt, tofu, plant-based meat, protein shake, you choose! You need a protein source at every meal whether it's a snack or a full-fledged meal.

Protein stabilizes blood sugar, helps curbs craving and hunger, and most importantly, helps grow and maintain the lean muscle mass needed to fuel our metabolic processes. Getting enough protein can also contribute to fat loss, a healthy BMI, and maintain healthy blood pressure levels. Protein--it's important!

Most people aren't getting the protein they need on a daily basis, so making it a priority to eat a protein source at every meal can help rectify this problem. Protein intake figures in heavily for health and fitness goals, and the simple practice of being mindful to include a protein source at every meal sets a standard for healthy eating habits going forward, which is why it's such a key part of our Foundation 5.



5 *commitment*

TRACK THE FOOD YOU EAT EVERY DAY

This one takes a little bit of extra work and effort, but it really helps create a powerful awareness of your daily eating habits.

While this Foundation 5 commitment may take a few extra minutes every day, it is also the most influential on your weight loss.

It is important to understand that we are only asking you to honestly track all of your daily foods.

Eat a breakfast sandwich? Add it!

Eat a chicken salad? Add it!

Eat a sleeve of chocolate cookies? you know what to do...Add it!

As you track your meals, you will clearly see how you are always controlling your body weight - whether you are gaining or losing - but now you get to SEE whichever direction you are steering your body!

Whenever you eat a meal, you can simply add it in the app. Select from the custom menu for meals tailored to you, or select from our library of over 800,000 verified foods!

At anytime during the day you can check your circles to see how many calories you have consumed and if you are on target to reach your goals!



START WITH ONE, MASTER, AND MOVE ON

These Foundation 5 commitments are not commitments we want you to make all at once.

Pick just one to begin—one single commitment you can keep to yourself every single day, one you can say out loud to another person and commit to 100%. Write it down and put it where you can see it and commit to yourself that you will follow through. This single commitment and the self-mastery that follows will set the foundation for your transformation as you move forward to tackle your goals.

As you progressively add all 5 commitments from The Foundation 5, your belief in yourself and your self-confidence will continue to grow, and when you've successfully mastered all 5, you'll start to wonder what else you're capable of and use what you've learned to succeed at whatever path you choose.



the foundation 5



ONE

Start Every Day with a Win



TWO

Drink Half Your Bodyweight in Ounces of Water Every Day



THREE

Deliberately Move for 5 Minutes Every Day



FOUR

Eat a Source of Protein At Every Meal



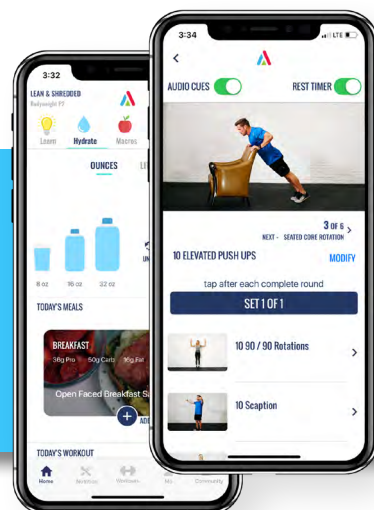
FIVE

Track Your Food Every Day

GET STARTED ON THE TRANSFORM APP

Easily achieve all 5 of the Foundation 5 within the Transform App.

[Click here to download the Transform App](#)



The recommendations in this program are not intended to replace or conflict with the advice given to you by your physician or other health professionals. All matters regarding your health should be discussed with your doctor.

Consult your physician before adopting the suggestions in this book and follow all safety instructions before beginning any exercise program or using any supplement, nutrition plan, or meal replacement product, especially if you are pregnant, breastfeeding, or if you have any unique or special medical conditions. Following these dietary suggestions may impact the effect of certain types of medications. Any changes in your dosage should be made only in cooperation with your prescribing physician. The author and publisher disclaim any liability directly or indirectly from the use of the material in this book by any person.

This program is not recommended for women who are pregnant. Results vary depending on starting point, goals, and effort.

Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition. The contents in this program are for informational purposes only, and are not intended to diagnose any medical condition, replace the advice of a healthcare professional, or provide any medical device, diagnosis, or treatment.

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