



# 100 Day LEAP Challenge

## Stage 1 - Visualise Your Forever Young Journey

### Step 1 - Time Out

- Before you start your journey, take some time out to visualise what it will look like.
- Go to a quiet place or better still go for a walk in one of your favourite places.
- Reflect on what's important in your life; this will likely include family, friends and your health.
- Don't over think this, but be honest with yourself; no one else needs to know, if that's what you decide.

### Step 2 - Self Assessment

- Complete the Self Assessment on the Forever Young Club homepage, based on our 5 Core Topics. This will enable you focus on physical & mental health, physical activity, nutrition and mindset.
- This will help you visualise your journey before you sit down to complete your worksheet. While we encourage you to do this, it is totally optional.

### Step 3: Complete Your Worksheet.

- The Stage 1 Worksheet "Visualise Your Forever Young Journey" below has 7 sections:
  1. Family & Friends
  2. Physical Health
  3. Mental Health
  4. Physical Activity
  5. Nutrition
  6. Mindset
  7. Any Other Issues

- Decide where you are today and where you'd like to be on each of these issues. Think long term, at least 1 maybe 2 years ahead and use your Self Assessment above to help you.
- Think how you can bridge the gap between your future vision, where you want to be and where you are today.
- Can you see your spouse or partner, kids, grand kids, friends? Where are you and what are you doing? Are you active? What food are you eating? Think about a fit and healthy body. Think about how good you look and how much better you feel.
- What do you need to do from a health and fitness point of view to optimise the chances that your vision will become a reality?
- Complete the worksheet below. The illustration below the worksheet can guide you. Remember you choose a secondary objective such as nutrition, sleep or weight loss in Your 100 Day LEAP Challenge.

N.B. This is your personal, private worksheet and you do not need to share it with anyone and we will not ask you to send it to us. You can of course raise issues selectively with us, but that is totally up to you.

## **Stage 1 Worksheet - Visualise Your Forever Young Journey**

### **1. Your Family & Friends**

**2. Your Physical Health**

**3. Your Mental Health**

**4. Your Physical Activity**

**5. Your Nutrition**

**6. Your Mindset**

**7. Any Other Issues**

# Illustration Only

## **Stage 1 - Visualise Your Forever Young Journey Worksheet**

### **1. Your Family & Friends**

- *Family is the most important thing in my life; I want to play with my grand children.*
- *Friends are next; I want to nurture current friendships and build new ones.*

### **2. Your Physical Health**

- *Increase my life expectancy; 10 years over average life expectancy at age sixty-five, (92 for men and 95 for women) is a realistic objective.*
- *Enjoy a high quality life, free from chronic illness and injury. Focus on my 2 current high risk factors, heart disease and type 2 diabetes.*
- *Gradually reduce weight by 25 pounds [~11Kg] so my weight ratios are normal. This will facilitate achievement of other objectives.*

### **3. Your Mental Health**

**[ILLUSTRATION ONLY]**

- *Work on managing the stress and anxiety in my life. This is more significant than I'm prepared to admit.*

### **4. Physical Activity**

- *This will be a key priority for the rest of my life. I like walking and swimming and I'll gradually build them into my weekly routine.*
- *I'll spend more time outdoors and this will be a key goal of future holidays. I want to do more walking trips in the coming years in Ireland, Europe and beyond.*

### **5. Nutrition**

- *Develop a healthy diet focused on whole food with more vegetables, fruits, pulses, nuts and good quality fats and protein.*
- *Eliminate or minimise the bad food, including too much fast and processed food and way too much sugar. Reduce the sugary drinks and introduce healthier choices.*

### **6. Your Mindset**

- *I'm a bit set in my ways and I plan to develop a more open and flexible mindset!*

### **7. Any Other Issues**

- *Would like to improve the quality of my sleep!*