

# **High-perforMANce Fitness Plan**

**Discover secret strategies high performing professionals use daily!**

**>INCREASE LONG LASTING ENERGY AND SAVE 3+ HRS EVERY DAY**

**>MELT AWAY FAT AND FLATTEN YOUR BELLY EFFORTLESSLY**

**>UNLEASH YOUR HIGH CONFIDENCE AND SENSE OF FULFILLMENT**



**Comes with:**

- Do It Right Checklist**
- Full Body Home Workout**
- Food Rules to support fat burn**  
**(links inside document)**

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## **Welcome to High-perforMANce Fitness Plan!**

***The content in this document, will positively impact all those areas of your life for long term – your physical body, your mental health, your relationships and your business.***

***If you don't know what your health deserves- how you feel, look and think, you'll always settle for less. If you don't want to face that reality, but looking for short cuts and free stuff is a Rx for disaster. Then you will wander aimlessly, uncomfortably numb in your comfort zone, wondering how life has ended up in the medical meat grinder. You'll never know what you are truly capable of achieving, until you stop settling for what is easy!***

***You're probably here because you are aware of the real costs in staying, settling and becoming OK with where you're at – with your energy, physical capacity, mental focus, sense of fulfilment, the confidence in your body and the vitality you have available all day long to serve you way beyond your work day.***

***The “costs” to your relationships, in missed experiences, in those fun memories you and your family are missing every day, as you have become a shadow of what you used to be, or know you can become.***

***Just realize how much it costs your business and opportunities missed when you often lack energy, focus and super confidence in your regular day at work. Imagine, if something like this was presented to you as a huge risk inside your business, you'd put that fire out today. The big risk I'm referring to of course, is YOU. Your capacity, your energy and vitality, your mental cognitive load, your stress resistance, confidence, your desirability and your happiness.***

***These strategies shared within this document, are from a collection of years of real world results I've experienced myself coaching people on this stuff, every week while applying in my own life for long.***

***Let me tell you something, no one who is successful in every area of its life has achieved what they have, doing it all on their own. They have access to a ton of support, in all those areas.***

***Here's where you gain some initial access to the first stage of support. Those of you serious about mastering this area of your life for the next decade, check out the last page. Enjoy!***

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## **1. Let's create at first protected non-negotiable SPACE only for YOU!**

***Before I share the proper stuff in here, nothing more matters unless it's IMPLEMENTED CONSISTENTLY for long enough – that's how we build habits.***

***So, how do we maintain consistency? we set up the TIME and the ENVIRONMENT to ensure you raise your rates of IMPLEMENTATION — probably this is the MAIN THING MISSING from virtually ALL PREVIOUS attempts at transforming this area of your life.***

***Here's how you do it and make it really simple.***

***It's simple, but not exactly super easy, yet nothing works better than this for the people in my High-perforMANce Coaching Program who, previously failed time and time again, for 5, 10, 15+ years.***

***Right now, take out your diary, calendar etc. and create a daily 60 minutes space at a set time every single morning. Only for YOU. For example: 6.30-7.30AM MON-FRI. 7.30-8.30AM SAT+SUN.***

***Even if Queen shows up and asks you for something, you raise your self - worth, the value of your personal space protected for you, and NEVER give that time away. If you do, you open the floodgate to allowing this standard to fall back to what got you right here today. PROTECT that space. O.K. I am sure you can get that handled. Saying 'NO' to someone it's not rude, and being assertive has many benefits.***

***I told you this was simple, yet not exactly always easy. There's for sure some transition time to gain discipline with this, and it starts RIGHT NOW.***

***In that time, you tune up your body & mind to work at the highest performance for whole day, every day! Instead of hustling in the morning, you will see how that strategies impact in positive way how you feel, think and look. Your confidence and productivity will skyrocket, and everyone notices it!***

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## **2. The 'Do It Right Checklist'.**

**Now when we have that space protected we become way less reactive to others demands of us, and gain control over that space to utilize for IMPLEMENTATION.**

**Do It Right Checklist** <== [click here](#)

**Now each day you get this 'Do It Right Checklist' done you will SAVE 3+ hours of wasted, non-productive TIME. What's that worth to you?**

**I'd anticipate, a lot of cash opportunity, and even more important, a lot of 'time to create memories' with your loved ones, instead of trying to compensate for that lack of energy, by working more, right! Screw that.**

**Nail this 'Do It Right Checklist' and OPEN YOUR WORLD to COMPRESS TIME and access super focus and clarity over the rest of your day.**

**Print off your checklist and stick on your wall in visible place.**

**Each page has 2 weeks of 'overview' to quickly asses and gain feedback in real time, on a daily basis, where you are gaining consistency, and where you're simply lacking the support to follow through.**

**Print off 2 pages for each month, stick them on the wall after dating each page RIGHT NOW — come back here when you have that done. I strongly recommend to do it right now. If you are reading this away from your typical working spot, set a reminder NOW in your cell phone to do this TODAY or you'll continue to be exposed to lost opportunity.**

**Now you're back here, you have a FAST overview of the areas of your day to FOCUS ON in order to SAVE 3+ hours and access super PRODUCTION CAPACITY at the highest.**

**More of a breakdown on each tab of the checklist is on the next pages.**

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## **Morning letter**

**Write out a letter to YOU dated 30 days from NOW, as though it's 'present day'. Each morning, read that to yourself as though that day in the 'future' is today. This will program your 'subconscious mind' to a new reality. It will 'perceive' what you 'see' and 'have made happen and accept it as 'true'. This will reinforce your intentions over the rest of the day to be in alignment with where you're heading to. 30 days from now, you will be amazed at how much of that 'morning letter' has revealed itself for real and how many things got done.**

## **Lemon water**

**Simply, slice 2-3 slices of lemon and squeeze and drop into a large glass of water to start your day. Warm water even better. It will assist in 'alkalizing' your body, which in simple terms will support a reduction in inflammation - along with the rest of the process shared in this download - to manage and reduce stress and the stress hormone 'cortisol'. It will also prepare your stomach to start digestion to get the most from your nutritious breakfast. Start your day, this way.**

## **Activity/workout**

**Check this box on your checklist, when you have your AM exercise activity done. I'm a huge fan of 12-20 minutes full body exercise protocols in my High-perforMANce Coaching Program. Schedule your 'AM' exercise for 2-3 days upfront at the beginning. 10-20 mins 'gets done' more consistently than anything else. Get your Full Body Home Workout ==> [click here](#)**

## **Right Food**

**Here you have feedback that your days food intake supports your goal. Check this box at the end of the day ONLY when you have consumed right food according to your goal. This is a huge area many busy people struggle with, so it's super important to delegate this out, or prep food upfront for several days. Get quick advice how to eat with meal examples==> [click here](#)**

## **Hydration**

**Here simply consume 2-3 litres of water (8-12 glasses) per day. On workout days, consume an extra 1/2 litre. Simple. Have 1 litre bottles conveniently left in places you spend time. E.g. bedside table, in your car, on your desk.**



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## **Time out/relaxation**

**Stress not only makes you fat, look old, kills sex drive, kills vitality and your capacity to stay focused, produce like a man on fire all day long, it kills your capacity to progress in this area of your life. Your hormones control everything. Evolution can't be 'fooled' into shredding ugly fat from your body and igniting unstoppable energy. No. UNLESS you take care of stress, everything else is temporary. So, the number 1 rule of managing STRESS is creating SPACE to DECOMPRESS and switching your 'cognitive function' off regularly over the day. You mind perceived 'stress' when it's constantly 'working' and connected to technology and your business. Here's how we initially support the habits that gain back control over being a 'reactive state' to one of control.**

**Schedule 3 slots of 10 minutes over your day. Simple. Here, you will REMOVE YOURSELF from your normal working environment. You will leave technology / cell / tech etc. in that place and close the door. Go for a walk. Become AWARE of your environment, become more aware of how you feel, of your breathing and breath nice deep breaths. Breathing consciously will reduce symptoms and feelings of pressure, stress and anxiety. Try it.**

**After 10 minutes of 'decompressions time' you will feel like you regained your sharpness, fast. Hydrate here as you walk, and breath big deep breaths. This will become a part of your day you look forward to most. That is of course, if you protect and schedule it. You don't need new day to start something over, you need new mindset and this definitely helps, remember it.**

## **6-8hrs sleep**

**Get to sleep about 10pm, 11pm max. 2hrs before chill down by making your environment darker, switch off TV and laptop, put your smartphone on airplane mode, take relaxing bath etc. If you feel like you just need to get a little more done at the end of the day, perhaps stop and ask yourself: "Would I be more productive doing even more things tonight, or with a fully refreshed body and mind tomorrow?" Remember to know when enough is enough, and trust you can tackle anything the next day after a long, deep and soothing sleep.**

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## **3. Get back 3 hours per day and transition to a High-perforMANce producer.**

**O.K. when you have the 'Do It Right Checklist' to give you an accurate overview of the elements you need to gain control over, to return a huge IMPACT in your capacity to PRODUCE, gain unstoppable ENERGY, remain FOCUSED and SHARP over the rest of your day and of course, SHRED that unwanted body fat you're carrying around 24/7/365 for many years and holding you back.**

**You will start to gain control over stress, anxiety and all that 'pressure and noise' that you're aware of it costing you big time in LOST HOURS and lost PRODUCTION CAPACITY.**

**The version of YOU who is HYDRATED, ACTIVE, DE-STRESSED, has time PROTECTED for himself to DECOMPRESS and regain CONTROL over regular day will AMPLIFY your hourly OUTPUT capacity many times over.**

**Saving 3+ hours per day is only the start. Every hour you produce, becomes amplified what you used to get DONE in 60 mins when you're carrying that 10-20-30+lbs of fat with you all day long. Now gets done in 20 minutes. Those 10+ hour days, are now 4-5 hours.**

**4 hours of high capacity OUTPUT, from a SHARP MIND, and a body with SUSTAINABLE ALL DAY LONG ENERGY AND FOCUS now outputs more than your previous 8-10-12+ hour day.**

**This is where you become a high producing ASSET in your business, effectively CLONING YOURSELF many times over.**

**Imagine — what that's actually worth to your business in simple FINANCIAL terms!?**

**People will notice, they will become ATTRACTED to your CERTAINTY, and to your higher CONFIDENCE and your new-found DRIVING FORCE.**

**You will have the fun factor, energy and vitality available way after your business day is DONE for your spouse / kids / loved ones to enjoy the version of you who's happier in himself and showing up as a High-perforMANce PRODUCER every day.**

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## What now?

**Chances are you won't do any of this. You have available to you, the 3 areas that are PRODUCING the biggest long-term results for the people I coach in the High-perforMANce program, that serve them for many years.**

**BUT YOU WILL MOST LIKELY DO NONE OF THIS STUFF, FOR MORE THAN A FEW DAYS AT A TIME.**

**FACT. 97% of people, access these free downloads, access the 'information' and lack the support and accountability - along with the content and breakdown of the IMPLEMENTATION PROCESS - to even FOLLOW THROUGH with this stuff for more than 2 days.**

**That's right, 3 out of 100 people will do this for just 2 days. The other 97%? Will read this, be 'motivated in the moment' and do nothing. 'Arrows' will continue to be 'fired at you all day' as they are now, stealing your focus, time and energy and you'll attempt to 'do this later/tomorrow' and before you know it, 6 months passed and you're still here. Frustrated. That's the reality.**

**You required much more support than you may want to accept. Yet you feel inside you know you need it. 100% of those having the MOST SUCCESS in this area of their life, all have the most SUPPORT. Those making the most money and impact, aren't trying to figure all this stuff out by themselves. They aren't trying 'the other stuff' — again that 'worked last time' and never STUCK.**

**They aren't looking for the cheap shot term fixes.**

**YOU ARE A RACE HORSE. The premier PRODUCING ASSET in your business and life, responsible for ALL RESULTS in your world. YOU are more valuable than ANY BUSINESS INVESTMENT, than any DESIGNER WATCH you have on your wrist right now, than any MASTERMIND or next 5 figure vacation.**

**High-perforMANce Program is specifically designed for today's modern busy producers. The program is broken down into simple steps with weekly coaching call with your Coach to support and guide you through your plan. Everything is set up for you, from when you wake up to when you get high quality sleep.**

**[High-perforMANce Program Blueprint](#) <==click here**



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Everything you need to **FINALLY TAKE CARE OF THIS** area of your life, for the next decade. **High-perforMANce Program** <==click here

> **Those adorable glances from your loved ones at your new fit, confident, desirable you? DONE.**

> **That ALL DAY LONG ENERGY and VITALITY available ON DEMAND in business (especially that 'afternoon slump') and available for fun with the kids, experiences with spouse and PASSIONATE BEDROOM PERFORMANCE BACK? DONE**

> **The CERTAINTY and CONFIDENCE in you, that demands ATTENTION – people NOTICE and feel much more at 'ease' having someone in business who has CONTROL and EXUDES CONFIDENCE... confidence Sell\$. You will access BAGS OF IT. Sound good? DONE.**

> **The BELLY FAT, the stressed look on your face, the older, worn out version of you, the person surviving on crappy, quick fix convenience food trying to chase energy...gone. Now you are the person your SPOUSE MET all those years ago, the person your KIDS looked forward to coming back from school to chase them, play, throw them in the pool, go for walks and adventures at the weekends... It's back...DONE**

Have the 'tax man' **EFFECTIVELY PAY** for you to have this taken care of with the **High-perforMANce Program** and all the support you need every week and every step.

**Coaching in this area is an investment expense that RETURNS the biggest ROI that's possible. There's no better investment than you banking on yourself, and AMPLIFYING ALL YOUR CURRENTLY DOING in all areas by optimising the very 'machine' running it all. YOU.**

**Learn how to get the support to take care of this for the next decade!**

**High-perforMANce Program** <==click here

**Take action today just like hundreds of today's busy business owners, high performers, producers and game changers have taken already.**

**High-perforMANce Program** <==click here

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**You're here now to access that version of you, that seems to continue to just be a vision.**

**Time to unleash that person, your future self, and your spouse is counting on you hitting the button below.**

**High-perforMANce Program [click here](#)**

**Don't be 'that person' who is always talking about it, always 'trying the next thing' and year after year has little to show for it.**

**I love being around those who STEP UP and SHOW UP to the highest levels. They are a rare breed of people, who value results and the experiences that come from achieving success enough, that they pay money, to access them, FASTER!**

**I just love being around the minds and attitudes of winners. YOU?**

**High-perforMANce Program [click here](#)**

**J H** 1. I like the combination of all the instruction you offer. It's good that you are not too critical or bossy so I can learn some of the key lessons by myself but your guidance keeps the goals reachable.  
2. Health is the most crucial aspect of life so it's worth paying for something that makes u look and feel better!

Thank you so much for your help! I am in much better shape than when I started with you and my vital statistics have improved. I've really increased my exercise quantity and quality without having to worry about technique and organisation. And thank you for making me more determined! J



**T L** 1. I like the fact that now i have a better understanding of certain things, like food, what to eat how to eat, a lot of simple ideas and guides that helped me become more aware of every day life.

**Check more testimonials [click here](#)**