

# **FIT FOR DUTY. FIT FOR LIFE.**

## **FOCUS**

What you desire is what you focus on. What you focus on is what you go and get. What is your "WHAT"? What is your "WHY"? To be FIT FOR DUTY & FIT FOR LIFE it takes the right FOCUS.

## **FITNESS**

It's about being the most fit person you can be. Building the strongest you physically, mentally, emotionally, spiritually and relationally. To be FIT FOR DUTY & FIT FOR LIFE it takes a FIT strong you.

## **FOOD**

It's about using food for it's main purpose and that is to provide life to your body. It's about following 10 Habits that become part of your lifestyle and allowing yourself to be held accountable. To be FIT FOR DUTY & FIT FOR LIFE it takes being committed to your food choices.

## **FAMILY**

FIT First Responders is a family. It's about building the right friendships and accountability in your life. To be FIT FOR DUTY & FIT FOR LIFE it takes connecting with the right people in the right environment.

***"If you want something you've never had  
you've got to choose to do something  
you've never done."***

**– Coach JC**

# COACH JC's 10 HABITS TO WIN IN YOUR NUTRITION

1. Have I eaten in the Last 2-4 Hours?
2. Where is my Complete Lean Protein?
3. Where are my Veggies?
4. Did I earn my Starchy Carbs?
5. Where are my Healthy Fats?
6. Am I drinking a 0 Calorie Beverage?
7. Did I take my Insurance Policy?
8. Am I breaking the 10% Rule?
9. Did I Plan and Prepare?
10. "Am I Willing To Trade What I Want Most In Life For What I Want At The Moment?"



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