

# COACH PETE 10 WEEK BLUEPRINT

## WEEK 1 HYDRATION & MOVEMENT

DAY	3 LITERS WATER	30 MINUTE WALK
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

## WEEK 2 HYDRATION & MOVEMENT

DAY	3 LITERS WATER	30 MINUTE WALK
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

## WEEK 3 NUTRITION AND CONSISTENCY

DAY	3 LITERS WATER	30 MINUTE WALK	AM PROTEIN
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

## WEEK 4 NUTRITION AND CONSISTENCY

DAY	3 LITERS WATER	30 MINUTE WALK	AM PROTEIN
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

## WEEK 5 STRENGTH TRAINING

DAY	3 LITERS WATER	30 MINUTE WALK	AM PROTEIN	STRENGTH TRAIN 2 X PER WEEK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

## WEEK 6 STRENGTH TRAINING

DAY	3 LITERS WATER	30 MINUTE WALK	AM PROTEIN	STRENGTH TRAIN 2 X PER WEEK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

## WEEK 7 STEP TRACKING

DAY	3 LITERS WATER	10,000 STEPS	AM PROTEIN	STRENGTH TRAIN 2 X PER WEEK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

## WEEK 8 STEP TRACKING

DAY	3 LITERS WATER	10,000 STEPS	AM PROTEIN	STRENGTH TRAIN 2 X PER WEEK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

## WEEK 9 PROTEIN TRACKING AND HABIT MAINTENANCE

DAY	3 LITERS WATER	10,000 STEPS	PROTEIN INTAKE	STRENGTH TRAIN 2 X PER WEEK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

## WEEK 10 PROTEIN TRACKING AND HABIT MAINTENANCE

DAY	3 LITERS WATER	10,000 STEPS	PROTEIN INTAKE	STRENGTH TRAIN 2 X PER WEEK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				