

HAVE YOU GOT WHAT IT TAKES TO STICK TO A DIET & FITNESS PLAN

TAKE OUR QUIZ TO FIND OUT



What Are You Missing?

How many times have you embarked on a journey to enhance your health, improve your fitness, and become stronger? Perhaps too many to count?

You are not alone; studies indicate that over 96% of individuals struggle to adhere to a diet and fitness regimen for more than six weeks.

What accounts for this trend?

Through two decades of health coaching experience with thousands of clients, we have identified a common shortcoming: the absence of resilience.

Resilience is the critical ability to persistently engage in activities until you achieve the desired results.



Why You Need Resilience

IT HELPS YOU NOT GIVE UP.

RESILIENCE IS YOUR ABILITY TO WITHSTAND DIFFICULTIES AND CHALLENGES AND QUICKLY GET BACK ON TRACK.

RESILIENCE HELPS YOU FOLLOW THE PLAN LONG ENOUGH TO SEE THE RESULTS.

RESILIENCE HELPS YOU LEARN FROM YOUR FAILURES TO FOLLOW THE PLAN AND GET BACK TO IT.

RESILIENCE HELPS YOU CHANGE THE WAY YOU SEE YOURSELF AND BELIEVE THAT CHANGE IS POSSIBLE.



Do You Have Resilience?

Resilience is not an innate trait; rather, it is a skill that can be cultivated and strengthened over time.

We all know individuals who exemplify resilience, grit, and determination. They distinguish themselves by their ability to achieve their goals consistently.

Those with high resilience share a common attribute: a specific mindset.

But how does one cultivate this mindset?

By taking our "Have You Got What It Takes to Stick to a Diet & Fitness Plan" quiz, you can assess your current resilience levels and, if necessary, discover strategies for developing this unyielding mindset.

Let's get started.

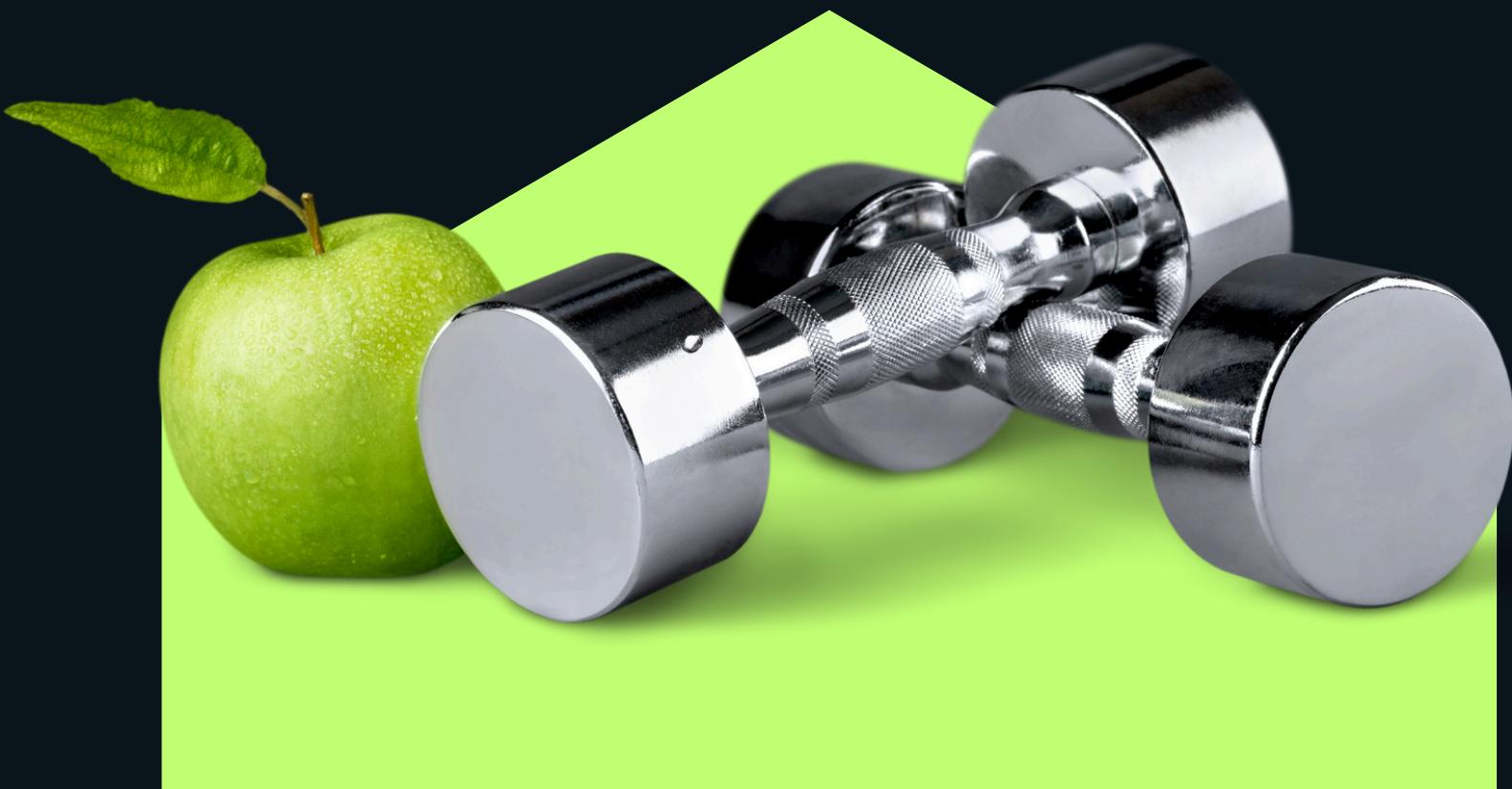


Question 1

I have overcome setbacks to achieve a significant health goal.

- 5 Very much like me
- 4 Mostly like me
- 3 Somewhat like me
- 2 Not much like me
- 1 Not like me at all

Write down the number that matches your answer.

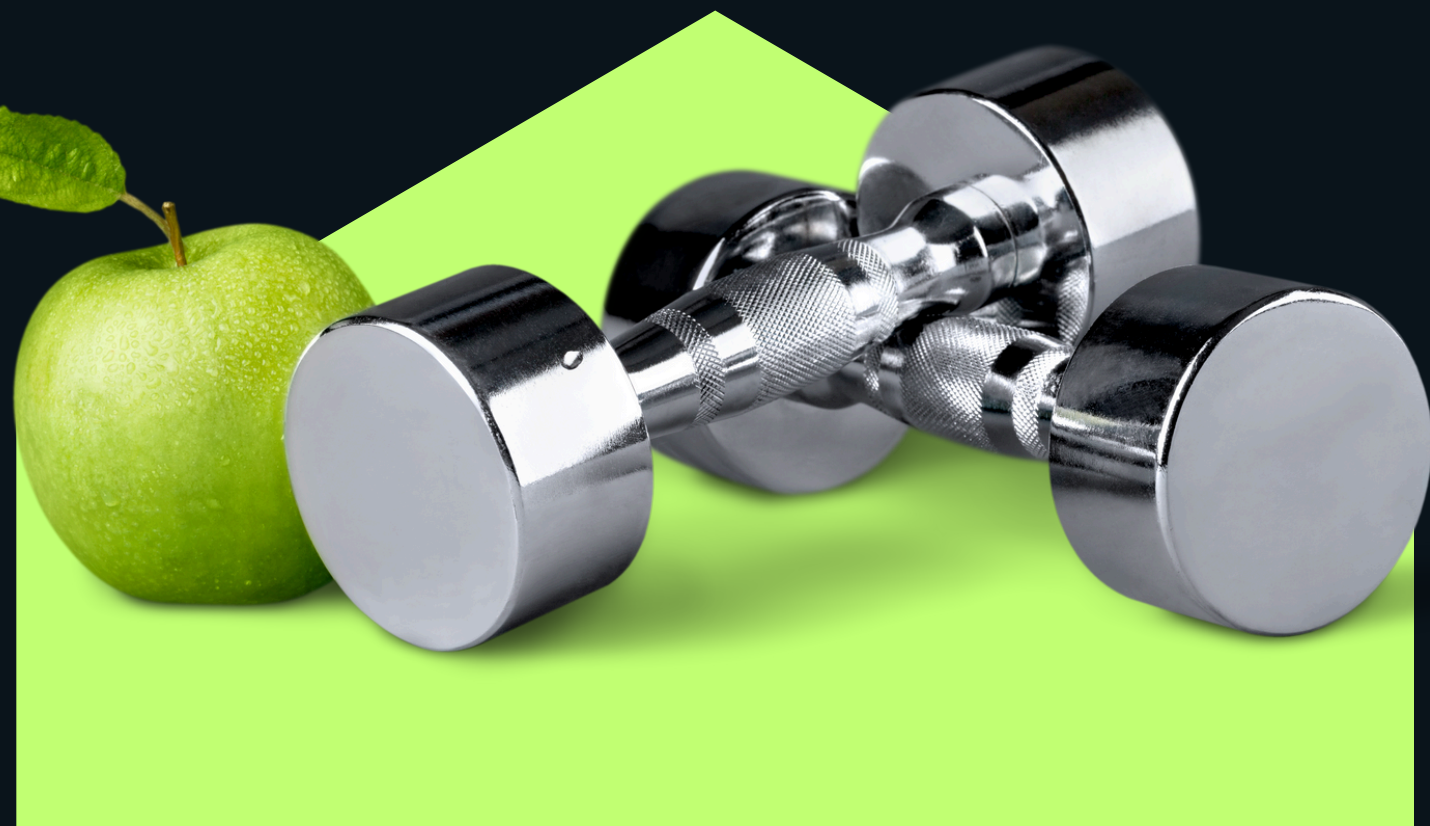


Question 2

New diets and fitness plans can distract me from sticking with my current ones.

- 1 Very much like me
- 2 Mostly like me
- 3 Somewhat like me
- 4 Not much like me
- 5 Not like me at all

Write down the number that matches your answer.

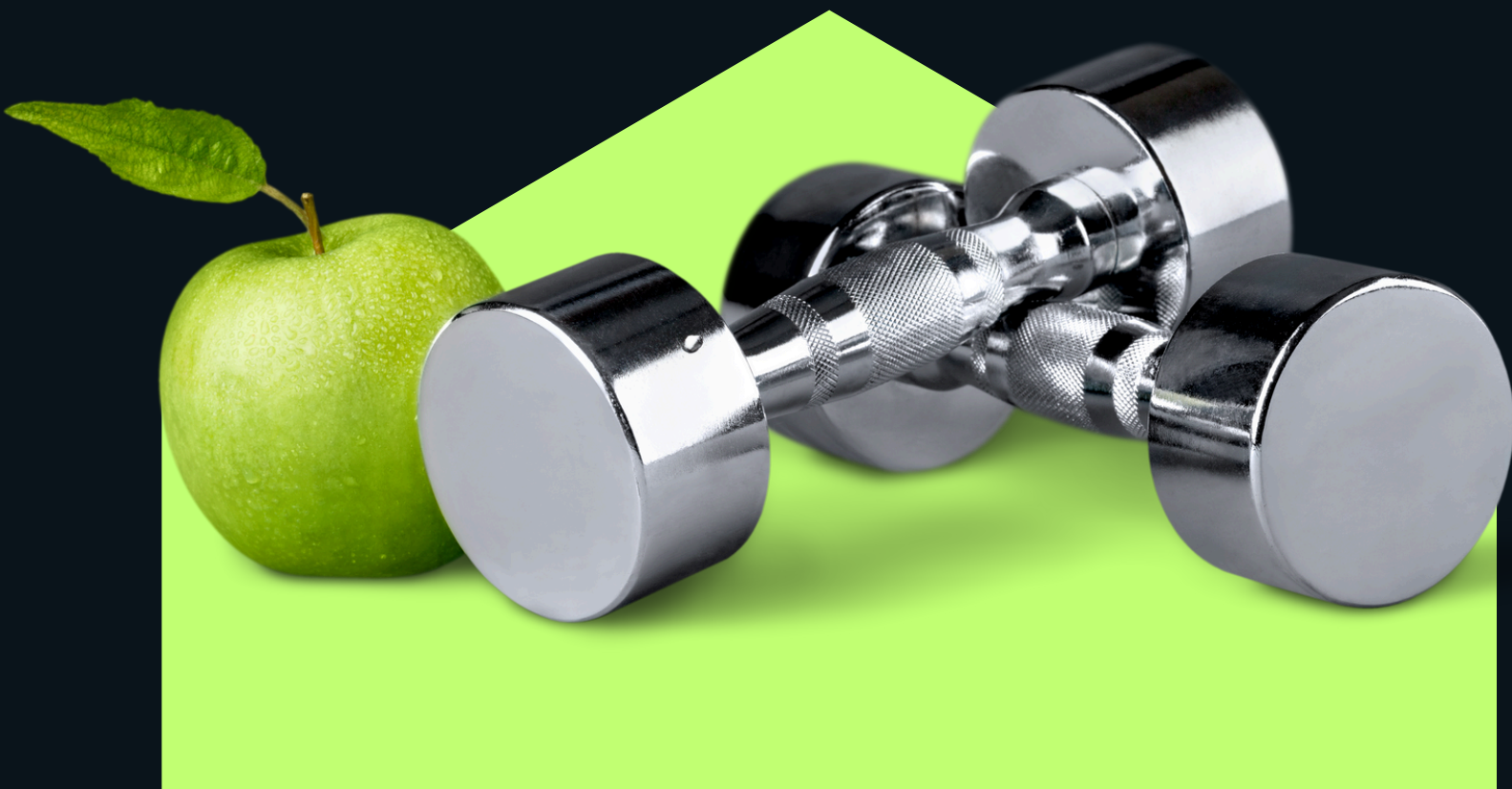


Question 3

My interest in staying fit and healthy changes frequently.

- 1 Very much like me
- 2 Mostly like me
- 3 Somewhat like me
- 4 Not much like me
- 5 Not like me at all

Write down the number that matches your answer.

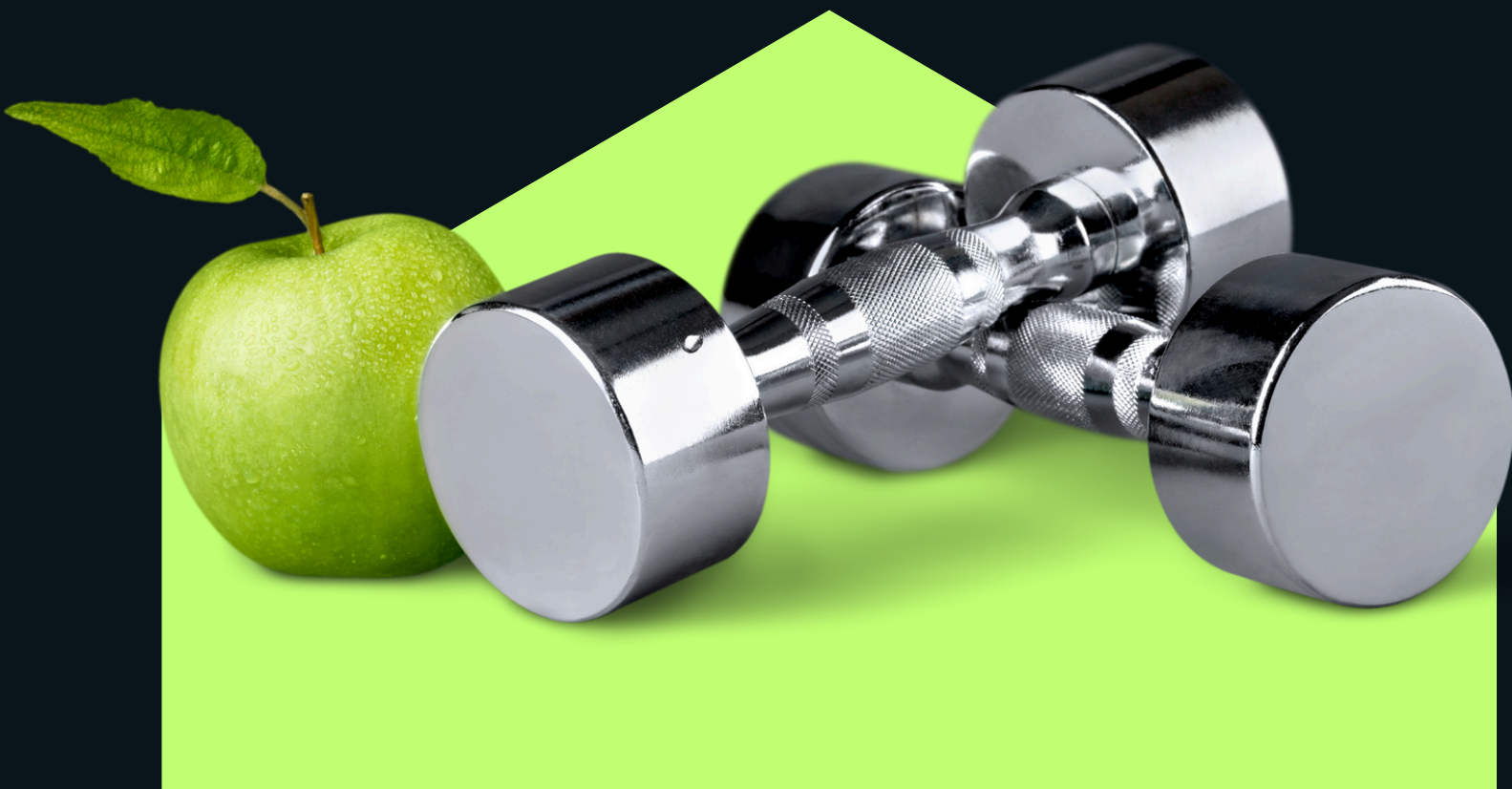


Question 4

Setbacks don't discourage me and I stick to the plan.

- 5 Very much like me
- 4 Mostly like me
- 3 Somewhat like me
- 2 Not much like me
- 1 Not like me at all

Write down the number that matches your answer.



Question 5

I start off obsessed with getting fit & healthy for a short time but quickly lose interest.

- 1 Very much like me
- 2 Mostly like me
- 3 Somewhat like me
- 4 Not much like me
- 5 Not like me at all

Write down the number that matches your answer.



Question 6

I am a hard worker.

- 5 Very much like me
- 4 Mostly like me
- 3 Somewhat like me
- 2 Not much like me
- 1 Not like me at all

Write down the number that matches your answer.

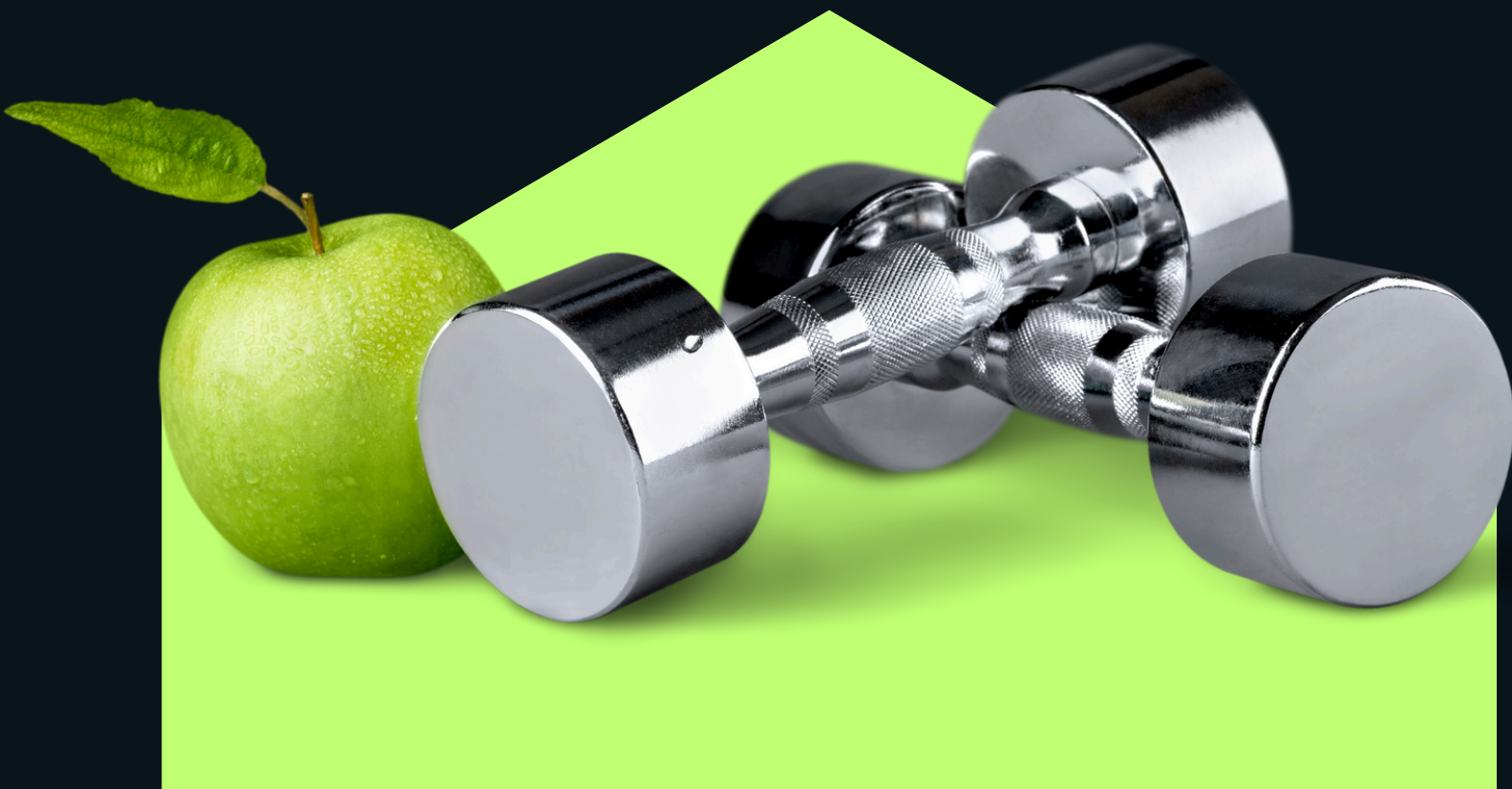


Question 7

I often set a health goal but later choose to pursue a different one.

- 1 Very much like me
- 2 Mostly like me
- 3 Somewhat like me
- 4 Not much like me
- 5 Not like me at all

Write down the number that matches your answer.



Question 8

I have difficulty maintaining my focus on goals that take more than a few months to achieve.

- 1 Very much like me
- 2 Mostly like me
- 3 Somewhat like me
- 4 Not much like me
- 5 Not like me at all

Write down the number that matches your answer.

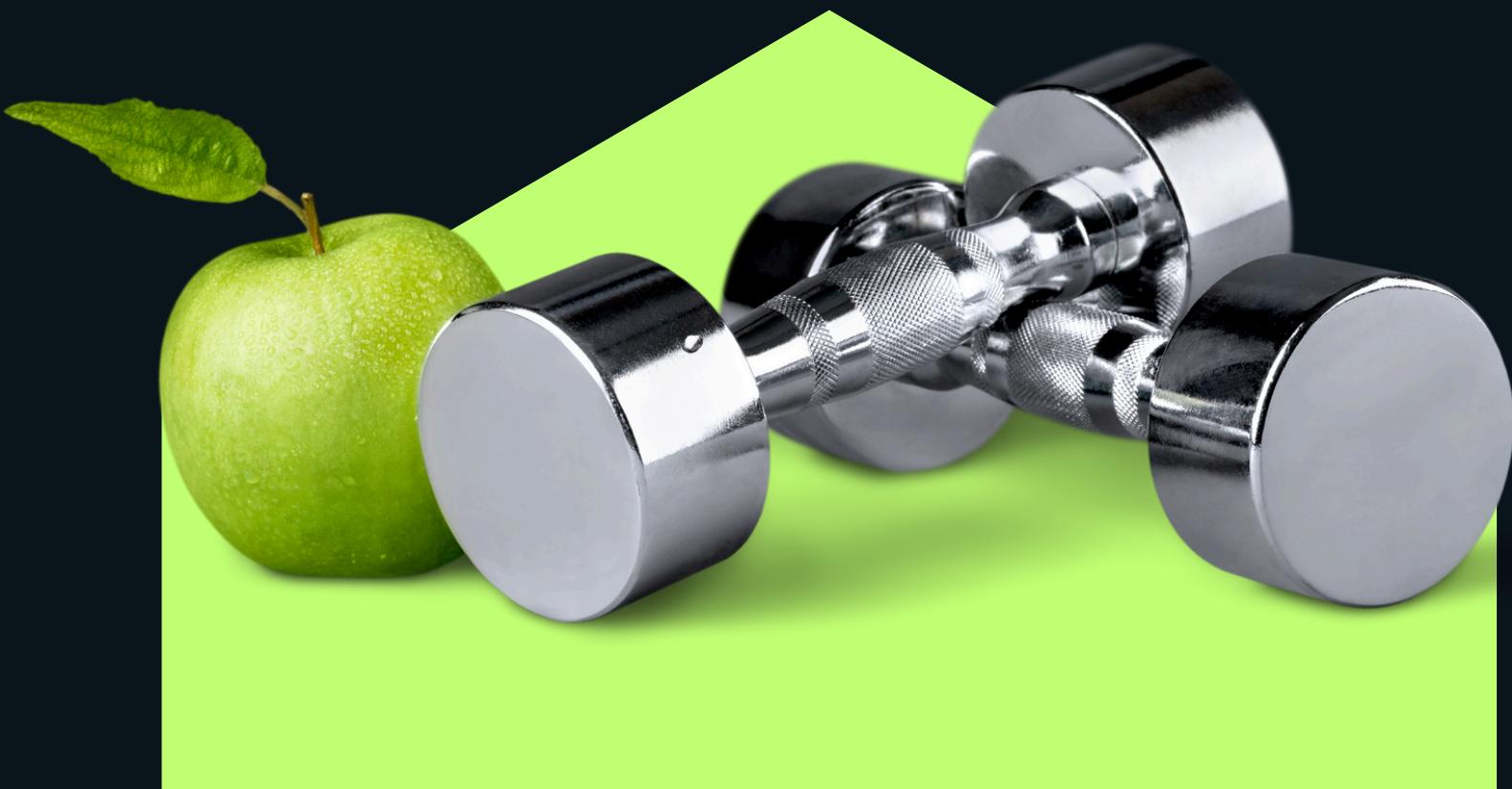


Question 9

I finish whatever I begin.

- 5 Very much like me
- 4 Mostly like me
- 3 Somewhat like me
- 2 Not much like me
- 1 Not like me at all

Write down the number that matches your answer.

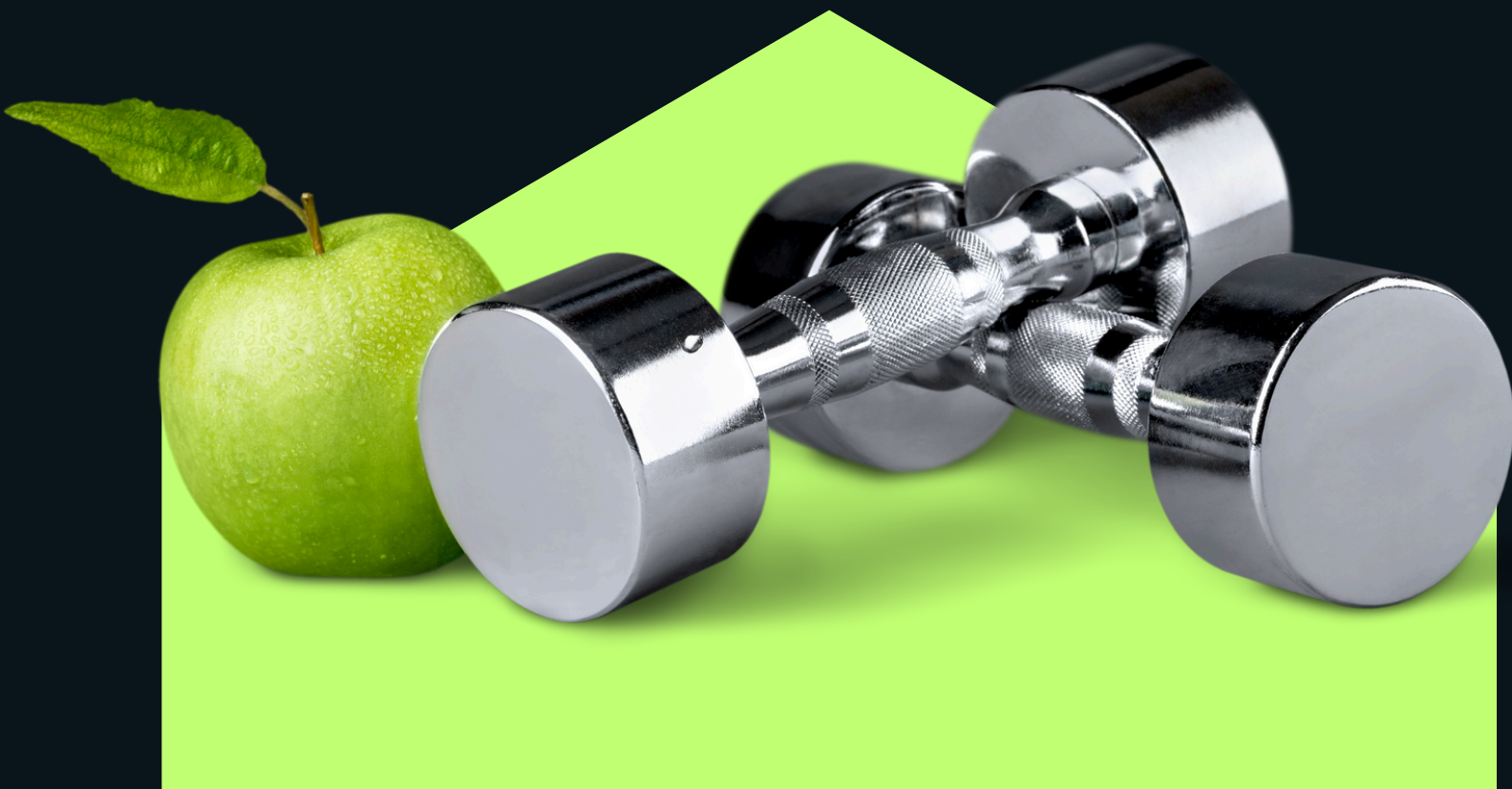


Question 10

I have achieved a health goal and sustained it for at least a year.

- 5 Very much like me
- 4 Mostly like me
- 3 Somewhat like me
- 2 Not much like me
- 1 Not like me at all

Write down the number that matches your answer.

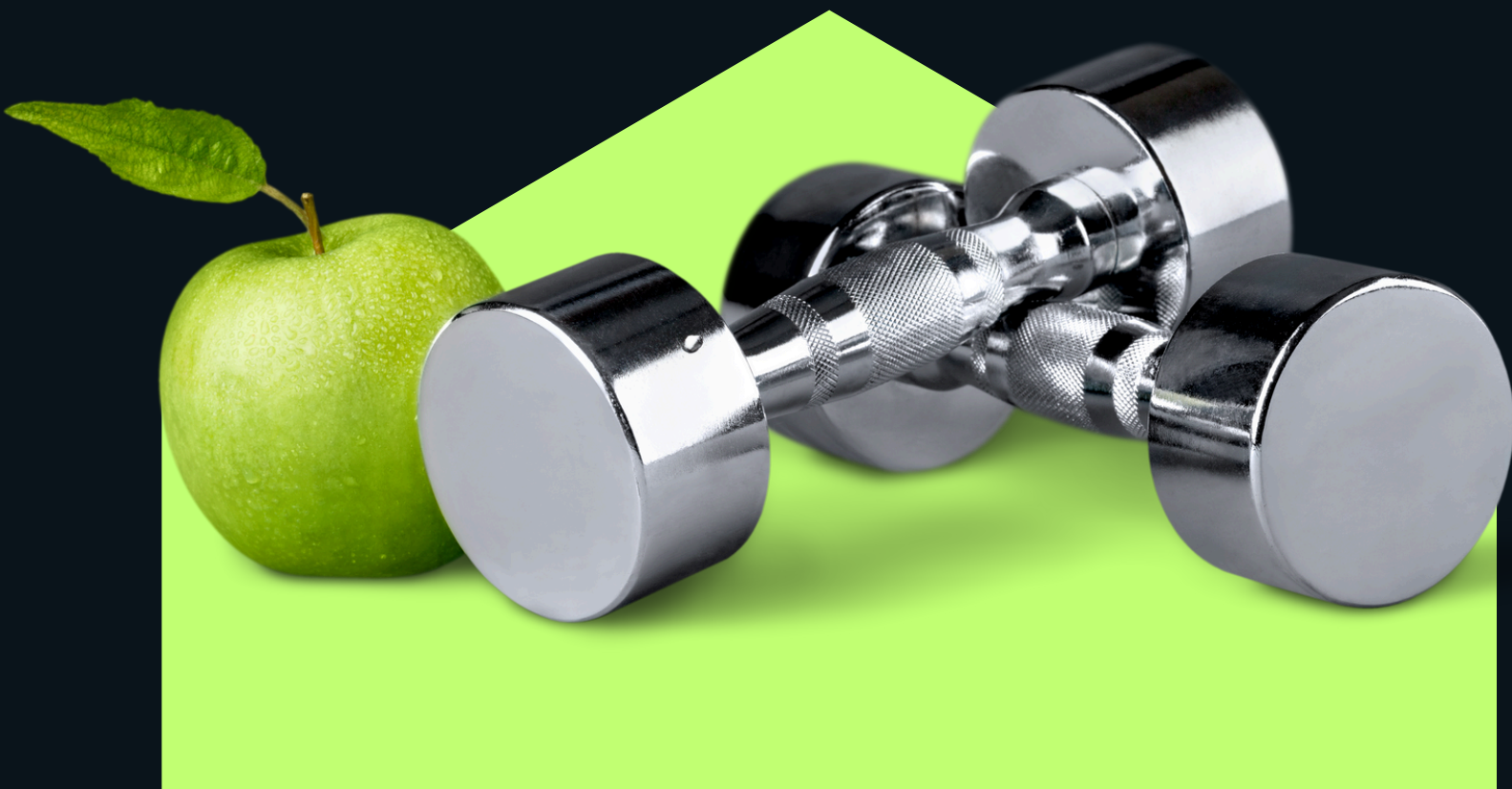


Question 11

I become interested in new diets and fitness plans every few months.

- 1 Very much like me
- 2 Mostly like me
- 3 Somewhat like me
- 4 Not much like me
- 5 Not like me at all

Write down the number that matches your answer.

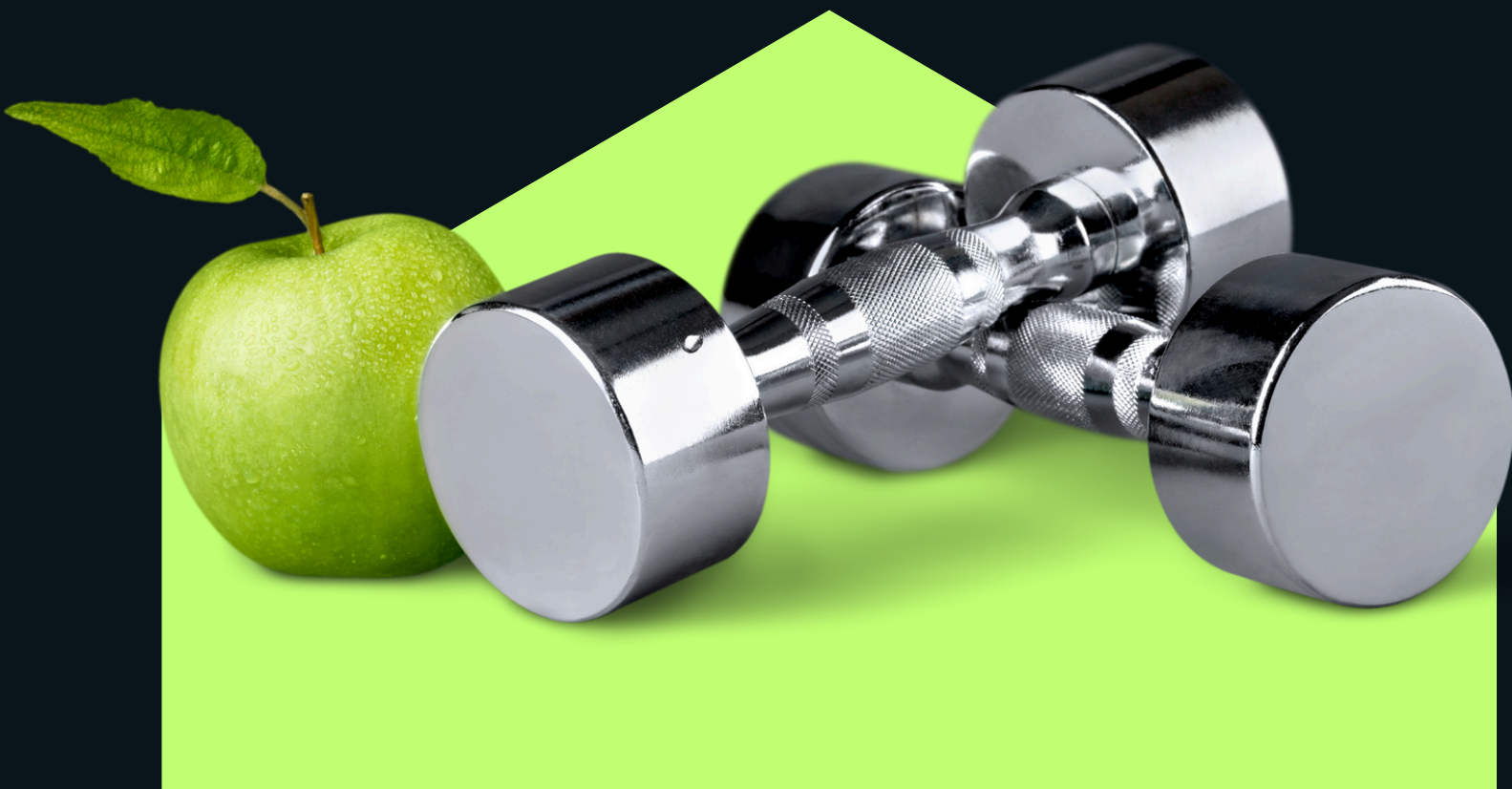


Question 12

I am diligent and will stick to something until I have completed it.

- 5 Very much like me
- 4 Mostly like me
- 3 Somewhat like me
- 2 Not much like me
- 1 Not like me at all

Write down the number that matches your answer.



Let's See How Resilient You Are



Thank you for completing this quiz. Please add up your scores from each question and then divide by 12.

This will give you your Diet & Fitness Plan Resilient Score.

- 5 You are extremely resilient and are very likely to stick to any diet and fitness plan.
- 4 You are resilient and very likely to stick to a diet and fitness plan that is not complicated and doesn't require a lot of your time and effort.
- 3 You have a moderate level of resilience, which helps you stick to a diet and fitness plan some of the time, but not long enough to see results.
- 2 You have a very low level of resilience, which is undermining your ability to stick to a diet and fitness plan for no more than a few weeks.
- 1 You have very limited resilience in sticking to a diet and fitness plan, and more than likely will give up at the first setback.

What To Do Now

If from taking this quiz building more resilience is something you feel would help you have a better chance of achieving your health & fitness goals, check out the different coaching services we offer in helping people become more consistent in sticking to their chosen diet and fitness plan.

PERSONAL ACCOUNTABILITY COACHING:

- Ideal for people who already have a diet/fitness plan, but need help sticking to it.
- Daily accountability coaching, a personal app to track nutrition, exercise, sleep, and habits, as well as monthly progress reports and recommendations to help you stay focused and on track.
- Coaching lessons on how to build resilience and consistency so you end up sticking to your chosen diet/fitness plan.

DIET/FITNESS PLAN & ACCOUNTABILITY COACHING:

- Ideal for people who are not sure what the right diet/fitness plan is for their goals.
- Receive a diet & fitness plan that matches your goal and your ability to stay consistent.
- Coaching lessons on how to build resilience and consistency, so you end up sticking to your chosen diet/fitness plan.
- Daily accountability coaching, personal app to track nutrition, exercise, sleep and habits and weekly progress reports and recommendations to help you stay focused and on track.

PERSONAL DIET/FITNESS PLAN & ACCOUNTABILITY COACHING:

- Ideal for people who require a full personal coaching experience.
- Receive a fully personalised diet, exercise and lifestyle plan that matches your goals.
- Daily accountability coaching, personal app to track nutrition, exercise, sleep and habits and weekly progress reports and recommendations to help you stay focused and on track.
- A monthly coaching session to help you build

Discovery Call

If you want to find out more about how you can build a level of resilience that will help you stick to your chosen diet & fitness plan, then book one of our **Discovery Calls**, and we can go through the best strategies to help you finally achieve the health, body and wellness you want.

BOOK YOUR
DISCOVERY
CALL TODAY

