

**FINDING YOUR
WOOOO!
WORKBOOK**

SUCCEEDING AT YOUR
HEALTH & FITNESS GOALS

GETTING YOUR BODY BACK THE CANNONFIT WAY

BY CHAD CANNON

Let's get started in your journey. Simply fill out on the lines given what your answers are. Take it slowly and spend some time on it. Do not rush through it.

Where Do You Want To Be? If you don't know where you're going, then there is no purpose to any of this. You should know where you are going in life, or at least where you truly want to go.

NAME TWO MAIN LONG TERM GOALS YOU HAVE WITH YOUR HEALTH AND FITNESS.

Step 1 - Where do you see yourself if there were no limitations? I want you to write down your dream. If there were no limitations, what do you want to achieve? THESE MIGHT BE THE SAME AS THE QUESTION ABOVE, BUT NOW THAT YOU KNOW THERE WILL BE NO LIMITATIONS MAYBE THEY MIGHT HAVE CHANGED.

Step 2 - You must believe in your dream! You have to believe that your dream will happen, no matter what. DO YOU BELIEVE, WITHOUT A DOUBT, THAT YOU WILL (NOT CAN) ACHIEVE YOUR MAIN LONG TERM GOAL?

Circle one YES NO

(IF YOUR ANSWER IS NO THEN DON'T BOTHER MOVING ON UNTIL YOUR ANSWER IS YES! YOU MUST BELIEVE IT!

Step 3 - Know that there will ALWAYS be obstacles. My point is that we all go through so many obstacles. All of us. How we deal with those obstacles is what sets us apart. Some just decide to shut everything down completely. Others find a way to keep going and fight. What will you do when an obstacle arises, which they will, over and over? Plan ahead and expect those obstacles to pop up. Honestly, just start to expect them. Sometimes it may seem like the world just doesn't want you to attain your goals because of everything that gets in the way. But that's just life. Plan ahead with what you can do when obstacles hit. Be ready for them and fight through them!

WHAT WILL YOU DO WHEN YOU GET SICK?

WHAT WILL YOU DO WHEN YOU GET INJURED?

WHAT WILL YOU DO WHEN YOU GO OUT OF TOWN FOR ANY REASON?

WILL YOU DO WHEN SOMEONE ELSE COMES TO VISIT AND TAKES UP YOUR TIME?

What is your "Why Power"? You must find your "Why Power"

WHY DO YOU WANT TO ATTAIN YOUR MAIN LONG TERM GOAL?

WHY DO YOU WANT TO ACHIEVE WHAT YOU JUST WROTE?

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Finding what you fear the most. Find your deepest fears, the ones that are holding you back from accomplishing your dreams and goals.

WHAT ARE YOU AFRAID OF WHEN IT COMES TO ATTAINING YOUR GOAL?

What's your purpose in doing this? You need to find your purpose. However, this is something that doesn't happen overnight. It may take years, sometimes almost a lifetime to figure out.

WHAT'S THE REASON YOU WANT TO ATTAIN THIS GOAL? WHAT WILL THIS DO FOR YOU?

What will your legacy be? What is your legacy going to be? I suggest before you move on take a few minutes and write down what you want your tombstone saying to be. This is what I want mine to say:

Chad Cannon
1971-2081
Father - Husband - Coach - Mentor
Inspired millions towards success

Notice the years. Yes, that would make me 110 years old. Why? Because I only give 110% to everything.

The Plan - Reverse Engineering. Use the method of reverse engineering with your own goal to come up with your own plan of action.

WHAT IS YOUR LONG TERM GOAL? _____

BY WHEN DO YOU WANT TO ATTAIN THIS? DATE: _____

WHAT DO NEED TO DO MONTHLY TO ATTAIN THIS GOAL?

WHAT DO NEED TO DO WEEKLY TO ATTAIN THIS GOAL?

WHAT DO NEED TO DO DAILY TO ATTAIN THIS GOAL?

Management is everything.

Working in Blocks. Figure out your body schedule; when you have more energy, when you do your best thinking and are most creative, when your family time is, when you're at your best for focus, and when your body needs recovery. Put them into blocks throughout the day. Write them down in your calendar, or your daily planner.

TIME OF OF DAY YOU HAVE THE MOST ENERGY: _____

TIME YOU DO YOUR BEST THINKING/CREATIVE: _____

FAMILY TIME: _____

MORE FOCUSED: _____

RECOVERY TIME: _____

PUT THESE INTO YOUR DAILY SCHEDULE AND FOLLOW IT NO MATTER WHAT TO THE BEST OF YOUR ABILITY.

Breaking through your obstacles. Expect that things will happen and plan for them. It's a part of life. Things always pop up when least expected. Be okay with that and push through it. You will get sick. You will go out of town. You will have visitors come see you. You will have injuries to work through. Plan ahead and work through all these.

WHEN OBSTACLES COME UP YOU BE OKAY WITH THEM BECAUSE YOU HAVE PLANNED ON THEM AHEAD OF TIME AND YOU KNOW THAT EVENTUALLY THOSE OBSTACLES WILL GO AWAY!

Mindset is everything. Start training your mind with visualization. Close your eyes for five full minutes and see yourself accomplishing everything you really want to accomplish. See yourself attaining and crushing those goals you have. See it in your head first. Then once you can see it, start going after it.

SPEND 5 MIN EACH DAY DOING THIS!

Train to win mindset. Focus on small wins each and every day, not winning the year.

START WRITING DOWN 3 WINS ON ANY SUBJECT YOU HAVE EACH DAY. KEEP THEM IN A NOTEBOOK OR JOURNAL.

Feel better first. Set your sights on being as healthy as possible and your percentage of seeing results are much higher than if you just tried to lose one hundred pounds.

MOVE YOUR FOCUS ON BEING AS HEALTHY AS POSSIBLE BEFORE YOUR GOALS.

Be Accountable to Others.

1. Seeing it daily with “Dream Notes”! Writing down your goals and your overall dream is the main part of success. Without it, you’re just going through the motions not really reaching for anything specific. Make sure you do this step and make sure you see it constantly throughout every day. PUT DREAMS NOTES EVERYWHERE YOU CAN!

Once you write down your goals and dreams, find someone: a best friend, a spouse, your kids, co-workers, your boss, a teacher, a coach, someone that you trust and show them what you wrote down. Give them a copy to keep. Tell them to keep you accountable. Don’t pick people that don’t care. Pick people that will build you up and keep you on track. Pick people that will help you achieve your dreams, not nag or laugh at you. It doesn’t matter if they think you will or won’t achieve what you’re striving for. All that matters is that they are there for you when you most need it.

WHO IS YOUR PERSON? _____

2. Weekly Meetings. Find someone you know will stick and stay the course, hold you accountable and keep you motivated. Someone that will push you a little bit. Find someone that will get you a little uncomfortable, meaning hold you

accountable to do something that you know needs to be done but are hesitant on doing so. Once you find the right person, schedule a weekly call with them just as Mitch and I do.

WHO IS YOUR ACCOUNTABILITY PERSON? _____

WHEN IS YOUR WEEKLY CALL? _____

Journaling. Write down what the three most important things are that need to be accomplished that day for you to win the day, which will help you win the week, win the month, win the year, and eventually win your dream! Find the way that works best for you and stick to it. Don't think about doing it for a year or more. Just start journaling on some type of regular basis, maybe daily or weekly. Just keep it going.

ALONG WITH YOUR DAILY WINS, START WRITING DOWN EVERY MORNING BEFORE YOU DO ANYTHING ELSE WHAT YOUR 3 MAIN GOALS ARE FOR THAT DAY.

Social media. Use social media for accountability partners. Post your goals, pictures of you doing the little things that will get you there. Post things asking for help. Post things of how well you are doing or even how you failed that day. Use social media for help, but don't get sucked in by looking for "likes" and all that jazz.

HOW ARE YOU GOING TO USE SOCIAL MEDIA TO HELP YOU ATTAIN YOUR GOAL?

Activating the plan. 1. Start a regular AM routine. 2. Eat a great breakfast. 3. Read or listen to a book, podcast, or YouTube video. 4. Eat your greens. 5. Refuel your metabolism every three hours. 6. Drink lots of water. 7. Get seven to eight hours of sleep. 8. Journal and write down weekly wins, losses, challenges, and goals for the next week.

WRITE DOWN WHAT YOUR AM ROUTINE WILL BE:

Don't skip. Consistency is the only way to win! You can start doing everything in this book for one month and get better, but if you stop after one month nothing really changed. Be consistent and get results!

SIGN HERE: _____ IF YOU AGREE TO KEEP GOING, DO WHAT IT TAKES, WHATEVER IT TAKES UNTIL YOU ATTAIN YOUR GOALS.

Having a short-term memory. Work on having that short-term memory and forget about what just happened, good or bad, or even what happened a long time ago, because you cannot go back and fix it. Instead, try to only think of the absolute next thing that can be done, the thing that you need to focus on to be successful. USE THE WHAT'S NEXT MENTALITY.

Nutrition - Is this really that important?

1. Eating protein helps the body build more muscle, which equals more fat burning.

2. Eating complex carbohydrates help give the body the energy needed to sustain life, to do your everyday activities, keeps the metabolism running at a faster rate and helps add any extra physical activity you choose to do, like working out.

3. Eating fruits and vegetables helps the wellness side of the body needed to live from vitamins, minerals and nutrients. This is what keep us healthy.

If you're one of those people that don't eat breakfast and you started eating it, you will start to feel amazing. It will take time but within two weeks of consistently revving up your metabolism right when you wake up, I promise you'll feel like a million bucks!

Instead of constantly trying to lose weight or body fat, just try to focus on everything you can do to increase the metabolism.

Try to never go over the three-hour mark without refueling again.

A simple way to figure all this out is using www.calculator.net to figure out how many calories to intake per day you'll need to get results. As an example, let's say that this calculator tells you to eat around 1800 calories per day, and you know you are going be awake for seventeen hours. That means you should eat at least six times that day because you should refuel every three hours. Now divide 1800 calories by six hours. That tells you that you should eat 300 calories each time you eat. Now take that 300 calories and break that up into three parts (about 50% protein, 25% complex carb, 25% fruit or vegetable). Maybe you have grilled

WHAT DAYS WILL YOU BE DOING THIS? _____
WHAT TYPE OF CARDIO WILL YOU BE DOING? _____

Back to Mobility Training.

By working on mobility training just one or even two days per week I promise you will be in much less pain. And as we all get older, which we all do, that is something we all try to avoid.

GO ON YOUTUBE AND TYPE IN MOBILITY EXERCISES AND ADD SOME INTO YOUR PROGRAMS.

Combining them all together.

Try coming up with a few workouts with some of the formats I put in the book and see how you like it. Also see how much you will get done in such a short amount of time.

You don't always have to join a gym.

It's easy to find home equipment for not much money. It's another story to come up with the correct routines according to your goals. Let me help you with this. In the book are a few formats I use on a daily basis in my own personal training studio. You can use these to get a great workout routine going right away.

WRITE DOWN ON A SEPARATE SHEET OF PAPER TWO DIFFERENT TYPES OF WORKOUT TO FOLLOW AND FOLLOW THEM DURING YOUR WORKOUTS SWITCHING BACK AND FORTH BETWEEN THEM.

We all need a day of relaxing active recovery.

Even if you never have any kind of transformation or never achieve any weight loss, but work hard on the different things I'm about to share with you, I guarantee you will live a much healthier, pain free, less stressful life. For most people, that's a life worth living.

ONCE PER WEEK I WANT YOU TO PLAN AN OUTSIDE EVENT THAT IS RELAXING AND MENTALLY CALMING. A WALK IS PERFECT. OR A SLOW BIKE RIDE MAYBE. SOMETHING THAT KEEPS YOUR BODY MOVING AND STILL BURNING INTENTIONAL CALORIES BUT NOTHING STRESSFUL OR CHALLENGING. MAKE THIS A WEEKLY HABIT DOING

IT ON THE SAME DAY AND TIME EACH WEEK. THIS IS A MUST! WHAT WILL YOU DO? _____
WHAT DAY/TIME OF DAY WILL YOU DO IT? _____

Sleep. If you really want to achieve the highest results you can (in anything you do) you need to make sleep a top priority in your life. Whatever time you need to be up by in the mornings, just count back seven hours and that is your bed-time.

WHAT IS YOUR BEDTIME? _____

MAKE IT A HABIT TO BE IN BED AT LEAST 10 MINUTES BEFORE THAT TIME EACH NIGHT. THIS IS CRITICAL.

Supplements. If you have any kind of weight loss, fat loss, fitness, sport, or health related goal you 100% need to be taking supplementation. We all need to increase our protein intake to keep more muscle and burn more fat. Supplements are a great solution for that. We also need to keep our joints working as normally as possible for the longest we can.

THERE ARE HUNDREDS OF DIFFERENT SUPPLEMENT LINES ON THE MARKET. I PERSONALLY LOVE ADVOCARE AND ZURVITA SUPPLEMENTS LINES. LINKS TO BOTH COMPANIES ARE ON MY WEBSITE WWW.CANNONFIT.COM. CHECK THEM OUT AND GET YOURSELF ON SOMETHING. MAKE THIS A DAILY HABIT TO TAKE SOMETHING TO IMPROVE YOUR BODY THAT YOU WON'T GET FROM THE FOODS YOU ALREADY EAT.

Aromatherapy.

Try using oils around your house, at work or wherever you spend a lot of time and put the correct scents in for how you want to feel.

JUST TRY THIS. GO GET AN OIL DIFFUSER AND SOME ESSENTIAL OILS THAT WILL HELP WITH WHAT YOU NEED HELP WITH; BETTER SLEEP, MORE ENERGY, STAYING CALM, BETTER IMMUNITY, ETC. DO THE RESEARCH AND START THE PROCESS.

Massage & rolling.

I understand that getting massages can be costly. It's better to spend the money on regular massages though, rather than on the drugs and surgeries you'll need because not taking care of your muscles like I unfortunately did. a foam roller or a handheld roller are very affordable, costing around \$15-\$30, and a hand held

massage gun can be anywhere from \$100 to \$500, but last forever and in my opinion should be in everyone's household.

OKAY THIS IS A BIG ONE THAT I'M GOING TO ASK YOU TO DO. SIGN UP FOR A MASSAGE (A DEEP TISSUE MASSAGE). I WANT YOU TO COMMIT TO GET A MINIMUM OF 6 MASSAGES WITHIN A YEAR FROM WHEN YOU START. THIS WILL CHANGE YOUR LIFE!

Stretching.

Even though we could have great benefits from stretching daily, I suggest taking at least one or even two days per week and scheduling out thirty minutes for stretching the major muscle groups. Take the time to stretch. Schedule it into your day and make it a habit. This is probably one of the best pieces of advice I'm giving out of the entire book, so please take stretching seriously.

WRITE IN YOUR CALENDAR AT LEAST THREE DAYS EACH WEEK AND WHAT TIMES YOU WILL TAKE 30 MINUTES TO JUST SIT DOWN AND STRETCH. EVEN IF YOU DON'T KNOW WHAT TO DO, JUST BEGIN. GO ON YOUTUBE IF YOU NEED TO.

YOUR STRETCHING DAYS/TIMES ARE? _____

Heat, Ice & Cryotherapy.

Use ice for acute injuries, or pain, or when there is swelling and inflammation. A good ice pack wrapped in a pillowcase can be put directly on the injury for about ten minutes. Use heat when there is muscle soreness. Moist heat, like a steamed towel, may be slightly more effective than dry heat such as a heating pad, but both are good. Make sure, though, that it's just warm, not hot. I would use Cryotherapy all the time. Most places charge \$35-\$75 for each session, so for injury prevention or helping an injury recover more quickly I believe it's worth the money.

IF YOU HAVE PAIN, WHICH I KNOW MOST PEOPLE DO, COMMIT THAT YOU WILL ICE AND OR HEAT CERTAIN PARTS OF YOUR BODY AT LEAST THREE DAYS PER WEEK FOR JUST 15 MINUTES.

WHAT ARE YOUR 3 DAYS/TIMES? _____

Red-light Therapy.

Anyone can buy a small or large red light therapy bed (or strip of lights) on the web. One of the most popular is PlatinumLED Therapy Lights. I've considered putting this in my own studio for clients to use after their training sessions also. I do believe it's worth it, especially after hardcore workouts or for an injury.

IF YOU HAVE LOTS OF PAIN OR ARE A REGULAR ATHLETE, PROMISE THAT YOU WILL AT LEAST LOOK INTO THIS.

Recovery Bedding,

Sleepwear & Eye Masks. Start using recovery bedding and recovery sleepwear.

If you are one that has trouble sleeping, please try a sleep mask. I truly believe in them. I have stopped thinking so much all night long, I fall asleep much faster, and stay asleep longer.

THIS IS AMAZING. AT A MINIMUM IF YOU HAVE TROUBLE SLEEPING TRY WEARING A SLEEP MASK. I LOVE MY SLEEPMASTER SLEEP MASK.

Compression sleeves and socks.

My suggestion is that compression is definitely worth a try. Don't try it once either. There are so many different brands, maybe you had one brand that might not have felt good to you and you need to try a different brand.

IF YOU ARE WORKOUT OUT LIKE YOU SHOULD BE START WEARING COMPRESSION SOCKS A FEW TIMES PER WEEK JUST TO HELP THE MUSCLES RECOVER FASTER.

Shoes and shoe inserts.

If you don't have the correct shoes on your feet that your body properly needs, you just don't know how much better you could feel! Having my feet tested saved me. It was one of the best decisions I have ever made and recommend everyone do so! Go get your feet tested!

100% GO GET YOUR FEET TESTED TO SEE WHAT TYPE OF SHOE YOUR FEET NEED. WHAT TYPE OF SHOE DO YOU NEED? _____

Keeping track!

Every Sunday write down the top three WINS that you had over the last seven days. Next I want you to write your top three failures you had over the week. Lastly, write your top three goals you want or need to attain during the week coming up to help you reach your overall goal. Once you do this, you ABSOLUTELY, WITHOUT A DOUBT, HAVE TO share all this with at least one person.

WRITE DOWN YOUR THREE WINS AND FAILURES AND GOALS FOR THE NEXT WEEK EACH SUNDAY NIGHT.

WHO WILL YOU SHARE THESE WITH EACH WEEK? _____

Walking The Wire.

Now is the time to decide that you will either do whatever it takes to reach your goal or you decide that you will only do so much. Are you All-In or not?

ARE YOU ALL-IN? CIRCLE ONE: YES NO

Be an inspiration to others!

What will your legacy be? If you die tomorrow and your family and friends have to write a saying on your tombstone, what do you think they would write about you? If you strive to inspire just one person each day you will make a huge difference in the world. It doesn't matter what you accomplish or not accomplish in life. What matters is how you went about trying to succeed at everything.

WRITE DOWN WHAT YOUR TOMBSTONE SAYING WILL BE. HOW DO YOU WANT TO BE REMEMBERED?

Faith. You need to have the same faith in your life, and definitely in the journey you are taking towards your goal.

KNOW THAT GOD HAS YOUR BACK

take action.

TAKE ACTION NOW. THERE IS NO TOMORROW.