

A close-up, profile view of a young woman with reddish-brown hair tied back, smiling warmly and looking towards the left. The background is softly blurred, showing what appears to be a gym or fitness studio environment.

Ready to start
your journey?



2020 Gymodo

"Get Fit, Feel Happy" **Transformation Journey** **Success Guide**

#getfitfeelhappy

Be your own success story!

We are thrilled you decided to join the Gymondo “Get Fit, Feel Happy” Transformation Journey!

Gymondo is more than a fitness and nutrition platform—it’s your partner who empower you to lead a fit and positive life. Since you’re so unique, your fitness plan should be too. Gymondo adapts to your lifestyle and has a variety of workouts—from HIIT to yoga and delicious recipes that are surprisingly healthy! We understand that you have good days and bad ones—days when you feel more energized or days when you just want to wind down. We also know that in order to live a sustainable, healthy, happy life, you need balance and moderation with your nutrition. We’ve got you!

Throughout this journey, we’ll build weekly habits to ensure we help each other reach our fitness goals and make some friends along the way. We hope that you take advantage of our incredible community—**#teamgymondo**—to support you every step of the way. Let’s do this and **#getfitfeelhapp**!

Inspire and be inspired!

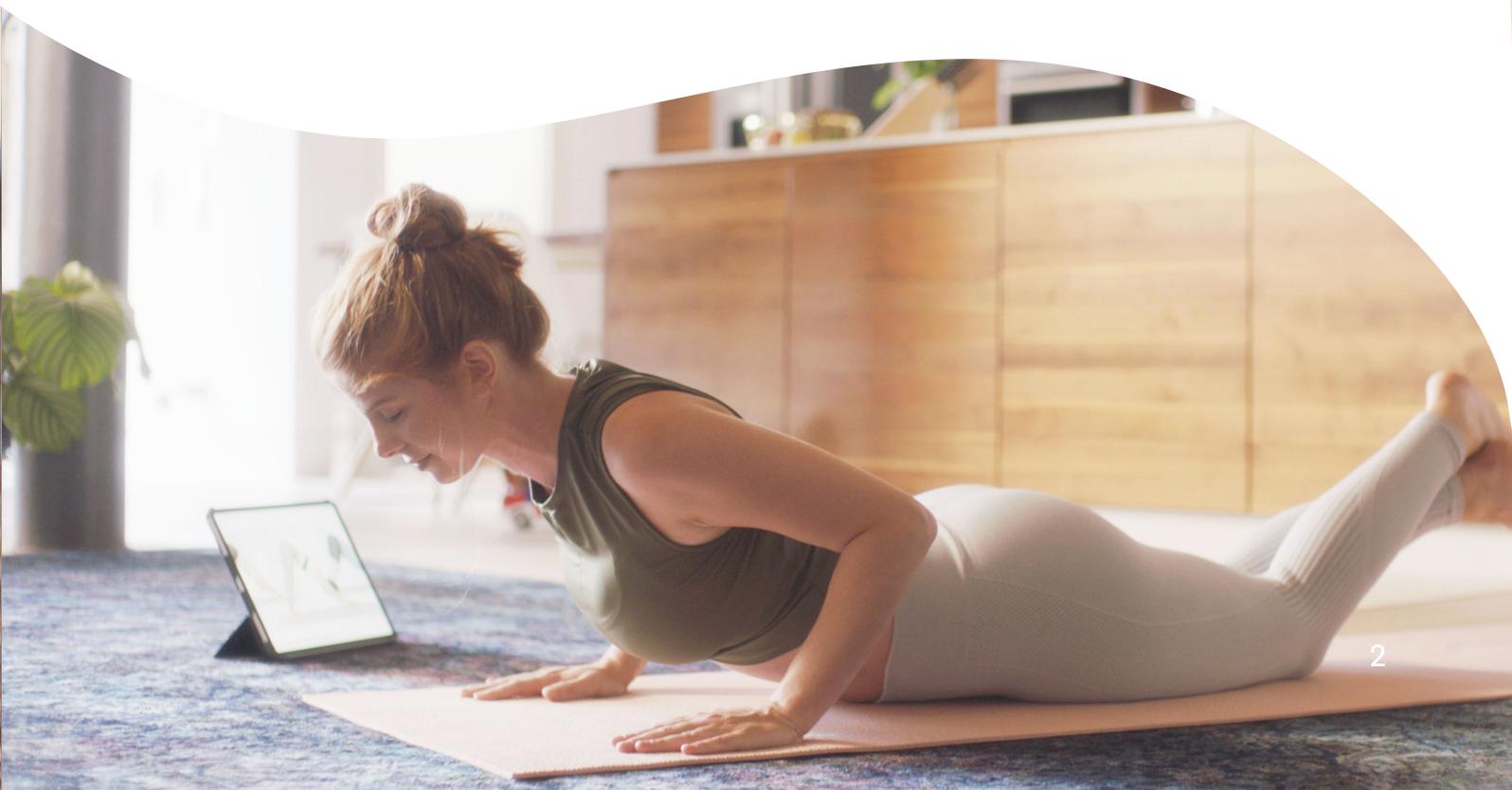


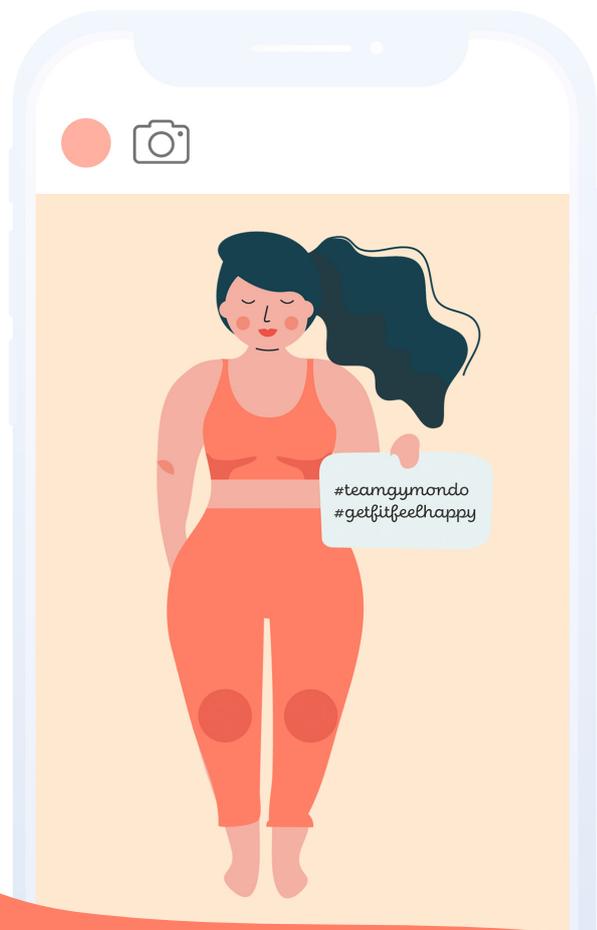
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Contest details

This journey is all about you.

This journey is all about you. By the end, we hope you feel fitter and happier and you're proud to be a part of #teamymondo.



Registration:

Official registration is open from January **20-29, 2020**.

After signing up, your first challenge is to submit a "before" photo to transformation@gymondo.com by **February 7, 2020**.

Once your "before" photo is sent, your challenge has officially begun.

What to expect:

The official start day is **February 10, 2020**, and the challenge ends **May 3, 2020**. Winners announced **May 11, 2020**.



Mondays:

Keep an eye out for weekly challenges via email and on our @gymondo_ official Instagram page. Complete the challenge(s) during that calendar week and tag **#teamgymondo #getfitfeelhappy and #week__** (example Week 1 = #week1, Week 2 = #week2, etc) in your posts.

Wednesdays:

Follow our Berlin Gymfluencer's progress on YouTube and show them some love.

Fridays:

Check our Instagram and Youtube channel for more inspiration and view our Gymfluencer's personal Vlog.

Follow us on our @gymondo_official stories as there may be additional surprises.

Overview of Key Dates:

January 20-29

Application Period

February 3

Announcement of Berlin
Gymfluencers

February 7

Before Photo Submission Deadline

February 10

Start of the Journey Period

March 6

Month 1 Progress Photo

April 3

Month 2 Progress Photo

May 3

Final Progress Photo & 1 minute
video, **End of the Journey Period**

May 11

Announcement of Tribe
Gymfluencer

What's that prize again?

2x For Berliners

"Berlin Gymfluencers", upon completing the 12-week journey, will win **a professional photoshoot at the Gymondo GmbH headquarters in Berlin, Germany, Gymondo Lifetime membership and 2,000€.**

12x For all contestants

Wait... there's more. These grand prizes aren't the only prizes. Everyone online, every week, will have the chance to **win 1 of 12 Gymondo's Weekly Prize** packs that include:

- **A Lifetime Gymondo Premium membership for you**
- **3x 1-year Gymondo Premium membership** for your friends or family
- **Gymondo gift pack** with Gymondo branded items



And.. if you're the winner of one of the 12 'Weekly Prize Packs', you'll have a chance to win an additional grand prize:

- "Tribe Gymfluencer", receives the "Weekly Prize Pack" as described above, **plus 2,000€.**

How do I win?

To win both weekly and grand prizes, you'll need to participate as much as you can! Complete each weekly challenge and inspire -- or be inspired -- by commenting on other participants' photos throughout the challenge.

For more information, read the full Official Rules. [OFFICIAL RULES](#) (German Residents) & [OFFICIAL RULES](#) (Non-German Residents)

Set your Intentions

Your intention should be closely tied to your personal thoughts, values and perspective on life. It's the first step to embodying your desired outcome and is a guiding principle for how you want to be, live, and show up in the world.

Within your intention, we encourage you to make SMART goals to bring your intentions into action. Please use this space to visualize those goals on the next page and take some time to reflect why you're joining the "Get Fit, Feel Happy" Transformational Journey.

Think SMART

S – Specific

Goals that are specific have a significantly greater chance of being accomplished. To set specific goals, always answer the five "W" questions: Who, What, Where, Why, and Which.

M – Measurable

Without setting measurement goals, you will not be able to determine your progress and gauge if you are on track to reach your goals. Answer this question: How do I know if I have reached my goal?

A – Achievable

When defining your goals, they should be challenging yet achievable. Ask yourself: Do I have the resources and capabilities to achieve this goal? If not, what am I missing?

R – Realistic

Can your goal be realistically achieved given the available resources and time constraints? Are you able to commit to achieving this goal?

T – Timely

If the goal is not time-constrained, there will be no sense of urgency and motivation to achieve the goal. Determine how long it will take you to achieve your goal.

My Intentions

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Why

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.....

.....

3 promises to myself

| | | |
|---------|---------|---------|
| 1. | 2. | 3. |
| | | |
| | | |
| | | |

How to get started

Using the Gymondo platform during the challenge isn't required, but doing so will help you achieve the best results and get you closer to winning the grand prize. So, whether you're new to the platform or not, this guide will help you understand how Gymondo works and why we ask the types of questions we do.

Step 1: Set your goal

When you first open the Gymondo app, you'll be prompted to select a goal. Most #teamgymondo goals fall under one of four categories:



Lose Fat

You want to lose weight in a safe way to cut fat and get lean.



Get Toned

You want to get fit and have noticeably toned muscles.



Increase flexibility

You want to improve mobility, posture and muscle coordination.



Gain Strength

You want to gain strength and improve efficiency.

Step 2: We'll adapt your program to your lifestyle

1. Schedule the days you'd like to work out. Consistency is key.

Please be realistic about how many days you can workout per week. You can always add more if you have more energy or feel super motivated.

2. Choose how you want to train.

If you want more variety, you can select more than 1 program to train in parallel. Start with HIIT and balance out with yoga or pilates. The choice is yours.

3. What is your starting weight?

The number on the scale is really just a number—it says nothing about your health or strength, body composition, or ability, and even less about your self-worth. Though we encourage you to focus your goals on metrics outside that number on the scale (like activity level), as a benchmark, you need to know where you started.

Step 3: Complete your Fitness Profile

Based on your current fitness level and goal, you will begin with a suggested suitable workout level. Every workout should be challenging, but doable and enjoyable. So, if you're sweating and out of breath, that's OK. But, if you can't complete the number of reps or the duration of the exercises suggested, the workout level is too difficult.

Do the Fitness Check. Please do it within the first week and then again during Week 12. You'll be so proud to see yourself progress throughout the Transformation Journey.

Also, take your measurements. Muscle weighs more than fat and as you get fitter and adopt healthier eating habits, you'll see your body composition change.

Step 4: Be patient

Be patient and kind to yourself on this journey. This is YOUR journey. Every individual will adapt to changes differently. Therefore, do not compare yourself with others. As you start to exercise, you might feel tired or sore. As you begin to eat healthy, you might notice changes in your digestion. These feelings are normal and temporary. In as little as two weeks of sticking with your Gymondo plan, we guarantee you'll 'Get fit and feel happy.'

Grocery list

Before you go shopping, create a grocery list to ensure you don't waste your time and buy things you don't need. Also, avoid going hungry! Make sure you're getting the most of your nutrients from whole foods without additives or artificial flavorings. This shopping list is broken into the three macronutrient categories -- protein, carbs and fats.

Protein

Beef
Chicken
Pork
Fish
Shellfish
Eggs
Tofu
Legumes
Greek yogurt

Carbs

Vegetables
Fruits
Legumes
Rice
100% whole grain
bread
Potatoes and yams
(in moderation)

Fats

Nuts
Seeds
Avocado
Plant-based oils
(olive, coconut,
avocado)
Butter or ghee

Tip: Keep your pantry stocked with a variety of spices. Herbs and spices can make the difference between a meal that's amazing and one that's just alright.

Meal prep tips

Making meal prep a part of your routine will help keep you on track to reach your fitness goals. We turn to convenience food because it's, well... convenient. However, if you're prepared with healthy nutritious food, you won't derail all your hard work. Success is in your reach - even if you're not a chef in the kitchen.

1. Start Small

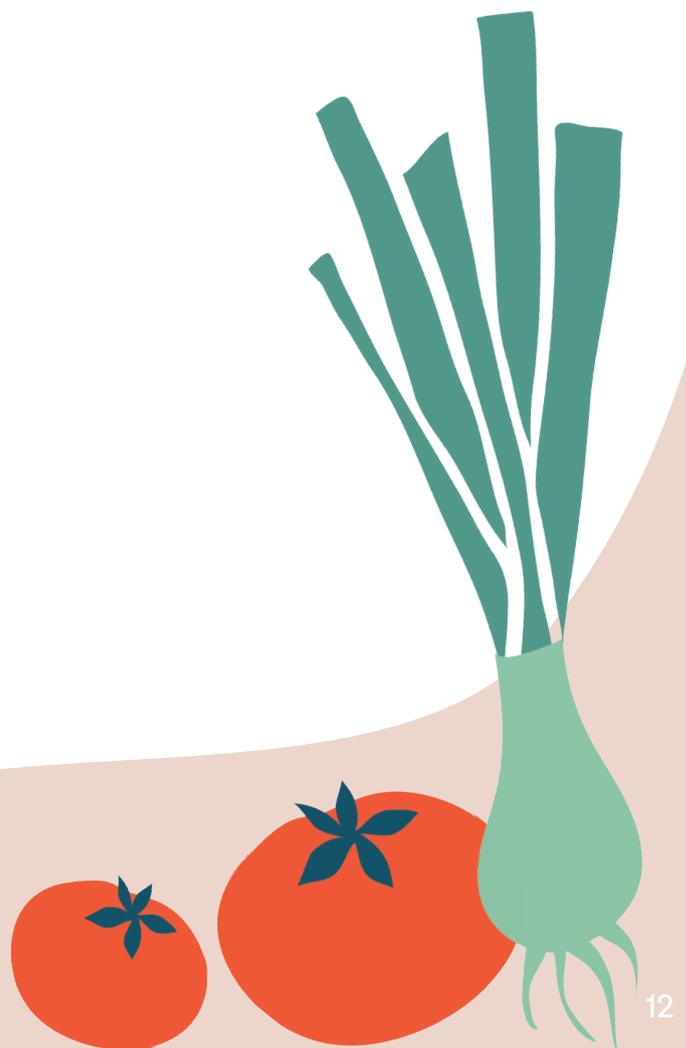
If you have never created a meal plan or are getting back into it, it may feel a bit daunting. Begin by planning out just a few meals or snacks for the week ahead. Then, you can slowly start adding more as you see fit.

2. Consider each macronutrient - protein, carbs and fat

The healthiest meal plan emphasizes whole foods, such as fruits, vegetables, legumes, whole grains, high-quality protein and healthy fats, while limiting sources of refined grains, added sugars, and excess salt. Check out [Gymondo.com](https://www.gymondo.com) recipes for some inspiration.

3. Invest in high-quality containers

Food storage containers are the most essential tool for meal prep. Assess what type of containers you'll need to use for soups, salads, oatmeal, etc.



4. Set time aside

Pick a day of the week to grocery shop, prep and/or bulk cook. This is best done on the weekend before the workweek begins, but find a day that works for you! After grocery shopping, make time for the actual prep (chop veggies, make a big batch of rice, roast your protein for the week, etc.).

5. Use your freezer

Cooking certain foods or meals in large batches and freezing them for later is a great way to save time, reduce waste and stretch your food budget—all at the same time.

6. Make it enjoyable and repeat

Meal planning and preparation is a great way to make healthier food choices and save time and money. Change your mindset to make it enjoyable so when you repeat it weekly, it'll become a habit.



How to take progress photos

1. Show your shape

Form-fitting activewear/swimwear that shows your midsection is best.

2. Wear the same clothes

Wear the same outfit or something similar every time.

3. Use a plain wall

Use the same spot and make sure there's no clutter in the background.

4. Stand in natural light

Take your photo in natural daylight or a well-lit room.

5. Maintain posture

Stand up straight with your shoulders back and arms relaxed at your sides.

6. Full-body photo

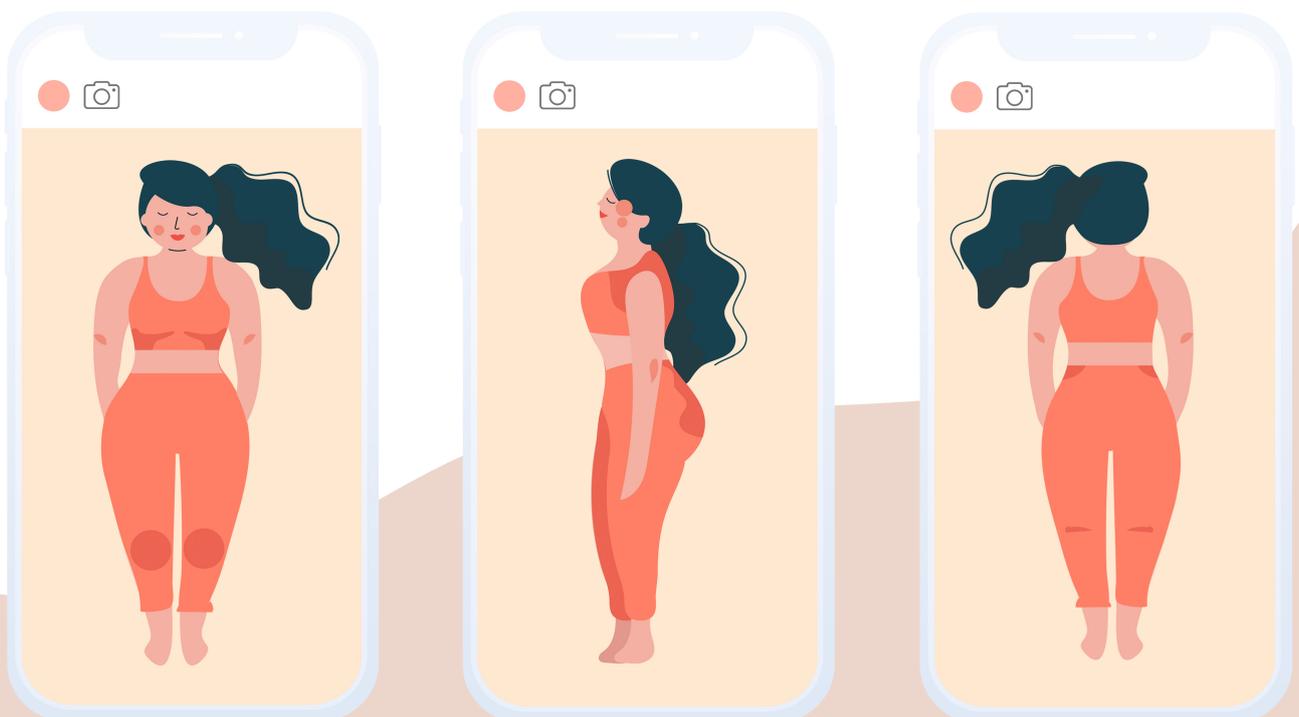
No mirror selfies. Position your body in the center of the frame at eye level.

7. Shoot from 3 angles

Capture your front, side and back.

8. Take photos monthly

Take your photos once every 4 weeks on the same day each month.



Wellness journal

Today is:

Today I will:

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Water log (glasses):

Sleep log (hours):

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Morning meal:

Afternoon meal:

Evening meal:

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.....

Exercises:

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.....

How are you feeling?



Happy



Inspired



Excited



Normal



Tired



Irritable



Annoyed



Sad

I'm proud of myself today for:

I'm grateful for:

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.....
.....