



**NUTRITION.**

**BUILT.**

**STRENGTH.**

BY BE STRONG STAY FIT, INC.



**NBS101**

**6-week Bootcamp**

An Intro to Macros & Building a Healthier Relationship  
with Food

[www.nutritionbuiltstrength.com](http://www.nutritionbuiltstrength.com)



# Long-term Success

- **Week 5**
  - Reframing success
  - Non-scale victories
  - Deficts vs. Rebuilds
  - Maintenance

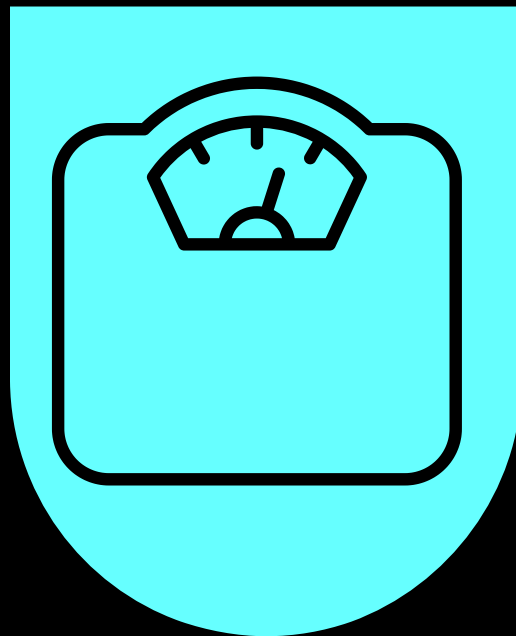
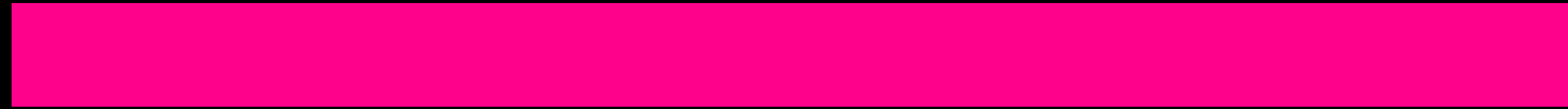


What does success look like for you?  
Where have you been successful so far  
during the past 5 weeks?





# Reframing Success



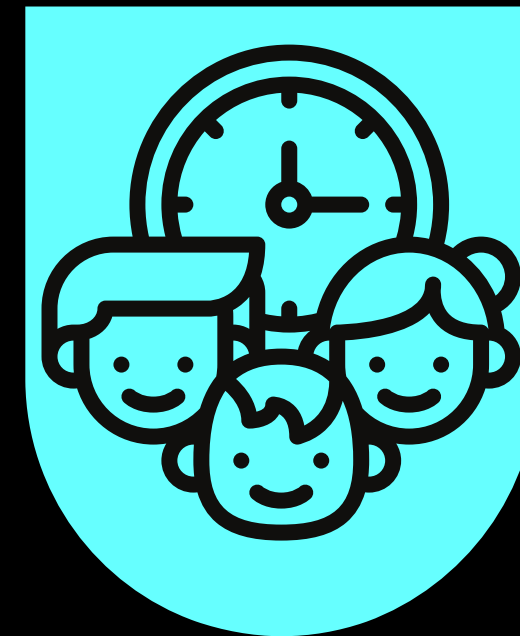
Pounds  
Lost



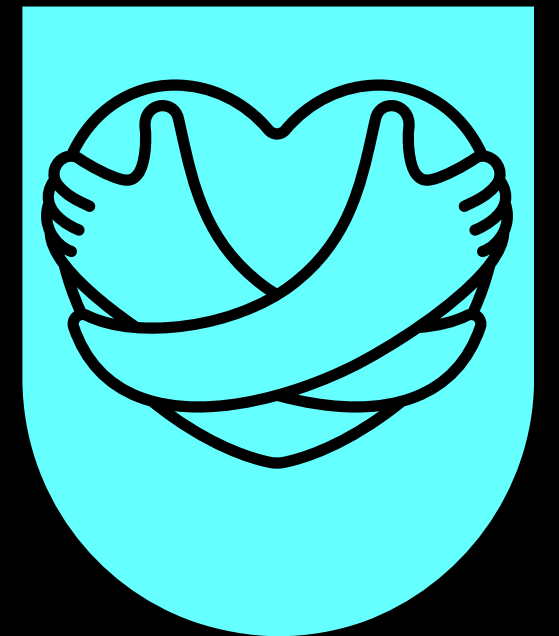
Healthier  
Relationship  
with Food



Increased  
Activity  
Level



More time  
with loved  
ones



Loving  
Yourself  
More



FAILURE TRY SUCCESS

A chalkboard with the words 'FAILURE', 'TRY', and 'SUCCESS' written in white chalk. Three curved arrows connect the words in a clockwise cycle: one from 'FAILURE' to 'TRY', one from 'TRY' to 'SUCCESS', and one from 'SUCCESS' back to 'FAILURE'.

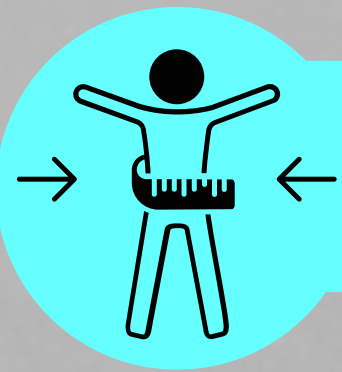


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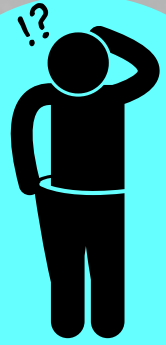
**“**Success is Not Final, Failure is Not Fatal: it is the Courage to Continue that Counts

-Winston Churchill

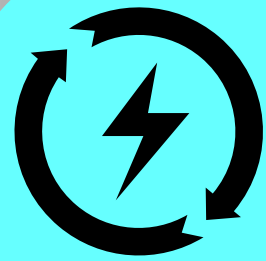
# NON-SCALE VICTORIES



Measurements



How Your Clothing Fits



More Energy & Better Sleep



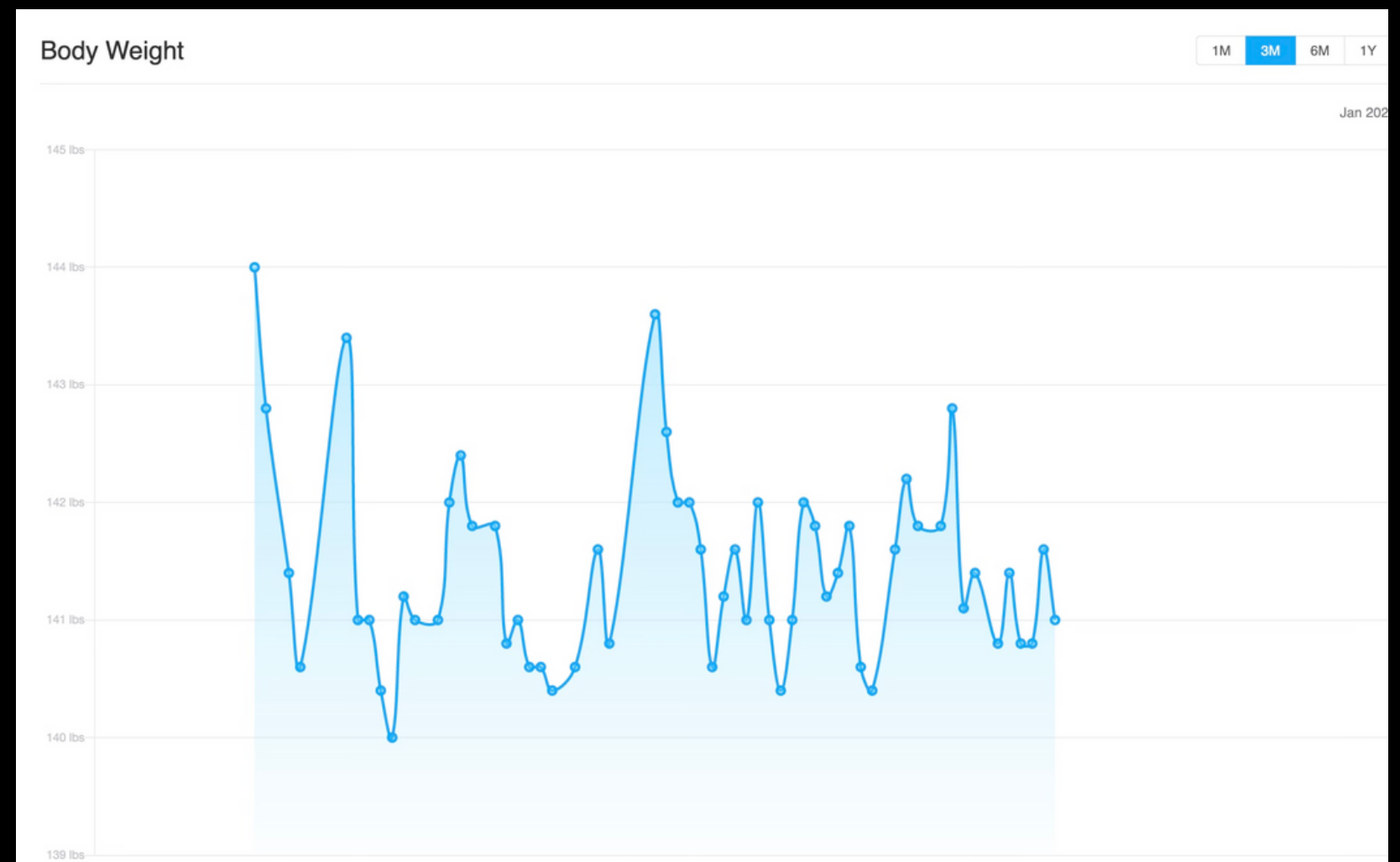
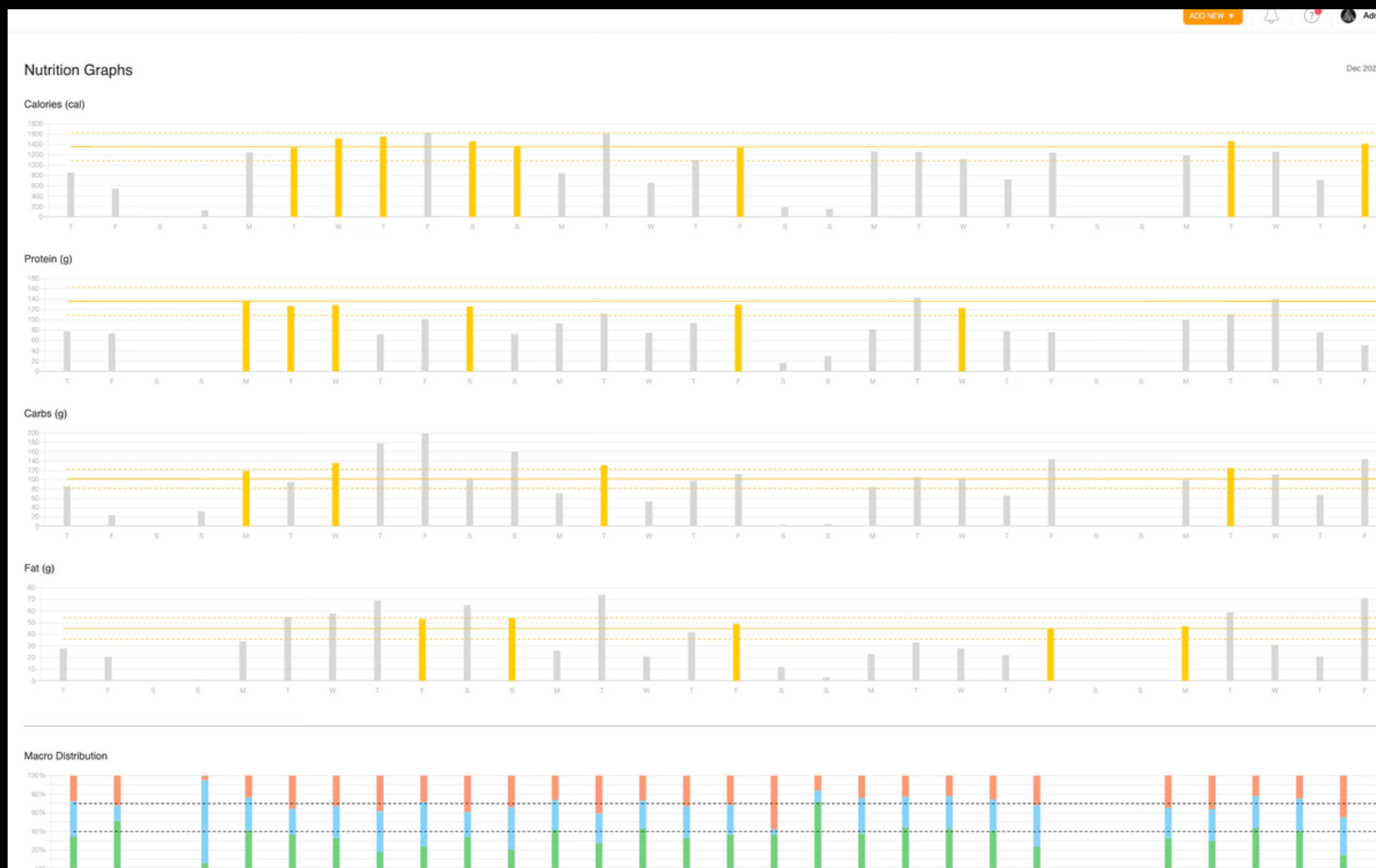
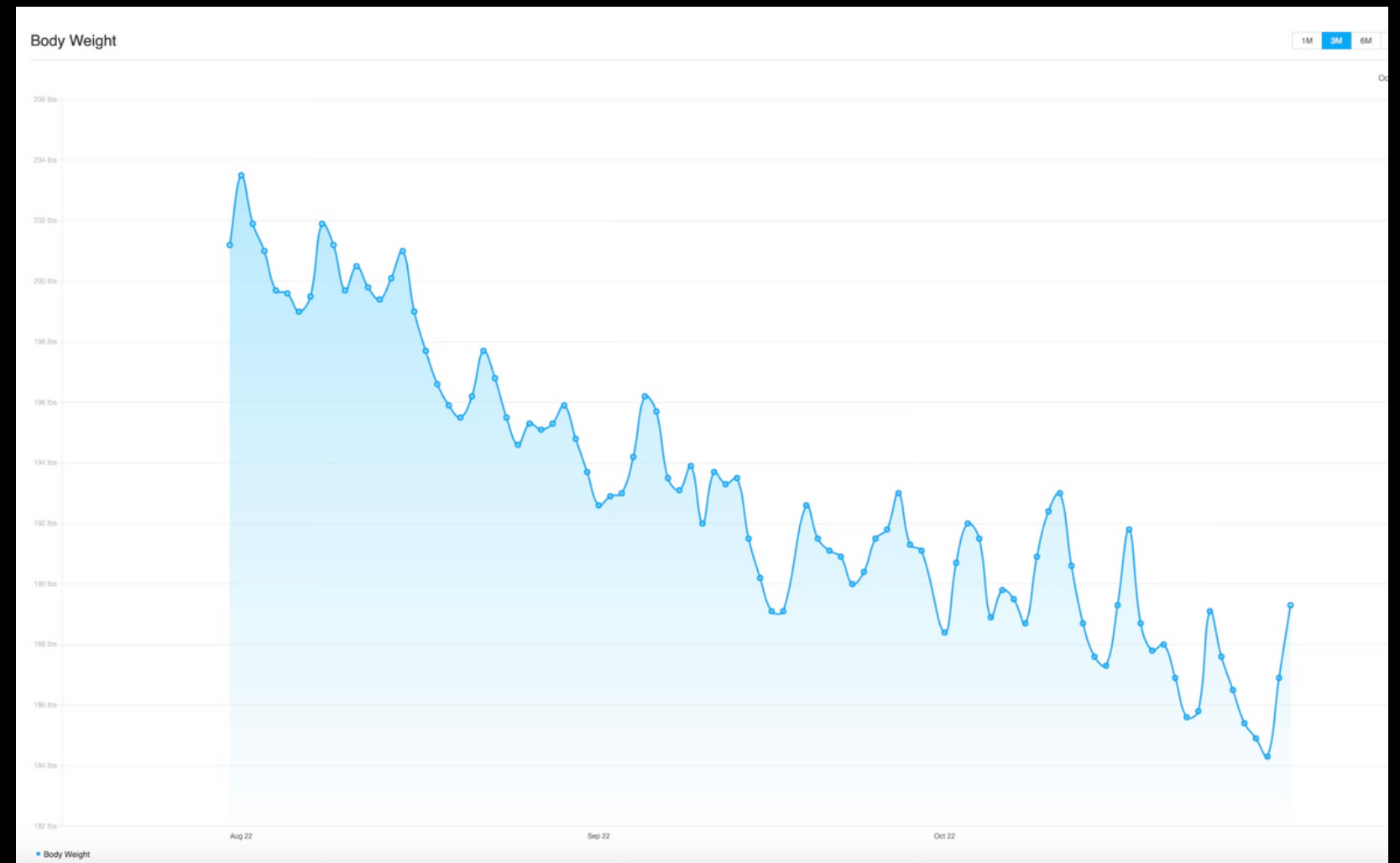
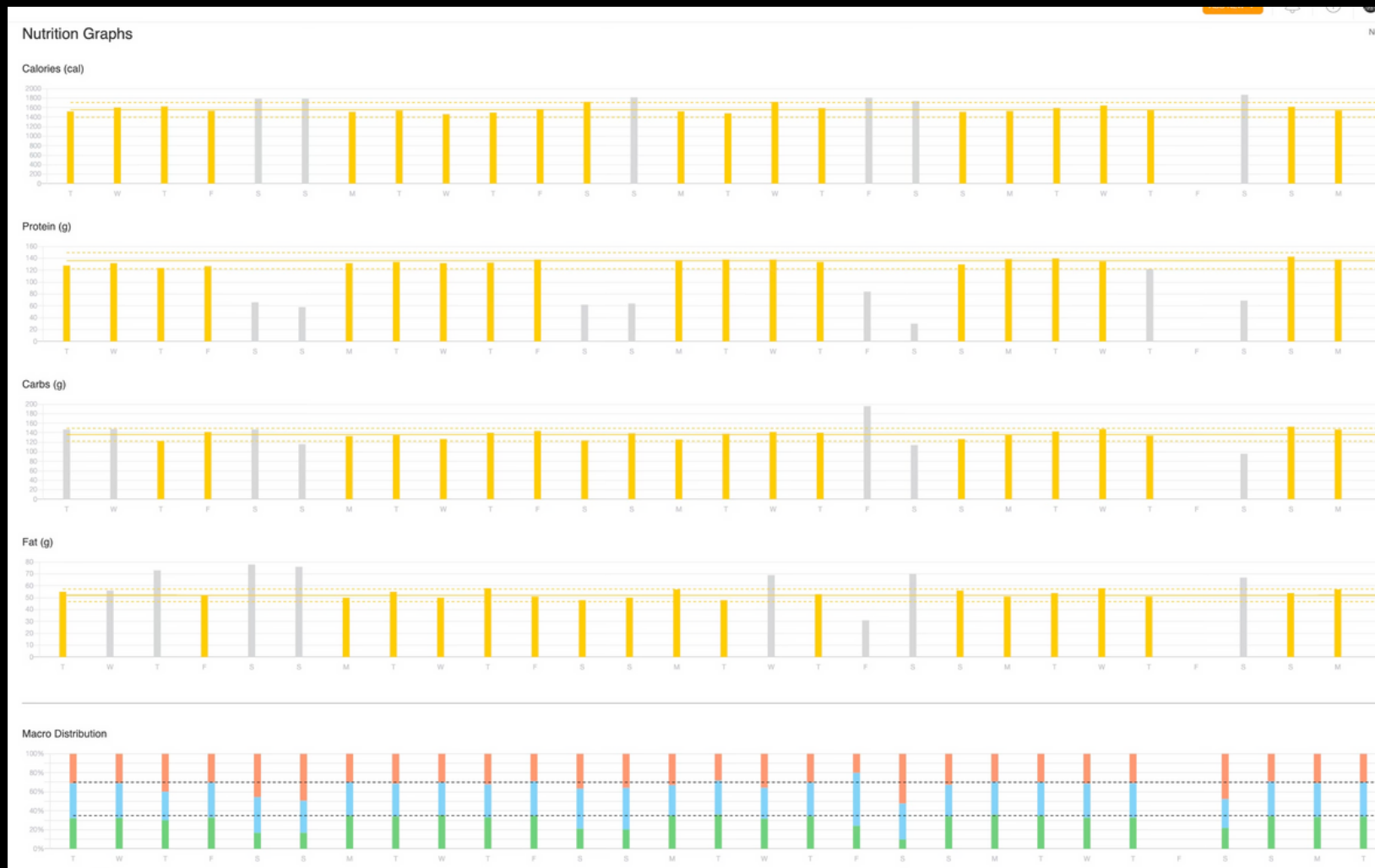
Improved Health



Compliments



# COMPLIANCE



● CALORIES

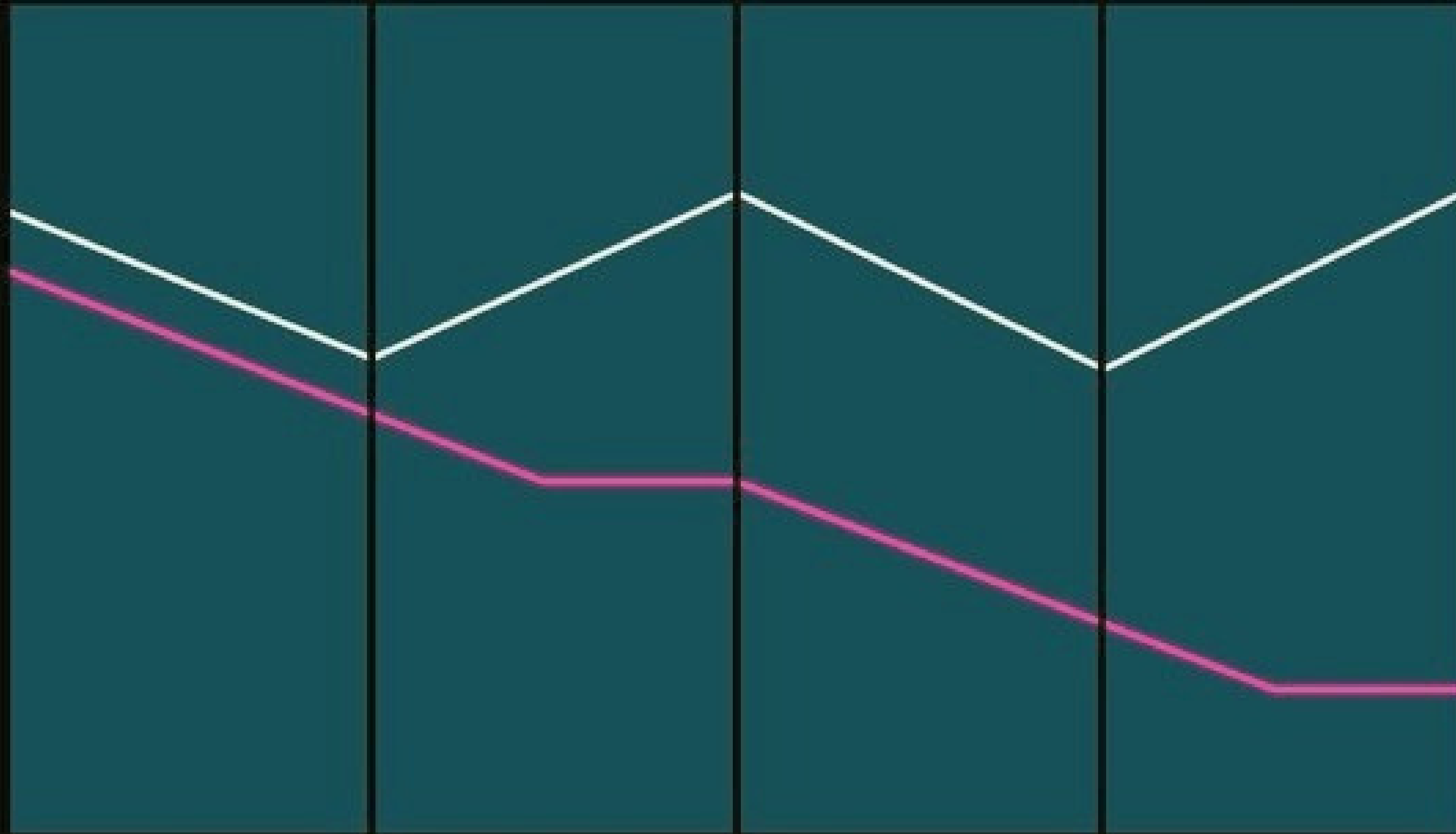
● WEIGHT

PHASE 1  
WEEKS 1-12

PHASE 2  
WEEKS 12-24

PHASE 3  
WEEKS 24-36

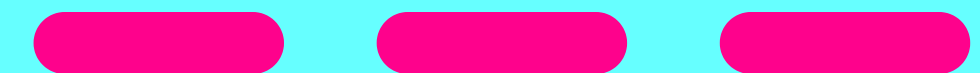
PHASE 4  
WEEKS 36-48



# Deficits

## VS.

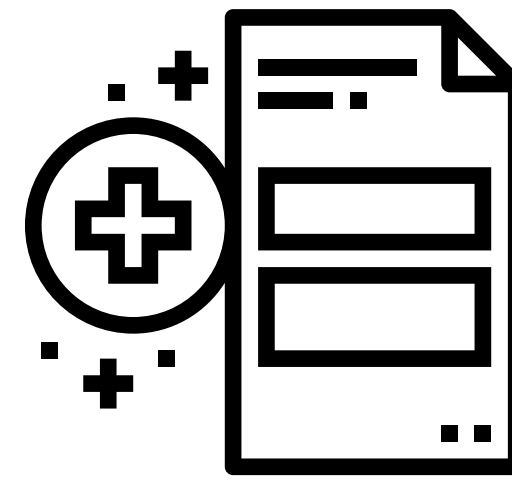
# Rebuilds



**Stop yo-yo  
dieting once  
and for all!!!**



# MINDSET EXERCISE



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## Homework

Add something new to your plate or day every day this week!

Send final questions/topics to Jennifer by Friday!

**THANK YOU!**