

UNLEASH YOUR POTENTIAL: THE 80-95% FLEX ZONE

Ditch rigidity and embrace the 80-95% flex zone.

The flex zone empowers you to **unlock your best self** with **structured flexibility**, not rigid rules.

Below 80% adherence = ☆

Refocus & Rise

- Unlikely to see any gains or progress with the high possibility of regression.
- **Identify this as an area for growth** and adjust your approach to suit..

80% adherence = ☆☆

Progress Starts Here

- This is your minimum standard for meaningful growth.
- Embrace occasional slip-ups and view them as learning opportunities.
- This is more sustainable in the long term and can help you avoid burnout.

85% adherence = ☆☆☆

Finding Your Groove

- Consistent progress builds **momentum** and fuels your journey.
- A good blend of structure and flexibility.

90% adherence = ☆☆☆☆

Significant Achievement Zone

- You enter the zone of significant progress and achievement.
- This requires commitment and discipline, but the rewards are worth it.

95% adherence = ☆☆☆☆☆

Peak Performance Playground

- For the ultimate high achievers, this is your zone.
- Unwavering dedication crafts your **masterpiece of success**.

100% adherence = Beyond the Flex Zone

The Mythical Unicorn

- **100% is a Myth:** Don't chase perfection, it's a trap!
- Everyone stumbles, so **embrace flexibility** and remember **progress, not perfection, is key**.

EXAMPLE #1	EXAMPLE #2
<p>Each day represents 14-15% of the week</p> <p>Miss 1 day and you're at 85% Miss 2 days and you're at 70% Miss 3 days and you're at 55%</p>	<p>Say you eat 4 times per day x 7 days = 28 meals in a week</p> <p>95% = 26.5 meals on path 90% = 25 meals on path 85% = 23.5 meals on path 80% = 22 meals on path</p>