

GOYOU!

FIT & FABULOUS

YOUR TOTALLY TERRIFIC & HILARIOUSLY
HONEST GUIDE TO FEELING FABULOUS

**TRIM
TOP
BETTER
BOTTOM
ROUTINES**

**QUICK-
START
5-TO-15-
MINUTE
WORKOUTS**

**SAMPLE
MEAL PLANS
AND QUICK
RECIPES**



RICHARD EHRlich

GoYou! Fit & Fabulous: Your Totally Terrific & Hilariously Honest Guide to Feeling Strong & Amazing

by Richard Ehrlich

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No warranty or guarantee is made regarding the results or outcomes you may achieve. Individual results may vary based on a variety of factors, including but not limited to personal commitment, health status, and genetic predisposition.

If you feel faint, dizzy, experience chest pain, or shortness of breath at any time while exercising, stop immediately and seek medical attention.

Remember: Train smart. Be kind to your body. Have fun. Stay fabulous!

GoYou! Fit & Fabulous: Your Totally Terrific & Hilariously Honest Guide to Feeling Strong & Amazing!

Featuring the T2B2: Trim Top Better Bottom Plan

By Richard Ehrlich



Introduction: It's Time to GoYou!

Congratulations, you're about to embark on a journey to feeling absolutely fabulous! And no, this isn't about chasing after some unrealistic, perfectionist standard. This is about you - the real, unique, strong, and fabulous you!

The GoYou! Fit & Fabulous philosophy is all about empowerment. It's about focusing on what makes you feel good, strong, and, above all, fabulous. Yes, fitness is part of the journey, but it's about mental strength too. This is about building confidence, feeling amazing, and, most

importantly, loving the process of becoming your best self—without the pressure of perfection.

Let's dive in, shall we? It's time for a fabulous transformation, and it starts with one simple step: GoYou!



Part 1: Welcome to the GoYou! Funhouse!

Chapter 1: What the Heck is GoYou! (And the T2B2 Plan)? Let's Get This Feel-Good Party Started!

Hey there, awesome human! Richard Ehrlich here, and I'm thrilled you've decided to dive into the GoYou! Fit & Fabulous journey! We're putting the focus squarely on YOU – celebrating your unique fabulousness and building strength, both inside and out. Forget those complicated fitness fads and diets that feel like punishment. We're here to have a blast while

getting seriously strong and feeling absolutely incredible in the skin you're already rocking!

The GoYou! philosophy is your ticket to feeling amazing. Within this philosophy, we'll use the T2B2 (Trim Top Better Bottom) plan as our fun, practical method. T2B2 is our totally terrific, two-for-one approach to building physical strength: a strong, sculpted upper body – that's your "Trim Top" – and a powerful, defined lower body – your "Better Bottom". Think of it as creating a balanced, confident *physical* you from head to... well, you know!

But GoYou! is bigger than just the physical. The best part? **We're not obsessed with the number on the scale.** Sure, you might see some happy changes there, but our *real* focus is on how fantastic you feel – mentally and physically.

More energy to chase your passions? Check.

Confidence that shines from the inside out? Double-check.

The pure joy of moving your body, feeling strong, and loving yourself through the process? Absolutely!

Weight loss? Consider it a delightful bonus that tags along when you treat your body and mind with kindness and build some awesome muscle.

What makes GoYou! different? We're all about keeping it real, having fun, and empowering YOU.

No confusing jargon, no pressure to be perfect.

Just straightforward, effective T2B2 exercises that won't bore you, a "no-diet" approach focused on enjoyable whole foods, and a massive dose of self-love and mental resilience building.

Think of me as your friendly, slightly goofy guide on this adventure. I'm way more interested in you feeling like the fabulous superhero you are than fitting into some crazy mold. We'll share laughs, maybe a few sweaty moments (it happens!), but most importantly, we'll work together to unlock a stronger, more confident, mentally resilient, and happier you.

So, are you ready to join the GoYou! funhouse? Let's do this!

Personal Reflection Prompt: Why did you pick up this book? What does "feeling fabulous" mean to *you*, beyond just the physical?

Chapter 2: Your Body & Mind: Already Superstar Material! Let's Make Them Shine Even Brighter!

Listen up, superstar! Your body is already incredible. It carries you through life, lets you dance, helps you tackle challenges. And your mind? It's powerful! We're starting this GoYou! journey from a place of total appreciation for the amazing things your body *and* mind already do.

Now, wanting to feel even *more* awesome, inside and out? That's where GoYou! steps in. We're not chasing some airbrushed ideal. Instead, we're setting real, achievable goals focused on *your* well-being – physical strength, mental resilience, and feeling your absolute best.

Maybe you dream of nailing a push-up, or feeling mentally clearer, or having more energy. Perhaps you want to bound up stairs without feeling winded, or simply approach life with more confidence and self-love. Whatever your personal definition of "fabulous" is, GoYou! is here to help you get there.

Remember, everyone starts somewhere. Whether you're new to fitness or a seasoned pro, whether you're confident or working on it, it's all good. We've got modifications, and more importantly, we've got encouragement. And guess what? Imperfection is HUMAN! We all have off days. The key is self-compassion – be kind to yourself, acknowledge your effort, and keep moving forward with our balanced GoYou! approach.

Think of this as your personal adventure in feeling fantastic. We'll celebrate every victory (big or small, physical or mental!), learn from stumbles without judgment, and have a good laugh along the way. Get ready to discover just how strong, capable, and utterly fabulous you truly are!



Personal Reflection Prompt: What are three things you already love and appreciate about your body? What about three things you appreciate about your mind or personality?

Chapter 3: The GoYou! Nutritional Philosophy: Fueling Your Feel-Good Journey (Deliciously & Mindfully!)

Alright, let's talk about the delicious fuel that powers our GoYou! journey! Forget restrictive diets that leave you feeling deprived and grumpy. We're embracing a sustainable, enjoyable, and mindful way of eating that will make you feel energized, strong, and ready to take on the world!

The GoYou! nutritional philosophy is simple: prioritize whole, unprocessed foods most of the time. Think vibrant fruits, colorful veggies, hearty whole grains, lean proteins, and healthy fats. These foods nourish your body from the inside out. But just as important is *how* you eat. Practice mindfulness, savor your food, and listen to your body's cues.

Our T2B2 plan focuses on a balanced mix of macronutrients:

- **Protein Pals:** Muscle-building heroes! Lean chicken, fish, beans, eggs, Greek yogurt help repair and build muscles.
- **Energy Elves (Carbs):** Don't fear them! Whole grains, fruits, veggies are preferred energy sources.
- **Fat Friends:** Healthy fats (avocados, nuts, seeds, olive oil) are essential for hormones and well-being.

And don't forget micronutrients (vitamins/minerals) and hydration! Water is your secret weapon.

The GoYou! approach isn't about strict rules or guilt. It's about making mindful, healthy, delicious choices the *majority* of the time so you feel truly terrific. It's about enjoying food as part of enjoying life!



Personal Reflection

Prompt: What are some of your favorite whole foods that you already enjoy? How can you practice more mindfulness during one meal today?

Part 2: T2B2 Trim Top Shenanigans: Building Upper Body Strength!

Chapter 4: Meet Your Upper Body Muscles (Your Built-in Superpowers!)

Let's get acquainted with the stars of our T2B2 "Trim Top" show: your upper body muscles! They're not just for show; they're your built-in superpowers, helping you do everything from carrying groceries to giving amazing high-fives.

We've got chest muscles for pushing, back muscles for pulling and posture, shoulder muscles for lifting, and arm muscles (biceps/triceps) for bending and straightening.

They work together to make you strong and capable! Feeling physically strong often boosts mental strength too!



Personal Reflection Prompt: Think about a daily task where you use your upper body strength. How would feeling physically *and* mentally stronger improve that task or how you feel doing it?

Chapter 5: The Trim Top Exercise Extravaganza! Empower Yourself!

Time to unleash your inner "Trim Top" warrior with T2B2 exercises that build strength and empower you in everyday life! Remember, good form, listening to your body, and finding joy in movement are top priorities. No perfection needed!

Here are some star moves:

- **The "Carry the World" Push-Up:** Wall, knees, or toes – they work!
Builds chest, shoulder, arm strength.
 - **Functional Fitness Focus:** Makes pushing tasks easier.

GoYou! Focus: Feel the power in pushing boundaries (literally!).



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- **The "Hug a Tree" Row:** Use weights or water bottles. Strengthens your back for better posture and confidence.
 - **Functional Fitness Focus:** Effortless bag carrying, strong hugs!
 - **GoYou! Focus:** Stand tall with pride and self-assurance.



- **The "Reach for the Stars" Overhead Press:** Strengthens shoulders and arms.
 - **Functional Fitness Focus:** Easy reaching for high shelves.
 - **GoYou! Focus:** Reach for your goals with confidence!



- **The "Chair Power" Dip:** Strengthens triceps using a sturdy chair.
 - **Functional Fitness Focus:** Easier getting up, pushing up.
 - **GoYou! Focus:** Celebrate your ability to lift yourself up.



- **The "Shopping Bag Savior" Bicep Curl:** Builds bicep strength.
 - **Functional Fitness Focus:** Makes carrying easier.

- **GoYou! Focus:** Flex those muscles – you've earned them!



Remember, listen to your body, modify as needed, and celebrate your effort. We're building strength and capability, one fun move at a time!

Actionable Challenge: Try one set of "Carry the World" Push-Ups (any variation). Focus on how the movement feels. Appreciate your body's effort, regardless of the number!

Trim Top Exercise Table

NOTE: Always consult with your medical professional before beginning any new exercise routine. Only do what feels safe and comfortable for your body.

Exercise	Description	Reps	Repeats (Sets)
Carry the World Push-Up	Builds chest, shoulder, and arm strength	10-15	2-3
Hug a Tree Row	Strengthens back for posture and confidence	10-15	2-3
Reach for the Stars Overhead Press	Strengthens shoulders and arms	10-15	2-3
Chair Power Dip	Strengthens triceps using a sturdy chair	8-12	2
Shopping Bag Savior Bicep Curl	Builds bicep strength for everyday carrying	10-15	2-3

Chapter 6: Trim Top Nutrition: Fueling Your Adventures (Mindfully & Deliciously!)

Power your "Trim Top" T2B2 workouts and nourish your body and mind with delicious, easy fuel!

Sample Feel-Good Meals:

- **Breakfast:** Berry Blast Power Bowl (Greek yogurt, berries, nuts). *GoYou! Tip: Savor each spoonful.*
- **Lunch:** Hummus & Veggie Power Wrap (Whole-wheat tortilla, hummus, veggies). *GoYou! Tip: Notice the different textures.*
- **Dinner:** Lemon Herb Baked Chicken & Roasted Broccoli. *GoYou! Tip: Express gratitude for the nourishment.*
- **Snacks:** Handful of Awesome Almonds. *GoYou! Tip: Eat slowly and mindfully.*

Quick & Easy Recipes:

- **5-Minute Power Smoothie:** Protein powder, frozen fruit, almond milk.
- **Speedy Tuna Salad Lettuce Cups:** Canned tuna, mashed avocado, chopped veggies, lettuce cups.

Customize Your Fun: Swap ingredients based on allergies or preferences. The best plan is one you enjoy!

Mindful Moment: Before eating, take a breath. Appreciate the food. Notice colors, smells, textures. Fueling your body is an act of self-care and self-love!

Journaling Exercise: List three "Protein Pals" and three "Energy Elves" you love. How can you combine them mindfully this week?

Part 3: T2B2 Better Bottom Bonanza: Lower Body Power & Fun!

Chapter 7: Your Lower Body: The Powerhouse of GoYou! Fun!

Time for the "Better Bottom" – the incredible T2B2 muscles powering your walk, run, jump, and helping you feel grounded and powerful! We're talking mighty glutes, strong thighs (quads/hamstrings), and supportive calves. Unleash their potential and feel your confidence soar!



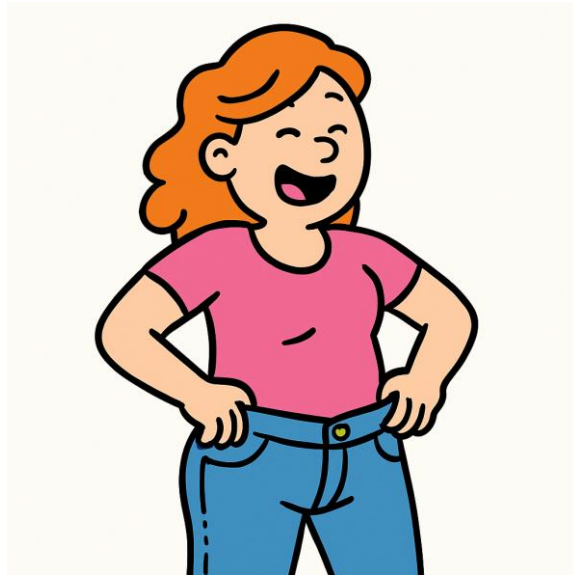
Personal Reflection Prompt: Think about an activity you enjoy using your lower body. How does engaging in that activity make you *feel* mentally?

Chapter 8: The Better Bottom Exercise Bash! Feel Your Fabulous Strength Grow!

Sculpt and strengthen your "Better Bottom" with T2B2 exercises that build power, stability, and self-assurance!

Favorite Moves:

- **The "Happy Jeans" Squat:** Works glutes, thighs, calves.
 - **Functional Fitness Focus:** Easier getting up/down, lifting.
 - **GoYou! Focus:** Feel grounded and powerful in your stance.



- **The "Stair Conqueror" Lunge:** Builds leg strength and balance.
 - **Functional Fitness Focus:** Stairs and hills become easier.

- **GoYou! Focus:** Step forward into challenges with confidence.



- **The "Glute Powerhouse" Bridge:** Targets glutes directly.
 - **Functional Fitness Focus:** More power for walking, running, jumping.
 - **GoYou! Focus:** Connect with your body's core strength.



- **The "Calf Confidence" Raise:** Strengthens lower legs for stability.
 - **Functional Fitness Focus:** More stability in movement.

- **GoYou! Focus:** Stand tall and feel balanced in your life.



- **The "Step Up to Awesome" Step-Up:** Builds leg strength and balance using a step.
 - **Functional Fitness Focus:** Easier stepping up onto curbs, etc..
 - **GoYou! Focus:** Step up to meet your goals!



Focus on good form, listen to your body, and celebrate movement. You're getting stronger and more fabulous with every rep!

Actionable Challenge: Try 10 "Happy Jeans" Squats. Pay attention to the feeling of strength in your legs and thank your body for its ability.

Better Bottom Exercise Table

NOTE: Always consult with your medical professional before beginning any new exercise routine. Only do what feels safe and comfortable for your body.

Exercise	Description	Reps	Repeats (Sets)
Happy Jeans Squat	Works glutes, thighs, calves; improves stability	10-15	2-3

Stair Conqueror Lunge	Builds leg strength and balance	10 (each leg)	2
Glute Powerhouse Bridge	Targets glutes for power and support	12-15	2-3
Calf Confidence Raise	Strengthens lower legs and improves balance	15-20	2-3
Step Up to Awesome	Boosts leg strength and balance using a step	10 (each leg)	2

Chapter 9: Better Bottom Nutrition: Fueling Lower Body Fun (Deliciously & Lovingly!)

Fuel your "Better Bottom" T2B2 workouts and nourish your amazing body!

Sample Feel-Good Meals:

- **Breakfast:** Oatmeal Power with Berries & Nuts. *GoYou! Tip: Start the day feeling energized and capable.*
- **Lunch:** Hearty Lentil & Veggie Bowl. *GoYou! Tip: Appreciate the vibrant colors and energy.*
- **Dinner:** Baked Salmon with Sweet Potato & Spinach. *GoYou! Tip: Reflect on giving your body needed nutrients.*
- **Snacks:** Banana with Nut Butter. *GoYou! Tip: Acknowledge this choice supports your well-being.*

Quick & Easy Recipes:

- **Berry Protein Smoothie:** Protein powder, frozen berries, milk choice.
- **Quick Hummus & Veggie Pita:** Hummus, whole-wheat pita, crunchy veggies.

Customize Your Fun: Adapt recipes to your taste and needs. Eating well should feel good, not restrictive.

Mindful Moment: As you eat, notice how the food makes your body *feel*. Appreciate the energy it provides. Nourishing your body is a fundamental act of self-love.

Journaling Exercise: What are three "Energy Elf" foods you enjoy? How can eating them mindfully enhance your workouts and your day?

Part 4: GoYou! Fuel & Fun: Eating and Living the Fabulous Way!

Chapter 10: Fueling Your Fun Machine: The GoYou! Food Philosophy (Balance & Joy!)

Let's dive deeper into the GoYou! food philosophy. Remember, it's all about balance, enjoyment, and feeling fantastic!

Think of your plate as a canvas for vibrant, nourishing foods:

- **Fruit & Veggie Super Squad:** Essential vitamins, minerals, antioxidants.

- **Protein Pals:** Help muscles repair and grow stronger.
- **Energy Elves:** Whole grains for sustained energy.
- **Fat Friends:** Healthy fats for energy and well-being.

It's about creating a sustainable way of eating that supports your GoYou! goals *without* restriction or diet mentality. Enjoy your food, listen to your body's wisdom, and know that occasional treats are perfectly okay – part of a fabulous life!

Personal Reflection Prompt: How balanced is your current eating pattern? What's one small, joyful change you could make to incorporate more whole foods or mindful eating?

Chapter 11: Hydration Hilarity: Drink Your Way to Energy & Happiness!

Water is your secret GoYou! weapon! Hydration is crucial for energy, performance, and helping your body and mind feel their best. Think of water as oil for your amazing body-machine. Aim for 8-11 cups daily, more when active. Sip throughout the day. Staying hydrated can even help distinguish thirst from hunger. Grab that water bottle – drink your way to a more energized, happier you!

Actionable Challenge: Make a conscious effort to drink an extra glass of water now. As you drink, appreciate this simple act of self-care.

Chapter 12: HIIT It! (High-Intensity Fun & Empowerment!)

Ready to boost results and have fun? Let's talk HIIT (High-Intensity Interval Training)! Short bursts of energy followed by brief rests. It's efficient for fitness and a great way to challenge yourself and feel empowered. Add little bursts of awesome to your T2B2 workouts. Use exercises you know, just with extra oomph. Always warm up and cool down. Make it fun!

"Imagine This" Scenario: You only have 15 minutes. How could you create a quick, empowering HIIT session using T2B2 moves? (Example: 30 secs squats, 15 secs rest; 30 secs push-ups, 15 secs rest - repeat!)

Chapter 13: Just Walk It Out – Your GoYou! Path to Peace, Power & Playfulness

Let's get real for a second: walking might just be the unsung hero of your wellness journey. No fancy equipment, no gym required, and no pressure to go beast mode. Just one foot in front of the other – simple, freeing, and totally GoYou!

Walking is more than movement. It's self-love in motion. It's a chance to reconnect with your breath, your body, your surroundings, and your *fabulous* self – all while giving your Trim Top and Better Bottom a gentle but glorious workout.



Why Walking Totally Rocks the GoYou! Vibe

At GoYou!, we're all about strength, self-compassion, and sustainable habits that make you feel *amazing*. Walking checks all the boxes:

- Boosts your mood by giving those happy brain chemicals (hello, serotonin and dopamine!) a natural lift
- Improves heart health and circulation without feeling like a workout punishment
- Supports mental clarity, emotional resilience, and even creativity
- Gives you time and space to *breathe*, reflect, and literally walk away from stress

You're not just walking—you're **walking into a better you.**

Walking, GoYou! Style: Lighthearted, Liberating, and 100% YOU

1. The “Fabulous Flow Walk”

Let your body guide you. Stroll, sway, strut—there's no wrong way to walk GoYou!-style. Let each step be a gentle declaration of your presence in the world.

2. The “Mood Lifter Loop”

Feeling off? Go for a brisk lap around the block or your hallway. Bonus points for your favorite tunes, affirmations, or even spontaneous dancing. Movement = magic.

3. The “Walk It Off Wonder”

Whether you're overwhelmed, overthinking, or just overtired, a quick walk is your portable reset button. Fresh air + fresh perspective = Fabulous You recharged.

4. The “Confidence Cruiser”

Strut like you've already conquered your day. Shoulders back, head high. You're not walking. You're owning the sidewalk (or the carpet, or the grocery aisle).

Let It Be Easy. Let It Be Enough. Let It Be GoYou!

Whether you walk 5 minutes or 50, it counts. Whether it's slow, fast, forward, backward, uphill, or in circles—it counts.

And whether you're doing it for your health, your headspace, or just because it feels good? That's enough. You're enough.

GoYou! Reflection Prompt:

When you think of walking, do you think “exercise” or “escape”? How can walking become a mini ritual of joy, freedom, and self-connection for you?

Actionable GoYou! Challenge:

Today, take a 10-minute “Feel-Fabulous Walk.” No pressure. Just movement. Pay attention to how your body feels, what you see around you, and how your mood shifts. Maybe even say out loud (or silently): “*GoMe!*” every 10 steps. Because, heck yes, you deserve it.

Chapter 14: Rest & Relaxation: Your GoYou! Secret Weapon!

Pushing harder isn't always better. Rest and recovery are VITAL for GoYou! success! They're your body's chance to repair muscles and your mind's chance to recharge. Aim for 7-9 hours of quality sleep. Schedule rest days – they aren't lazy, they're smart! Try active recovery (gentle walk, stretching). Most importantly: Listen to your body *and* mind. Rest is essential self-care for feeling stronger, more energized, and mentally resilient.

Mindful Moment: Tonight, take a few minutes before bed to relax. Focus on your breath. Let go of tension. Thank yourself for the day's efforts.

Part 5: GoYou! for Life: Staying Fabulously You!

Chapter 15: Tracking Your Terrific Progress (Celebrating Every Step!)

Let's track progress the GoYou! way! It's not about obsessive numbers, but celebrating how far you've come – physically and mentally. Notice how clothes fit, energy levels, how much stronger you feel. Maybe keep a journal noting workouts *and* mood improvements. Progress photos? Only if it feels empowering, not critical. Remember, every step forward, every moment of self-kindness, is a victory worth celebrating!

Journaling Exercise: Think about one small way you've felt better (stronger, more energetic, calmer, more confident) since starting your GoYou! journey. Write it down and celebrate that win!

Chapter 16: Motivation Mojo: Keeping the GoYou! Fun Going!

Motivation ebbs and flows – totally normal! Keep your GoYou! mojo flowing with fun tricks:

- Set fun, achievable goals that excite YOU.
- Schedule GoYou! time like important appointments.
- Find a workout buddy (if that feels good!).

- Mix up routines.
- Reward efforts with non-food treats (bubble bath, new music?).
- Visualize success, remember your "why".
- Focus on how good movement *feels*.
- Even 10 minutes is a win! Find what brings YOU joy in this process, connect with your inner fabulousness, and you'll stick with it!

Personal Reflection Prompt: What activities (movement or otherwise) make you feel genuinely joyful and energized? How can you weave more of that into your GoYou! routine?

Chapter 17: Your GoYou! Journey: It's All About YOU Feeling Fabulous!

Congratulations, you've reached the end of this guide, but it's just the beginning of your GoYou! adventure! I hope you're feeling inspired, energized, and ready to embrace your own totally terrific journey to feeling fabulous, strong, and empowered!

Remember, GoYou! isn't about chasing impossible ideals. It's about finding ways to move, nourish, and care for yourself that make you feel strong, confident, happy, and mentally resilient. It's about celebrating your amazing body and mind, appreciating every step, and practicing self-love along the way.

There will be ups and downs – that's life! Be kind to yourself, listen to your inner wisdom, and keep showing up for YOU. Your GoYou! journey is

uniquely yours – embrace it, have fun, love the process, and remember: you are already awesome and absolutely fabulous! Go You!



Part 6: Taking Action - Your GoYou! (T2B2) Implementation To Do List

This section helps you actively implement the GoYou! philosophy using the T2B2 plan. Working through this list solidifies understanding and guides you toward your fabulous goals. Each task includes explanations, reflection/journaling prompts, and a checklist. Consistency, commitment, and self-compassion are key!

To Do List:

1. Define Your Core GoYou! Goals (using T2B2 focus):

- **Explanation:** Get clear on what you want to achieve within the GoYou! philosophy (feeling fabulous, strong, empowered) using

the T2B2 physical focus (Trim Top/Better Bottom). Define 2-3 SMART goals.

- **Personal Reflection Prompt:** "What does 'feeling fabulous & strong' mean to you *personally*? What specific physical *and* mental changes signify this?"
- **Journaling Exercise:** "Write down your 2-3 core GoYou! goals (linking T2B2 where applicable). Describe why each is important. How will you measure progress (reps, energy levels, confidence, self-talk)?"
- **Checklist:**
 - - [] Identified 2-3 specific GoYou! goals (incorporating T2B2 focus).
 - - [] Goals are measurable (physical/mental progress markers).
 - - [] Goals are achievable and realistic for me now.
 - - [] Goals are relevant to feeling fabulous, strong, empowered.
 - - [] Set a realistic timeframe.

2. Conduct a GoYou! Resource Assessment:

- **Explanation:** Assess resources needed for T2B2 workouts *and* GoYou! mindset practices (time, equipment, space, support, self-care tools). Take stock.
- **Personal Reflection Prompt:** "What are your biggest time constraints? How can you carve out time for movement *and* mental well-being?"

- **Journaling Exercise:** "List available resources (time, equipment, supportive friends, quiet space). Identify needed resources (workout buddy, specific guidance, more 'me-time') and brainstorm solutions."
- **Checklist:**
 - - [] Listed time for T2B2 & GoYou! practices.
 - - [] Assessed equipment/space needs.
 - - [] Considered nutrition choices & mindfulness time.
 - - [] Identified resource gaps & potential solutions.

3. Break Down Your GoYou! Plan into Actionable Steps:

- **Explanation:** Make goals less overwhelming by breaking them into small T2B2 exercise steps and GoYou! self-care/mindset steps.
- **Personal Reflection Prompt:** "What's one small, enjoyable T2B2 exercise? What's one small GoYou! action (e.g., 5 mins quiet time, positive affirmation) you could do today?"
- **Journaling Exercise:** "Choose one core GoYou! goal. List 3 T2B2 exercises & 1-2 GoYou! mindset actions (e.g., mindful eating, gratitude practice) to support it this week."
- **Checklist:**
 - - [] Identified specific T2B2 "Trim Top" exercises.
 - - [] Identified specific T2B2 "Better Bottom" exercises.
 - - [] Identified small GoYou! mindset/self-care actions.
 - - [] Action steps are specific and feel manageable.

4. Schedule GoYou! Time in Your Calendar:

- **Explanation:** Treat T2B2 workouts, meal planning, *and* GoYou! self-care time (reflection, rest) as important appointments. Schedule them!
- **Personal Reflection Prompt:** "How can you protect your scheduled GoYou! time?"
- **Journaling Exercise:** "Block out time next week for: 2 Trim Top activities, 2 Better Bottom activities, healthy meal planning/prep, *and* at least two short GoYou! mindset/relaxation sessions."
- **Checklist:**
 - - [] Scheduled Trim Top time.
 - - [] Scheduled Better Bottom time.
 - - [] Scheduled meal planning time.
 - - [] Scheduled GoYou! mindset/relaxation time.
 - - [] Set reminders.

5. Identify Potential GoYou! Obstacles & Develop Gentle Strategies:

- **Explanation:** Anticipate things that might hinder your T2B2/GoYou! plan (lack of time/energy, negative self-talk, social pressure). Brainstorm *kind* solutions.
- **Personal Reflection Prompt:** "What challenges (internal or external) have hindered your well-being goals before?"

- **Journaling Exercise:** "List two potential obstacles. For each, brainstorm 1-2 *compassionate* strategies (e.g., lack of time -> shorter workout + 2 mins deep breathing; negative self-talk -> acknowledge & counter with affirmation)."
- **Checklist:**
 - - [] Identified at least two potential obstacles.
 - - [] Developed compassionate mitigation strategies.
 - - [] Documented these obstacles/strategies.

6. Establish a GoYou! Progress Tracking System (Focus on Feeling!):

- **Explanation:** Decide how to track progress, emphasizing feelings over numbers. How do you feel after workouts? Energy levels? Confidence? Self-talk quality?
- **Personal Reflection Prompt:** "What non-scale/non-numerical victories would truly signify 'feeling fabulous' to you?"
- **Journaling Exercise:** "Choose 1-2 simple ways to track progress, focusing on feeling & capability (e.g., weekly journal entry on mood/energy; note reps achieved *and* how strong you felt)."
- **Checklist:**
 - - [] Chosen a tracking method focusing on feeling/capability.
 - - [] Know what I'll track (workouts, mood, energy, confidence).
 - - [] Have a recording method (notebook, app).

7. Find a GoYou! Accountability Buddy (Optional Encouragement!):

- **Explanation:** Sharing your GoYou! journey can provide motivation and make it more fun. Find someone supportive.
- **Personal Reflection Prompt:** "Is there someone who encourages you to be your authentic, fabulous self?"
- **Journaling Exercise:** "Think about one person you could share your GoYou! goals/progress with (if desired). Consider reaching out."
- **Checklist:**
 - - [] Considered if an accountability buddy feels right.
 - - [] Identified potential individual(s) if yes.
 - - [] Reached out (if desired).

8. Review and Celebrate Your GoYou! Journey Regularly (With Kindness!):

- **Explanation:** Regularly look back at progress (physical/mental), acknowledge efforts *with kindness*, and celebrate wins, no matter how small! This fuels motivation.
- **Personal Reflection Prompt:** "How will you reward yourself *kindly* for showing up for yourself (e.g., relaxing bath, extra sleep, fun outing)?"
- **Journaling Exercise:** "Schedule time end-of-week to review GoYou! efforts. Note accomplishments *and* practice self-

compassion for any challenges. Give yourself a pat on the back!"

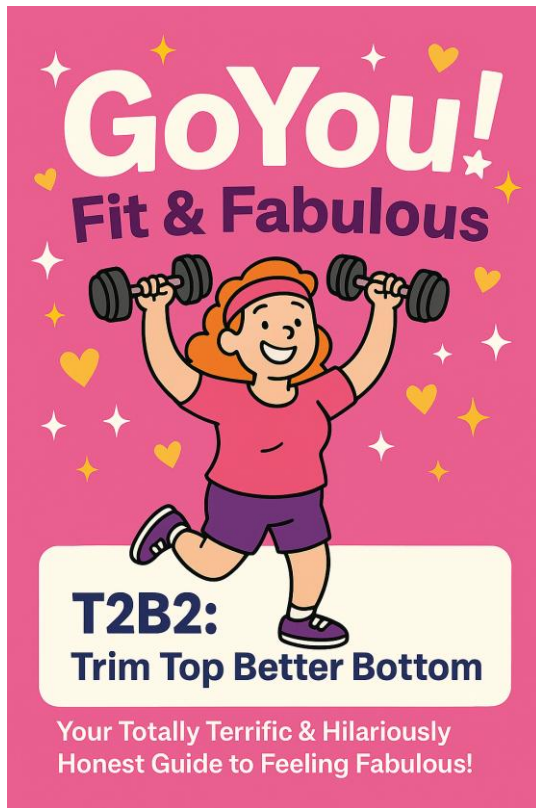
- **Checklist:**

- - [] Scheduled regular GoYou! review sessions.
- - [] Will acknowledge efforts & celebrate wins with kindness.

Conclusion:

Remember, your GoYou! journey is all about feeling fabulous in your own unique way. Embrace the fun, be kind to yourself, and enjoy the process of becoming a stronger, more energized, mentally resilient, and happier you!

You've got this! Go You!



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Disclaimer:

The information provided in this book is for general informational purposes only. It is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition or health concerns.

The author and publisher of this book make no representations or warranties regarding the accuracy, completeness, or reliability of the information provided. The contents of this book are intended to support your personal wellness journey, but they are not meant to replace professional medical guidance.

If you experience any health issues or have concerns about your health, please consult with a qualified healthcare provider before starting any fitness or diet program.

Appendices

(Feel free to copy, print, or recreate these worksheets for your personal use!)

Appendix A: GoYou! Goal Setting Worksheet

Use this worksheet to define your specific GoYou! goals using the SMART criteria (Specific, Measurable, Achievable, Relevant, Time-bound).

Goal 1:

- **Specific:** What exactly do I want to achieve? (Focus on T2B2 Trim Top or Better Bottom? Improve energy/mood? Master an exercise? Practice more self-compassion?)

- **Measurable:** How will I know when I've achieved it? (e.g., Reps/sets? Energy level scale 1-5? Feeling description? Clothes fitting? Frequency of positive self-talk?)

- **Achievable:** Is this goal realistic for me right now? Do I have the resources/time?

- **Relevant:** Why is this goal important to my GoYou! journey? How does it align with feeling fabulous & empowered?

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-
- **Time-bound:** By when do I want to achieve this goal or see progress? (e.g., 4 weeks, 3 months)
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-

(Repeat for Goal 2 and Goal 3)

Appendix B: GoYou! Resource Inventory Template

Identify resources available/needed for your T2B2 *and* GoYou! practices.

Resource Category	Available Resources (What I Have)	Needed Resources (What I Need & How to Get It)
Time	(e.g., 30 mins Mon/Wed/Fri; 1 hour Sat)	(e.g., Need 15 more mins? Wake up earlier Tue/Thu)
Space	(e.g., Living room floor; Park nearby)	(e.g., Clear corner of bedroom)
Equipment	(e.g., Bodyweight; Resistance bands; Stairs; Sturdy chair)	(e.g., Maybe adjustable dumbbells? Research options/save up)
Knowledge/Guidance	(e.g., This book!; YouTube videos)	(e.g., Specific exercise modifications? Ask in GoYou! community)
Support System	(e.g., Encouraging partner/friend)	(e.g., Workout buddy? Ask [Friend's Name])
Nutrition Resources	(e.g., Access to grocery store; Basic cooking skills; Healthy recipes)	(e.g., Meal prep containers? Buy a set; Quick snack ideas? Search online)

Motivation	(e.g., Desire to feel stronger; Upcoming event)	(e.g., Need regular reminders? Set phone alerts)
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Other:

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Appendix C: GoYou! Action Plan Template

Break down a main GoYou! goal into smaller T2B2 & mindset steps.

Main GoYou! Goal:

Action Step (T2B2 or Resources GoYou! Mindset)	Needed	Deadline / Frequency	Progress Notes / Completed? (✓)
(e.g., Do 10 "Happy Jeans" Squats)	Bodyweight, Space	Mon/Wed/Fri	Week 1: Done! Felt stronger.
(e.g., 5 mins mindful breathing)	Quiet space, Time	Daily AM	Week 1: Did it 5/7 days. Calmer.
(e.g., Plan 3 healthy lunches)	Recipes, Groceries	Sunday	Week 1: Done! Enjoyed them.
(e.g., Write 1 thing I appreciate about myself)	Journal, Time	Daily PM	Week 1: Getting easier!

(e.g., Try "Carry the World" Push-Ups on knees)	Bodyweight, Space	Mon/Wed/Fri	Week 1: Managed 5 reps. Proud!
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Appendix D: Recommended Online Fitness & Nutrition Resources (Examples)

Here are a few types of online resources that can supplement your GoYou! journey. Remember to always consult with a healthcare professional before starting any new fitness or nutrition program.

- **Exercise Demonstrations & Workouts:**

- **YouTube Channels:** Search for channels focusing on bodyweight exercises, beginner workouts, HIIT routines, or specific exercises mentioned in this book. Look for qualified instructors. (Examples: Fitness Blender, Yoga with Adriene, HASfit)
- **Fitness Apps:** Many apps offer guided workouts, exercise libraries, and tracking features. Some have free tiers. (Search app stores for general fitness, bodyweight, or HIIT apps)

- **Nutrition Information & Recipes:**

- **Reputable Health Organizations:** Websites like the Mayo Clinic, NHS (UK), Healthline, or EatRight.org (Academy of Nutrition and Dietetics) offer evidence-based nutrition information.
- **Recipe Websites/Blogs:** Search for sites focusing on healthy, whole-food recipes. Look for those providing nutritional information if desired. (Examples: EatingWell, Skinnytaste, Budget Bytes)
- **Motivation & Community:**
 - **Online Forums/Groups:** Platforms like Reddit (e.g., r/bodyweightfitness, r/xxfitness, r/EatCheapAndHealthy) or Facebook groups dedicated to fitness and healthy living can offer support and ideas (use discernment).
- **Tracking & Planning Tools:**
 - **Fitness Tracker Apps:** Apps like MyFitnessPal, Cronometer, or Lose It! can help track food intake and exercise (use mindfully, don't obsess).
 - **Workout Log Apps:** Simple apps designed just for logging your exercises, sets, and reps.

Disclaimer: These are general examples. Please research and choose resources that best suit your individual needs, preferences, and goals. The inclusion of specific names does not constitute an endorsement by the author or publisher. Always verify the credibility of online sources.

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