

**TFCG**

*the fit girl gang*

**Three  
Good  
Days**

## Our mental and physical re-set program.

---

### WATCH THE VIDEO FIRST

You guys know how we operate in Gang by now: No detox teas, liver cleanses, juice cleanses, or any other form of extreme shit storm for your gut (PUN VERY INTENDED). But sometimes you go on vacation, have a crazy week of exams, or are forced to deal with something major that throws you off your game entirely. You know you want to get back on it and feel good again...but how?

Enter Three Good Days. This baby has been designed to get you feeling your absolute best again, **MENTALLY & PHYSICALLY**. It was created on a premise that I noticed in my own and my client's actions/behaviours back in 2015. The idea is that all it takes to get back into a healthy, balanced routine again is to commit to Three Good Days of being on it. Two days isn't enough to create habits, and four days can feel like way too much to commit to. Three days is the perfect balance of a little personal challenge, and something so doable that you feel really proud of accomplishing.

We covered the nitty-gritty details and examples in the video, so the following is a concise list of exactly how to follow Three Good Days in each of the three categories: Training, Eating, and Mental Health.

**REMINDER:** This is called "Three Good Days", not "Three Perfect Days". There is no such things as perfection in any of the following areas, not to mention anything in life. If you spend these days fixated on perfection instead of betterment, you're missing the entire point.

## Train

---

- For each of the 3 days, you are going to follow whichever training program you are currently on. That might mean one of our TFGG Training Programs, but since you can use this reset at any point we might be in between Rounds and you might be doing something else, so that works too!
- I recommend to get in either 2 workouts + an active rest day, or 3 workouts (followed by a rest day immediately after you finish Three Good Days).
- Training Mindset: The goal is to go into each session ready to CRUSH IT. Focus on the best form you can possibly have, challenging yourself, and getting shit done.
- Check your ego! You've been off for a while, so it's important not to be hard on yourself. You might have to go down a little in weight, speed, or intensity, but there is nothing wrong with that. Check your ego and push hard where you are at that day! Don't try to overdo it and then get upset with yourself.
- Hydrate it up! Water, water, water the whole time you're training.
- Playlist on fire. Seriously get yourself in the zone with your favourite beats of all time. My forever training fave will always be Jay Z & Linkin Park "Numb / Encore".
- Incorporate mobility into each session! Once again this is something you should always be doing, but it can be the first thing to go when we get overwhelmed and busy. Stretch, foam roll, and know it's an essential component of making your body feel its best.

## Eat

---

- So the truth is that there is no universal “right way” to eat, only a right way for you to eat. If you are someone that gets super sick from dairy or any other specific food group than know you should probably be eliminating it over these three days! These guidelines might seem super generic, but I’m just going to be listing the universals that we all should be following to feel our best.
- Make as much of your own food as you can. Once again, this might not be possible for 100% of your meals and snacks, but make that little extra effort to prepare ahead, have groceries in the house, and go chef mode. PS. Cooking makes for the BEST EVER dates and BFF hang outs. Seriously there is nothing better than saving money, doing something together, and then being so proud of your creation.
- Watch the sugar. Cut out all sweet treats, deserts, and added sugars wherever possible. Use the TFGG Sugar Swap Reference to your advantage!
- Eat your greens! Greens (even just a little) in every meal over the next three days is the goal.
- Make sure you’re getting a balance of all macronutrients into your diet. Proteins, carbs, and fats, are all needed.
- Cut out packaged snacks and pop completely. If it comes in a little plastic or aluminum package, there is likely going to be a ton of unnatural ingredients (and not to mention chemicals).
- HYDRATE :)
- Utilize all of your TFGG content! It’s all there for you, so might as well take advantage right?

## Think

---

- The point of this category is to shift how we think! We want to shift any negative energy or thought patterns from our minds into positive gratitude, and a higher appreciation for life and for ourselves. This one is super simple, but it can't be overlooked, okay?
- Journal for 5 minutes (or more if you like) every morning. Try to get into the habit of doing this first thing when you wake up. There is nothing like starting the day with a grateful heart and knowing you did a little something good for yourself.
- You can journal about whatever you like, but make sure to include the 3 following things:
- Mantra: This will be what you come back to to ground yourself when you feel yourself drifting back into any kind of negative space. You can use the same mantra for all 3 days if it's working well, or try a different one with a different focus each day.
- Things you love about yourself: make sure to include something you love about WHO you are as a person (ie. how you act, think, show love etc) as well as something you love about your physical body.
- What you are grateful for: There is nothing like starting each day reminding yourself how amazing it is just to be alive.