

Rule Book



REBEL
THRIVE **75**

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WELCOME REBELS

I am so glad that you have decided to commit to yourselves and join me on this challenge. We are going to have an amazing time!

75 days may seem long, but I promise, its for a good reason. Habits are hard to break and new routines take time to build. I want to make sure that you have enough time to make the changes, see some real results and find the desire to make these habits permanent.

This program offers enough flexibility for you to make choices about health and fitness that work best for you and your goals, but also provides you with structure so that you don't have to guess. This program also requires discipline, as that is what is needed to get you to your goals with speed and confidence.

You get out of this program what you put into it. You've already taken the biggest step by joining the challenge. NOW, lets buckle down and get you the results.

Miranda Selby

DHN, CPT, CNC



MY 75HARD HISTORY

I started my journey with 75Hard in Sept of 2021. A birthday gift to myself, I wanted to see what I was capable of in terms of mental toughness and self commitment.

I was blown away by what happened. Yes, I lost weight (12.2 lbs of fat to be exact, while also building 3 lbs of muscle), yes I dropped inches (6 inches total with most of the changes occurring in my waist, hips and thighs).

But the results that had the most impact on me and my way of life were far beyond the physical.

The mental clarity, focus and toughness I developed that helped me center myself, prioritize my responsibilities and actually become more productive in all facets of my live.

This is exactly what I hope to recreate for you with my version of this challenge.

I can't wait to do this program right along with you and build on my progress.





PLAN

The program begins Monday, May 1st 2023. On this first day of the program, I suggest you take body measurements using tape measures or body calipers.

You may use the scale for determining a starting weight, but I do not suggest relying on the scale for monitoring progress. Record your weight and measurements and keep them handy to review at the end of the program

Throughout the challenge, you will record your daily tasks and check in with me to prove adherence to the requirements. I also encourage you to journal or track your progress for your own benefit. Progress photos can have a great impact on motivation.

The program ends after midnight on July 14th 2023.

STEPS

1. Complete all 5 tasks, every day, for 75 straight days.
2. Sign in to the app each day to record the completion of the 5 tasks. *To qualify for the \$50 cash back at the end of the program, you need to complete and mark of all 5 tasks on the tracker everyday.*
3. I will be checking the app by 6am the morning after completion
4. You will be allowed 1 pass. If you fail to confirm your completed tasks with me 1 day, you will be "YELLOW carded".
5. If you miss more than 1 day, you are marked "RED" and you no longer qualify for the \$50 cash back.

PROGRAM RULES

I have established these rule to give you the best results and to keep you accountable for your own health and wellness.

● Eat A Clean Diet

I am not asking you to adhere to a specific diet, whatever healthy diet you decide to follow is completely up to you. My only request will be that you keep processed foods out of the mix as much as possible. Try incorporating of whole foods, organic foods and/or natural foods.

NOTE: You are also required to abstain from alcohol during the program

● Drink 1/2 Bodyweight (in oz) of H2O

Ensuring you are hydrated is extremely important to your overall health. A good rule of thumb is to consume half your body weight in oz. That means if you weight 160 lbs., you should be consuming 80oz of water a day.

Note: No need to exceed 1 gallon (128oz)

● Workout

You are required to complete a consecutive 30 minutes (or more) of exercise each day. I am not asking you to do a particular workout routine, you are encouraged to do whatever works best for you; go to the gym, do home workouts, use weights, bodyweight only, run, bike, swim. Do a combination of these, its up to you. It doesn't even have to be the same exercise everyday, it just has to be at least a 30 minute session and it needs to challenge you physically.

PROGRAM RULES

continued

● Get Outside

You are required to get outside and enjoy nature for at least 20 mins each day. Nature has an amazing effect on your health, both mentally and physically. Just 20 minutes boosts your immune system, improves your mood and improves blood pressure and sleep (to name a few).

NOTE: if it is not safe, if you cannot manage it on a particular day, or another issue prevents you from getting outside, You'll need replace your outdoor time with a *second 30 min workout*.

● Read 10 pages OR Meditate for 10 Mins

This rule is meant to provide relaxation, mental expansion and self development. For that reason, I am asking that if you choose to read, the book needs to be **nonfiction, self development** based or the like.

No novels, no short stories, no poetry, magazines, etc.

If you choose to meditate, you can follow any practice you want. Guided meditations, sitting in silence, focused breathing, mindfulness meditations, quiet journaling, etc. There are a ton of resources available online.



@TheReinventionRebel

NOTES ON PROGRESS PHOTOS

While I am not requiring progress photos, I want to take a min to express their importance.

Small changes happen in the body, on the body, and in your appearance that you might miss without photo proof. Further, the scale is a flawed mechanism for monitoring body changes. The weight may stay the same while the body composition is changing, improving and shifting.



I highly suggests taking **at least** weekly progress photos for yourself so that you can monitor the changes.

Also, resist stepping on the scale more than once a week. In fact, I would advise taking weight measurements every 30 days only. That being said, if you are someone who regularly steps on the scale, then I suggest taking an average. Record your weight for at least 3 days and calculate the average weight to get a more accurate record.

SELF ACKNOWLEDGEMENT

I, _____, make this promise, as a show of my commitment to myself, that I will remain focused on my health and wellness for the next 75 days.

I will give my all to the personal growth and development I know I greatly deserve. I am making a pledge on this day to carefully follow through with all my set goals (following the guidelines, completing the 5 daily tasks, and recording my progress daily, prioritizing myself, etc.) and I commit to following the schedules I set for myself to help me minimize distractions and maximize productivity.

I will ask for help when I need it. I will help and support others on this journey. And I will remain compassionate and patient with myself and others throughout the entirety of the next 75 days.

I will do the work. I will make myself proud and I will complete this challenge with ease and grace. I am a Rebel and I am committed.

Date,



Coach,
Miranda Selby

Signature of
participant



YOUR JOURNEY **HAS BEGUN**

Let's Grow Together

www.MirandaSelby.com
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Thanks for joining me!

Check out my other programs and offerings on my website

www.MirandaSelby.com

You will find info on my coaching programs, online courses to continue your health and wellness journey, as well as journals and trackers that I have developed that are available for sale on Amazon!

Blog : Heal-With-It.com Podcast: Rebel Healing

Follow me on social media:



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