



360 Body and Mind Transformation Starter Kit

**Where Neuroscience Meets
Fitness & Nutrition**



“

THE BEST
INVESTMENT
YOU CAN MAKE,
IS AN
INVESTMENT IN
YOURSELF...

- WARREN BUFFET

”



OVERVIEW

This starter kit is a tool to help you map out what you want to change in your life and which areas you want to focus on, so you can actually make it happen.

Alongside personal growth exercises, this guide offers practical nutrition support, including healthy eating habits, smarter food swaps, and simple guidance on protein intake. Small daily choices around nutrition can have a big impact on your energy, strength, health, and long-term results.

Use this Starter Kit to build awareness, create a vision for your future, and develop habits that support both your mind and body.

STEP 1: AWARENESS

Identify the categories of your life that you need to focus on

STEP 2: YOUR VISION OF TRIUMPH

Create your personal vision statement

STEP 3: YOUR PERSONAL GROWTH PLAN

Set a timeframe for yourself and create an outline of your Personal Growth Plan

STEP 4: ACCOUNTABILITY

Tips and resources to help you stay accountable and consistent

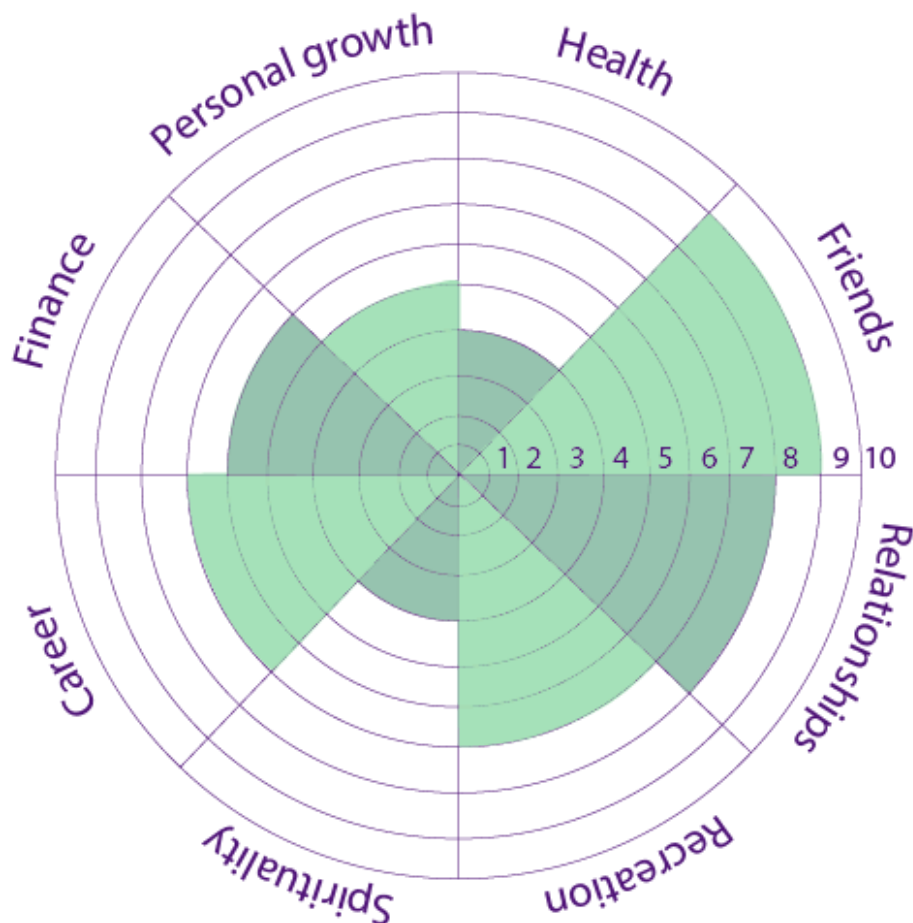


WHEEL OF LIFE

The wheel of life is a great tool that helps you better understand how you can make your life more balanced. Think about your life as if it had 8 categories that you have decided are crucial to constantly work on. Think of the wheel as a scale of 0-10, where the very centre of the wheel represents zero and the outside of the wheel represents ten, the highest point of where you want to be in this area of your life.

Rate yourself in each area by colouring the sections up to those numbers you think you are currently at.

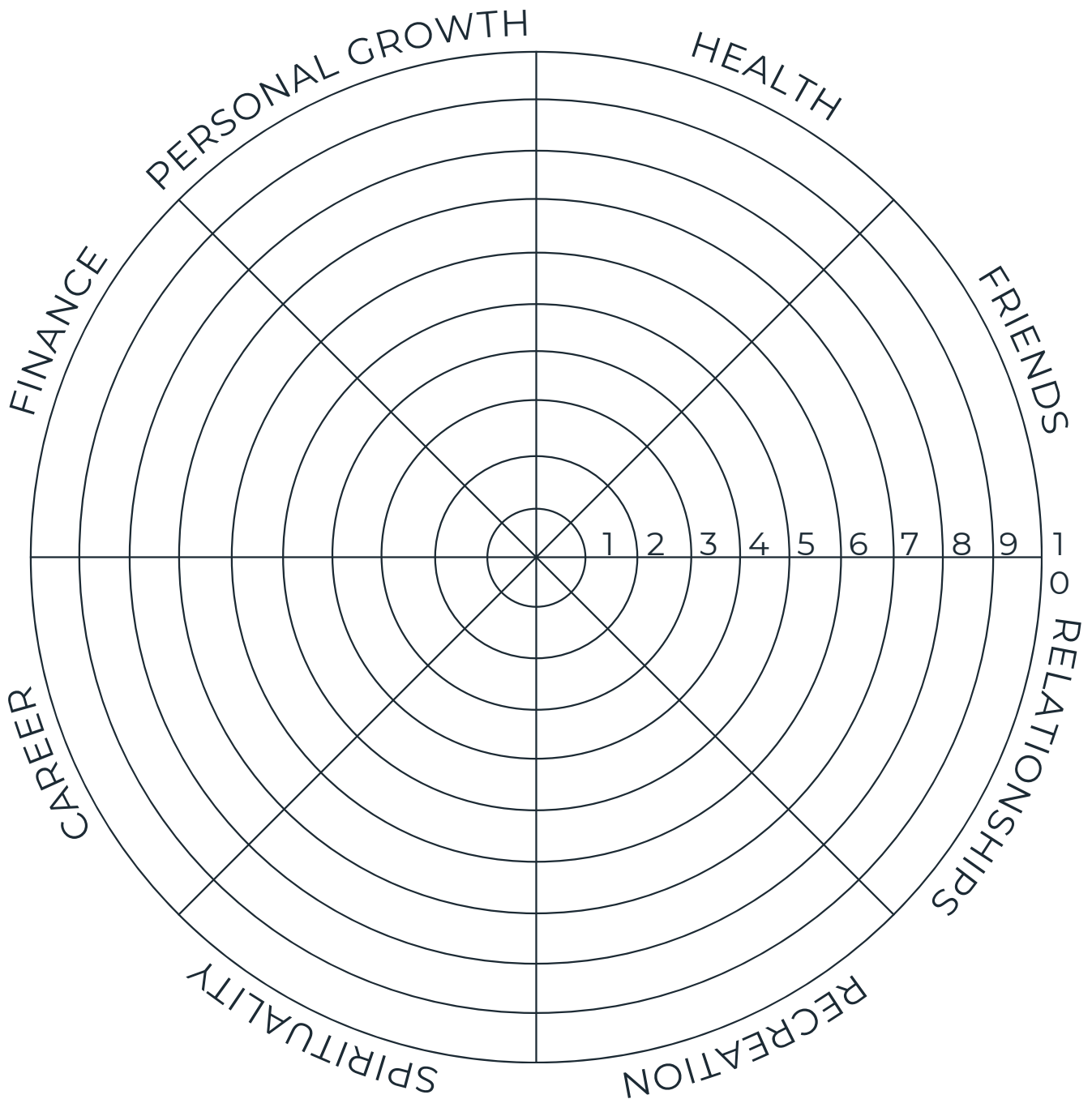
In the example below, you can see that this person's friendship is at 9 out of 10, which is where he wants it to be. However, his health and spirituality are going through a tough period. He is not achieving as much personal growth as he would like, so he rated it 4 out of 10. He would like to improve his finances and his career as well. On the other hand, his relationships are going great, that's why he scored 8 out of 10.



WHEEL OF LIFE

Now it's your turn!

Rate yourself in each area by colouring the sections up to those numbers you think you are currently at.



My scores for each area:

Personal Growth	
Health	
Friends	
Relationships	
Recreation	
Spirituality	
Career	
Finance	

And now, a question for you...

If this wheel was a tire on your car, how would your car run?

You want to make your wheel as round as possible to create a more balanced life, so you can work at the highest level.

To do this, you need to put adequate time, energy and focus into all the areas that matter to you the most!

“

Making the most of your life is unusual. That's why you need to develop unusual habits to earn outstanding rewards.

- Jim Rohn

”



STEP 2: YOUR VISION OF TRIUMPH

Everyone has a vision. The question is whether your vision is consciously designed and is taking you where you want to be in your life, or if you are following someone else's expectations.

When our life is out of balance, we have no sense of control over what is happening, and we tend to engage in reactive behaviour. In contrast, when we move into a more balanced state, we have a sense of inner control about what is happening in our lives.

To get a clearer sense of your vision of triumph, I invite you to close your eyes and imagine yourself at 90, having lived a dream life with a dream job.

Visualise:

- Everything you have accomplished in your personal life and work, how these accomplishments make you feel, and what you are most proud of.
- Your personal and professional successes, what you have done to make them become real and why they are relevant to you.
- Your environment, skills, values, purpose, emotions, and beliefs.

Now you have all the keywords to write down your personal vision statement:

My vision of triumph is that I am _____

Example: I am a healthy and confident CEO. I am running my highly profitable company with passionate employees. I have extraordinary relationships with my friends, family and work teams. I am eager to learn and open to new possibilities.

To make your vision statement more effective, write it in the present tense. This will help your subconscious mind believe that you already have achieved it, which in turn will lead you to take the required daily actions with more ease!



STEP 3: YOUR PERSONAL GROWTH PLAN

AREAS OF FOCUS

Now that you have ranked each area of your life from 1-10, and created your vision of triumph, choose the areas of your life, that you are really committed to focus on consistently.

These areas don't necessarily have to be the areas that you gave the lowest score. Sometimes the areas we score low in are only temporarily that way.

Instead, choose the areas that you feel excited or drawn to work on first. There is room for up to 5 areas below as most people find this number the most manageable, however, it's important to only choose a few (1-2) to work on at a time otherwise it will feel too overwhelming and you will lose motivation. Once these two areas become a habit, you can incorporate more areas to focus on.

1.

WHY is this area important to me and what sacrifices would I need to make to stay committed and consistently work on it?

2.

WHY is this area important to me and what sacrifices would I need to make to stay committed and consistently work on it?



3.

WHY is this area important to me and what sacrifices would I need to make to stay committed and consistently work on it?

4.

WHY is this area important to me and what sacrifices would I need to make to stay committed and consistently work on it?

5.

WHY is this area important to me and what sacrifices would I need to make to stay committed and consistently work on it?

“

Success is the sum of small efforts, repeated day in and day out.

– Robert Collier

”



**MY 1 YEAR AND 90 DAY RESULTS IN
FOCUS AREA #1**

These can be books, meditation, online resources, workout etc.

What Are the Most Important Results, I am committed to achieve now?

Resources I Have Access to That Can Help:

What would need to change in order to score 1 point higher? _____

What would need to change in order to score a 10 in this area? _____

What actions can I take in the next 3-9 months to improve my score?

What daily habits would support my growth in this area? _____

Notes



**MY 1 YEAR AND 90 DAY RESULTS IN
FOCUS AREA #2**

These can be books, meditation, online resources, workout etc.

What Are the Most Important Results, I am committed to achieve now?

Resources I Have Access to That Can Help:

What would need to change in order to score 1 point higher? _____

What would need to change in order to score a 10 in this area? _____

What actions can I take in the next 3-9 months to improve my score?

What daily habits would support my growth in this area? _____

Notes



**MY 1 YEAR AND 90 DAY RESULTS IN
FOCUS AREA #3**

These can be books, meditation, online resources, workout etc.

What Are the Most Important Results, I am committed to achieve now?

Resources I Have Access to That Can Help:

What would need to change in order to score 1 point higher? _____

What would need to change in order to score a 10 in this area? _____

What actions can I take in the next 3-9 months to improve my score?

What daily habits would support my growth in this area? _____

Notes



**MY 1 YEAR AND 90 DAY RESULTS IN
FOCUS AREA #4**

These can be books, meditation, online resources, workout etc.

What Are the Most Important Results, I am committed to achieve now?

Resources I Have Access to That Can Help:

What would need to change in order to score 1 point higher? _____

What would need to change in order to score a 10 in this area? _____

What actions can I take in the next 3-9 months to improve my score?

What daily habits would support my growth in this area? _____

Notes



**MY 1 YEAR AND 90 DAY RESULTS IN
FOCUS AREA #5**

These can be books, meditation, online resources, workout etc.

What Are the Most Important Results, I am committed to achieve now?

Resources I Have Access to That Can Help:

What would need to change in order to score 1 point higher? _____

What would need to change in order to score a 10 in this area? _____

What actions can I take in the next 3-9 months to improve my score?

What daily habits would support my growth in this area? _____

Notes



STEP 4: ACCOUNTABILITY

We tend to talk endlessly about our hopes and dreams, and our desire to achieve our goals. Yet, day after day, month after month, we put our ambitions on hold, and fail to take steps toward our goals.

We procrastinate.

Unless you actually take action and put your concepts - that you developed in STEP 3 - to the test, you will never know if you will succeed or not.

It's crucial to find ways to hold yourself accountable. Accountability keeps you striving toward your goals and reaching your 90 day and 1 year results.

Accountability accelerates your performance by helping you make consistent and steady progress. So STOP DREAMING and START DOING by using the below tips and resources to hold yourself accountable:

1. Schedule the dates in your calendar to keep you on track with your plan.
2. Add reminders to your phone for your daily habits you want to stick to.
3. Print your Personal Growth Plan (from STEP 3) and put it on your Visual Wall, where you will see it every day.
4. Get an accountability partner, someone who will hold you accountable. When you are working independently, it can be hard to stick to your own plans. Tell a friend or family member about your goals. You could even have them go through this exercise too so you are in it together.
5. Schedule a date in your calendar to re-evaluate your progress in 6 weeks. Go through the Wheel of Life exercise again and see how you rank in the areas of focus that you have been working on.
6. Overcome self-sabotage. Self-sabotage is our subconscious way of limiting our success. It often arises from a fear of being pushed outside of our comfort zone. It is a self-destructive loop that smashes our goals. If you have ever set goals for yourself and then failed to follow through, you have probably fallen into a pattern of self-sabotage. To hold yourself accountable, you also have to understand what you are doing that prevents your progress and identify your negative patterns. What are your triggers? How do you allow your fears to hold you back? Be on the lookout for ways in which you may be undermining yourself.
7. Use the worksheets on the next pages to consistently work on your areas of focus. Use them as digital resources or print them out and create your own personal success journal! 😊



WEEKLY REVIEW

Habits are long-term solutions, whilst goals are only short-term ones. A weekly review is an opportunity to direct your life with intention. It's dedicated time to think about the past week, reflect on what went well and what didn't, and plan for the week ahead. It's a chance to get aligned with your goals and areas of focus, and ensure that the work you are doing on a daily basis is helping you reach them.

FOCUS OF THE WEEK

ACTION STEPS FOR THE WEEK

SELF-REFLECTION: WHAT DID I DO WELL LAST WEEK?

HABIT TRACKER

01

02

03

04

05

05

(S)	(M)	(T)	(W)	(T)	(F)	(S)
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Personal Growth Contract

I _____, commit to consistently work on _____

for the next 12 weeks. The reason WHY I want to commit to consistent

actions and develop new habits is _____

I am excited to prove to myself that I can achieve my 90 day and 1 year

results, plus anything I set my mind to, because _____

Signature : _____

Date : _____

Print out your signed contract and put it on your Visual Wall, so you can stay focused and accountable!



SECTION 2: HEALTHY EATING





TOP Sugars



NUTRITIOUS CARB

Sugar, flour & processed foods can wreak havoc on our health, energy, and ability to reach our goals.

Try these swaps to ditch the white stuff and add more nutritious carbs to your diet.

INSTEAD OF THIS...



...TRY THIS!

- SPIRALISED COURGETTE
- BUTTERNUT SQUASH
- SWEET POTATO "NOODLES"
- SHIRITAKI NOODLES
- EDAMAME PASTA



- BROWN RICE
- QUINOA
- CAULIFLOWER RICE
- ANY WHOLE GRAIN

- HIGH FIBRE BREAD WITH MORE THAN 7G OF FIBRE



- LETTUCE WRAPS
- NORI WRAPS
- ANY HEARTY LEAF LIKE CABBAGE OR COLLARDS AS A WRAP
- HIGH-PROTEIN WRAPS

INSTEAD OF THIS...



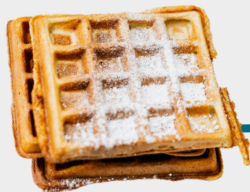
- SWEET POTATOES
- BEET
- SQUASH



- STEEL CUT OATS
- CHIA PUDDING
- PROTEIN POWER BOWLS



- BERRIES & 80% DARK CHOCOLATE



- STEVIA
- MONK FRUIT SWEETENER



- VEGGIE FRIES IN THE AIR FRYER LIKE
- GREEN BEANS
 - TURNIPS
 - CARROTS



- VEGGIES LIKE PEPPERS OR CUCUMBERS LIKE CRACKERS & TOP WITH YOUR FAVE THINGS



LOW CALORIE/ SUGAR BEVERAGE

Drinks and other liquids are among the biggest sources of empty calories and sugar in our diet.

Depending on what you normally drink, if you follow these simple swaps you can cut your sugar intake by up to 50%!

INSTEAD OF THIS...



DRINK THIS!



SPARKLING NATURALLY
FLAVOURED WATER (BRANDS LIKE
DA-SH, VOSS, RADNER)



SODA WATER OR FLAT WATER
INFUSED WITH CUCUMBER, LEMON,
LIME, HERBS, OR BERRIES



SPIRITS LIKE GIN, VODKA, WHISKEY
STRAIGHT, OR WITH LOW SUGAR MIXERS
LIKE DIET TONIC OR SPARKLING WATER.



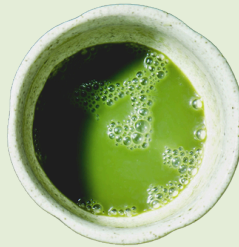
UNSWEETENED ALMOND
OR CASHEW MILK (TRY NOT
TO USE IT AS A BEVERAGE)

BLACK COFFEE, COFFEE WITH A
SMALL SPLASH OF UNSWEETENED
COCONUT OR CASHEW MILK



INSTEAD OF THIS...

DRINK THIS!



GREEN TEA



HERBAL TEAS



UNSWEETENED
ICED TEA



BLACK TEA



SUGAR FREE (STEVIA SWEETENED)
CAPUCCINO



MINT INFUSED
HOT WATER

4

Holistic

HABITS

TO REDUCE CRAVINGS AND
BALANCE HORMONES

These easy-to-implement tricks & habits will help you balance hormones & reduce cravings to get to your health and/or weight loss goals without getting overwhelmed.

FOLLOW THE 80/20 RULE

When we try to be 100% perfect with our eating, it can lead to a negative "good or bad" / "on or off" relationship with nutrition which can lead to cravings. Aim to focus your plate, meal, or day around 80% from nutritionally dense foods (think real, whole foods) and leave 20% not so nutritionally dense (think processed, refined foods) so there are no foods that are considered off limits

BALANCED MEALS = BALANCED HORMONES

To easily balance hormones, every meal or snack should include a balance of protein, fiber (preferably low glycemic or complex carbs), and healthy fat. This not only helps to balance blood sugar but it will help with cravings especially if weight loss is your goal.

ADEQUATE PROTEIN AT EVERY MEAL

Protein is the most satiating macronutrient. It will keep you feeling full for longer periods. This will also keep you from snacking in between meals. A good starting range is 25-30g per meal. Protein can come from many animal- or plant-based sources.

HYDRATE, HYDRATE, HYDRATE

Thirst can often be confused with hunger. If you are dehydrated, you may have strong cravings for food while in fact, you just need to hydrate. Before grabbing a snack, have a cup of water first. Daily goal? Aim to drink 2-3L throughout to make sure you are not dehydrated

THE HAND METHOD

FOR PORTION CONTROL



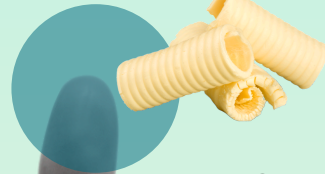
CLOSED / CLENCHED FIST

= 1 portion or approx 100g of cooked carbohydrates (grains, rice, starches, veggies) or fruits



PALM

= 1 portion or approx. 85-110g of protein (meat/fish/poultry)



FINGER TIP

= 1 teaspoon of butter, sugar, honey or condiments



THUMB

= 2 tablespoons of dairy (Ex cheese) or nut & seed butters (1 tablespoon is from your knuckle to the tip)



CUPPED HAND

= 1 portion or 70g of nuts or dried fruits

Protein POWER

Midlife brings a number of changes to the body, including a gradual loss of muscle and slower recovery. Getting enough protein is a game-changer because it:

- Helps maintain your muscle mass as hormones change,
- Keeps you satisfied so you're not reaching for snacks all day,
- Supports your metabolism as it naturally slows, and
- Gives your body the building blocks it needs to make hormones.

Aim for around 1g of protein per pound of body weight per day. So if you weigh 120 pounds, you may aim to consume 120 g of protein per day.

35g Protein CHEAT SHEET

An easy way to build around 35g of protein into each meal when eating 3 main meals per day:

- ✓ 6 oz (170g) boneless, skinless chicken breast = ~38g
- ✓ 5 oz (140g) turkey breast + ½ cup (120g) Greek yogurt = ~35–37g
- ✓ 5 oz (140g) salmon + ½ cup (120g) cottage cheese = ~36g
- ✓ 1 can tuna + 3 eggs = ~40g
- ✓ 4 oz (113g) lean beef + 2 eggs = ~37g
- ✓ 1 scoop whey protein + 200g Greek yogurt = ~40g

Plant-Based Options

- ✓ 8 oz (225g) tofu + 1 cup (155g) edamame = ~42g
- ✓ 3.5 oz (100g) tempeh + 1 cup (200g) lentils + nutritional yeast = ~35–38g
- ✓ Vegan protein shake (2 scoops) + 1 cup edamame = ~38g



MEET YOUR COACHES

Coach Zita

Fitness and Nutrition Coach

I am here to help you figure out exactly what foods to eat to achieve your fat loss goals and design a movement plan that supports your body's needs.



Coach Terry

Neuro - Psychology and Body Image Coach

Using neuroscience, I am here to help you rewire emotional eating, break through self-sabotage, and shift the deep-rooted patterns keeping you stuck, because fat loss or body transformation isn't just physical, it's mental and emotional, too.



MEET YOUR COACHES

We believe everyone deserves to feel strong, confident, energised, and capable in their body. Too often, busy lifestyles, stress, work demands, and daily responsibilities can lead people to accept low energy, declining health, or feeling disconnected from themselves as “just part of life.”

We believe the opposite. No matter where you are starting from, there is always an opportunity to become stronger, healthier, and more resilient, physically and mentally.

For over a decade, we have been helping people transform their health through a holistic approach that goes beyond workouts and meal plans. We combine smart strength training with neuropsychology and neuro-nutrition, recognising that lasting change is not just about what you do, but understanding why you do it. By supporting both the body and the brain, we help improve mindset, build healthier habits, strengthen the relationship with food, and create sustainable change that lasts.

Our goal is not simply to help you lose weight; it's to help you build strength, increase energy, improve confidence, and create a healthier lifestyle that supports you for years to come.



WHAT'S NEXT?

This is just the beginning of your journey towards becoming stronger, healthier, and more confident.

Real transformation doesn't happen from one workout, one meal, or one week; it happens through small actions repeated consistently over time. Every step forward matters, and every choice you make is building the future version of you.

If you're ready to keep the momentum going, we'd love to invite you to join the waitlist for our upcoming:

Stronger Together Challenge (14 Days)

A supportive challenge designed to help you build momentum, strength, create healthy habits, boost confidence, and take the next step in your journey together.

Join the waitlist and be first to hear when doors open:

<https://www.synapticfitfusionpros.fit/stronger-together-challenge>

Rewire your habits!
Transform your body...
... For results that last!

