

# 10 Keys To Success

- **Key to Success #1:** Treat your workout like your job
- **Key to Success #2:** Build a good support system
- **Key to Success #3:** Stick to your nutrition plan and keep it realistic
- **Key to Success #4:** Remember, just because you missed a few days of working out, do not think you've lost it all
- **Key to Success #5:** Log in your meals into your Success Journal
- **Key to Success #6:** Weigh in every week
- **Key to Success #7:** Eat 60-90 minutes before you workout
- **Key to Success #8:** Eat 30-60 minutes after you workout, to help recuperate your muscle.
- **Key to Success #9:** Listen to one coach
- **Key to Success #10:** Always ask as many questions as you have & feel free to contact me at [sam@fitconcepts.com](mailto:sam@fitconcepts.com) or (909) 393-9075.