



THE 5-MINUTE ROADBLOCK FINDER

Find out what's most likely
getting in the way of your
results – and what you
should work on first.

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You're exercising.
You're trying to eat better.
You're making an effort.

But somehow, the change you want still isn't happening.

Maybe your body looks or feels different than it used to. Maybe your clothes fit differently. Maybe you're getting stronger but not seeing the body changes you expected. Or maybe you simply feel like you're putting in far more effort than the results you're getting back.

Before you add another workout, cut another food, or start another plan, let's figure out where the gap actually is.

This quick check looks at four areas that can make a bigger difference than simply doing more:

FOUNDATION · FOOD · CONSISTENCY · EXPECTATIONS

Answer honestly. There are no "good" or "bad" answers.
Your lowest score is the area I want you to look at first.

HOW TO SCORE YOURSELF

For each question:

YES = 1 point
SOMETIMES = 0.5 point
NO = 0 points

Don't overthink it. Your first answer is probably the most useful one.

This is a snapshot, not a diagnosis or a measure of how "healthy" you are.

01 – FOUNDATION

C O R E

Are you giving your body enough support to actually do what you're asking it to do?

Exercise is only one part of the picture.

If you're constantly tired, sleeping badly, under-eating, barely moving outside your workouts, or never giving yourself time to recover, adding more exercise isn't necessarily the answer.

How often is this true for you?

1. I usually get enough sleep to feel reasonably rested during the day.

☐ YES / ☐ SOMETIMES / ☐ NO

2. I have enough energy for my normal workouts and daily life.

☐ YES / ☐ SOMETIMES / ☐ NO

3. I eat enough nutritious food – including enough protein – to support my goals.

☐ YES / ☐ SOMETIMES / ☐ NO

4. I give myself enough time to recover between harder workouts.

☐ YES / ☐ SOMETIMES / ☐ NO

YOUR FOUNDATION SCORE: ____ / 4

IF THIS IS YOUR LOWEST SCORE:

Start here. Don't build a bigger workout plan on top of a lifestyle that isn't supporting you. Pick **one** thing that is dragging your foundation down and work on that first.

It might be getting to bed earlier, eating a proper meal instead of constantly grabbing something small, increasing protein, or giving yourself an easier recovery day.

And remember, **you don't need to fix everything at once.**

02 – FOOD

C O R E

Are you eating for your goal – or simply eating “healthy”?

Eating nutritious food is important. But “healthy” and “right for my goal” aren't always the same thing.

- If your goal is fat loss, you generally need to eat less energy than you use over time.
- If your goal is to maintain your weight, your intake and expenditure need to roughly balance.
- If your goal is to build muscle, you need enough food and protein to support training and recovery.

So ask yourself: **Does what I'm eating actually match what I'm trying to achieve?**

How often is this true for you?

1. I'm clear on what I'm actually trying to achieve right now.

☐ YES / ☐ SOMETIMES / ☐ NO

2. I have a reasonable idea of how much I'm eating, rather than assuming healthy food automatically means the amount is right for my goal.

☐ YES / ☐ SOMETIMES / ☐ NO

3. I pay attention to the easy-to-miss extras: oils, dressings, sauces, nuts, cheese, granola, drinks, snacks, larger portions, weekends, etc.

☐ YES / ☐ SOMETIMES / ☐ NO

4. My eating is reasonably consistent across the whole week – not just on the days when I'm “being good.”

☐ YES / ☐ SOMETIMES / ☐ NO

YOUR FOOD SCORE: ____ / 4

IF THIS IS YOUR LOWEST SCORE:

Don't immediately start another diet.

For the next 7 days, simply pay closer attention to what you're actually eating. Look at portions, extras, drinks, snacks and weekends.

The goal isn't to become obsessed with food.

It's to find out whether your current eating actually matches your goal.

03 – CONSISTENCY

C O R E

Are you actually doing it as consistently as you think?

This one is easy to miss.

You remember the workouts you did. You remember the healthy breakfast. You remember the good days. You often forget what you didn't do.

The missed workouts. The days spent sitting. The takeaway after a stressful day. The poor sleep. The weekend that turned into three days. The week you never quite got back on track.

One missed workout doesn't matter. One off day doesn't matter. **Repeated patterns do.**

How often is this true for you?

1. I usually complete the workouts I planned to do.

☐ YES / ☐ SOMETIMES / ☐ NO

2. I move regularly outside my workouts rather than spending most of the day sitting.

☐ YES / ☐ SOMETIMES / ☐ NO

3. I notice when work, travel, stress, social plans or poor sleep are disrupting my routine.

☐ YES / ☐ SOMETIMES / ☐ NO

4. When I have an off day or week, I get back to my routine rather than waiting for the “perfect” time to restart.

☐ YES / ☐ SOMETIMES / ☐ NO

YOUR CONSISTENCY SCORE: ____ / 4

IF THIS IS YOUR LOWEST SCORE:

Your first job isn't to become more disciplined.

It's to identify what you repeatedly drop. Maybe it's workouts when work gets busy. Maybe it's daily movement. Maybe it's your eating at weekends. Maybe one missed day turns into an entire week.

Pick the pattern that causes the most disruption and **work on getting back quickly.** The goal isn't a perfect week. **It's a week you can repeat – and return to when life gets messy.**

04 – EXPECTATIONS

C O R E

Are you changing the plan before giving it enough time to work?

You start something. You do it for a couple of weeks. You don't see a dramatic difference. So you assume it's not working. Then you try something else.

This can leave you constantly changing the plan without ever giving one approach enough time to produce a meaningful result.

And the older we get, the more likely it is that the things that worked quickly in our 20s don't produce exactly the same results now.

That doesn't mean your body can't change.

It means you may need a little more intention – and a little more patience.

How often is this true for you?

1. I give a new routine more than a couple of weeks before deciding whether it works.

☐ YES / ☐ SOMETIMES / ☐ NO

2. I look at more than just the number on the scale when judging progress.

☐ YES / ☐ SOMETIMES / ☐ NO

3. I understand that meaningful changes in body composition, strength and fitness take time.

☐ YES / ☐ SOMETIMES / ☐ NO

4. I don't immediately change my plan whenever progress feels slower than I expected.

☐ YES / ☐ SOMETIMES / ☐ NO

YOUR EXPECTATIONS SCORE: ____ / 4

IF THIS IS YOUR LOWEST SCORE:

Before changing your plan, ask yourself one question: Have I actually given this enough time to work?

If the answer is no, give your current approach more time. Keep the basics consistent. Track a few meaningful signs of progress. Then reassess rather than constantly starting again.

YOUR RESULTS



Add up your score for each section. Your lowest score = your biggest gap.

AREA	SCORE
FOUNDATION	____ / 4
FOOD	____ / 4
CONSISTENCY	____ / 4
EXPECTATIONS	____ / 4

You don't need to fix everything at once. **In fact, trying to fix everything at once is often how people end up doing nothing consistently.** Start with your lowest-scoring area.

WHAT YOUR SCORE MEANS & YOUR FIRST MOVE

FOUNDATION

Your lifestyle may not be giving your body enough support for the changes you're asking from it.

Your first move: improve one foundation habit – sleep, food, energy, recovery or daily movement.

FOOD

Your food choices may be healthy, but they may not be matching your goal.

Your first move: spend 7 days paying attention to portions, extras and overall intake before making major changes.

CONSISTENCY

Your good days may not be adding up to enough consistency across the whole week.

Your first move: identify what you most often drop – and make getting back to it your priority.

EXPECTATIONS

You may be changing direction before your current approach has had enough time to work.

Your first move: give your plan a proper window and use more than one measure of progress.

YOUR 7-DAY ACTION PLAN



Now make this practical.

MY BIGGEST GAP:

THE ONE THING I'M GOING TO WORK ON:

WHEN / WHERE I'LL DO IT:

WHAT I'LL DO IF I MISS A DAY:

WHAT I'LL CHECK AFTER 7 DAYS:

Keep it simple.

You are not trying to become a completely different person this week.

You're trying to find out what happens when you fix one thing that actually matters.

SO...WHAT'S THE POINT?

C O R E

If your score showed you a gap, that doesn't mean you've been doing everything wrong.

It means there may be a disconnect somewhere between:

- **what you eat**
- **how you train**
- **how much you move**
- **how you recover**
- **and what you actually do consistently.**

**You can't out-exercise an eating pattern that doesn't match your goal.
You can't out-diet a lifestyle that leaves you exhausted, inactive
and constantly restarting.**

And you don't need to do everything perfectly.
You do need the important pieces to work together.
That's where CORE comes in.

CORE brings everything together through five steps:

REVIEW

Understand where you are now, what's working, what isn't, and what needs attention first.

RESTART

Get the foundations back in place – sleep, stress, energy, nutrition and the basics that support everything else.

REBALANCE

Look at the things that may be affecting how you feel day to day, including digestion, food and your relationship with what you eat.

REBUILD

Build a stronger, fitter, more capable body through strength, movement and running.

ROOT

Turn the changes into everyday habits so you can keep moving forward – even when life gets busy, messy or unpredictable.

Because your body isn't a collection of separate problems.
The way you eat, move, recover and live all affect each other.

CORE helps you put those pieces together – and build from where you actually are.

👉 Click here to **EXPLORE CORE**

C O R E

A FINAL NOTE

**You don't need another perfect plan.
You probably don't need to work harder just for the sake
of working harder.
First, figure out what's actually getting in your way.
Then fix that.
One piece at a time.**

DISCLAIMER

This 5-minute CORE check is designed for general educational and self-reflection purposes. It is not a medical assessment, diagnosis, or substitute for professional medical advice.

If you have persistent, severe, or concerning symptoms, or have a medical condition that affects your health, nutrition, movement, or energy, speak with an appropriate healthcare professional.

CORE does not diagnose or treat medical conditions.

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REBUILD YOUR BODY
FROM THE INSIDE OUT

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