RULES/COMMITMENTS

60 Days of Fitness Commitment

Soul 60 is a 60 day program, providing a comprehensive outlook for individuals of every fitness level.

Daily Fitness Commitment

All that is require is to allocate one hour, daily, to diverse fitness activities, whether it's CrossFit, BJJ, Burn (class at Soul gyms), Body Building, Weightlifting, Powerlifting, Cardio, MMA, Recreational Sports, Running, etc. If you have a question or are wondering if it counts as a fitness activity, you can post on our group.

Weekly Fitness Commitment

We will be taking things outside. Dedicate at least one hour each week to outdoor fitness, contributing to your daily fitness commitment. This will help ensure that your daily step goal is met and connect with the world around you. We are aiming for at least 5,000 daily steps.

Stretching/Mobility

At least three times a week, you should invest 30 minutes to stretching and mobility exercises which will help foster flexibility and prevent injuries.

Nutrition

Adopt a balanced approach: no alcohol, no added sugar, and no cheat meals.

The goal is to include one daily serving of fruit and vegetables. You should also hydrate with at least half of your body weight in ounces of water daily.

Mindfulness

You should aim to dedicate 10 minutes, daily, to mindfulness practices based on your preference. This can include:

- Journaling: Reflect on experiences, set goals, and track progress.
- Meditation: Center thoughts, find inner peace, and enhance focus.
- Breathing Exercises: Incorporate breathwork for relaxation and mental clarity.
- Reading: Immerse yourself in uplifting literature.
- Other: Explore various mindfulness practices that resonate with you.

Community Engagement

We encourage you to join our Team Soul Gym group on WhatsApp. This is where participants have access Team Soul Coaches who will be to answer questions, perform daily check ins, post educational content, help with fitness or nutrition questions, and more.





