

# HIGH-PERFORMANCE HABITS

*YOUR 5-STEP SYSTEM TO BUILD A FIT BODY & STRONG MIND*

# INTRODUCTION

If you're reading this, there's a good chance you've been where I once was: low energy, frustrated with your health, and wondering why nothing seems to stick. You've tried the workouts, the meal plans, the "I'll start Monday" promises… but life keeps throwing you curveballs. Things never really slow down, and you never quite get the traction you want.

**Here's the truth:** it's not about willpower, discipline, or even time. The reason you're stuck is because you don't have a system—a framework that works no matter how busy life gets.

That's exactly what this guide is built to give you. These aren't random tips or another cookie-cutter program. This is the exact 5-step foundation I've used to help hundreds of people build the strongest, leanest, and most energized version of themselves—without burning out, stressing out, or starting over every few months.

I've lived this. I started with poor health and zero direction. I had to figure out what actually works in the real world, *and now I'm here to hand you that playbook.*

Let's build something that lasts.

*BRAD BECCA*



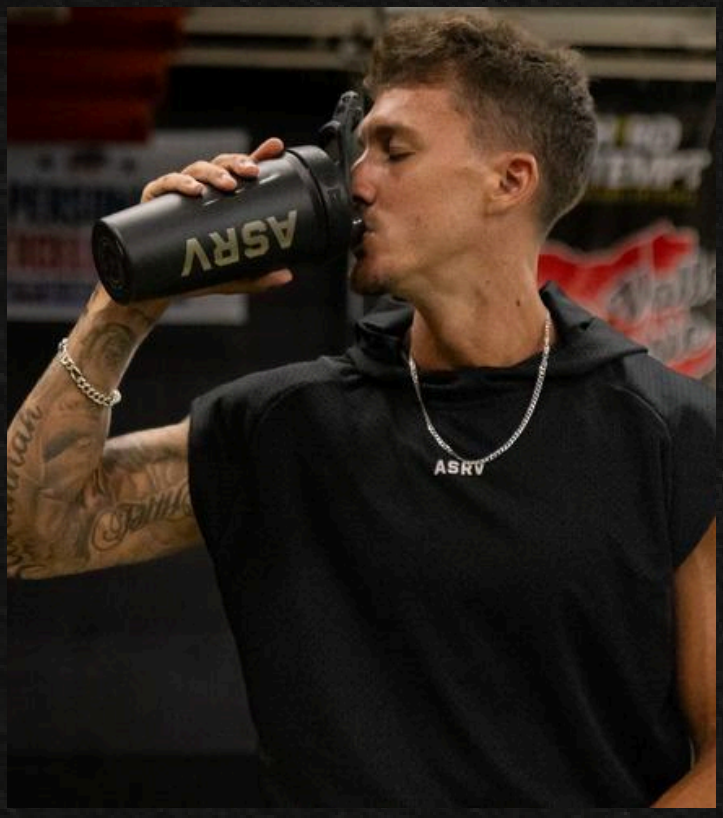



Your **morning routine** sets the tone for your entire day. If you start reactive—rushing to work, skipping movement, and chugging coffee—you'll stay in survival mode. Instead, *take control!*

# HIGH-PERFORMANCE HABIT: HYDRATE IMMEDIATELY

*First thing* in the morning, before coffee, before checking your phone, **drink 16–20 oz of filtered water**. You've just gone 6–9 hours without fluids, and your body is dehydrated.

Morning hydration kickstarts your **metabolism**, wakes up your **digestive system**, and **recharges** your brain for the day ahead.




Add a pinch of high-quality **sea salt** or a scoop of **electrolytes**. This improves absorption, replenishes minerals lost overnight, and helps you feel alert faster.

# HIGH-PERFORMANCE HABIT: MORNING MOVEMENT

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TRY THIS FLOW:

NECK CIRCLES → SHOULDER CARS → SPLIT STANCE TOE TOUCH → THREAD THE NEEDLE → CAT COW

# HIGH-PERFORMANCE HABIT:

# SET DAILY INTENTIONS

Before you get swept into the noise of the day, take two minutes to get clear on what matters most.



## HOW TO SET DAILY INTENTIONS

### ✓ CHOOSE YOUR TOP 3 PRIORITIES

- one personal
- one professional
- one health-related

### ✓ PHRASE THEM AS WINS

- Instead of “go to the gym” write “Complete my workout”

### ✓ ANCHOR THEM TO YOUR BIGGER GOALS

- Make sure your daily actions move you toward your bigger vision.




You don’t need to count every single **macro**, but you do need a **strategy**. Most people under-eat **protein** and miss key **nutrients** that are essential for energy, recovery, & muscle retention. Your **strategy** is to think of food as **fuel** and keep it simple & sustainable!

# HIGH-PERFORMANCE HABIT:

# PRIORITIZE PROTEIN FIRST

Why prioritize protein over other nutrients?

- **IT BUILDS & MAINTAINS LEAN MUSCLE.**
  This is critical for strength, metabolism, and overall function.
- **IT KEEPS YOU FULLER LONGER.**
  Protein is the most satiating macronutrient, reducing cravings.
- **IT SUPPORTS RECOVERY.**
  Your muscle tissue will have an easier time repairing after workouts and enable you to perform at your best.
- **IT STABILIZES BLOOD SUGAR.**
  Protein helps prevent energy crashes and mood swings.



## DAILY GOAL:

Aim for 0.7–1 gram of protein per pound of goal body weight per day.

# STEP TWO: *MASTER YOUR PLATE*

## SOURCES OF PROTEIN



### ANIMAL-BASED

- Chicken breast
- Turkey
- Lean beef
- Salmon
- Eggs
- Greek yogurt
- Cottage cheese



### PLAT-BASED

- Lentils
- Chickpeas
- Tofu
- Tempeh
- Edamame
- Quinoa



### ON-THE-GO

- Protein shakes
- Jerky
- Protein bars (minimal added sugar)

- ✓ Prep high-protein meals/snacks in advance so you're never "caught hungry."
- ✓ Add a scoop of protein powder to your morning smoothie or oats.
- ✓ Snack on boiled eggs, cottage cheese, or Greek yogurt instead of chips.

# HIGH-PERFORMANCE HABIT:

# PORTION FOOD PROPERLY

Once you master portion sizes, you will be building balanced plates on autopilot.

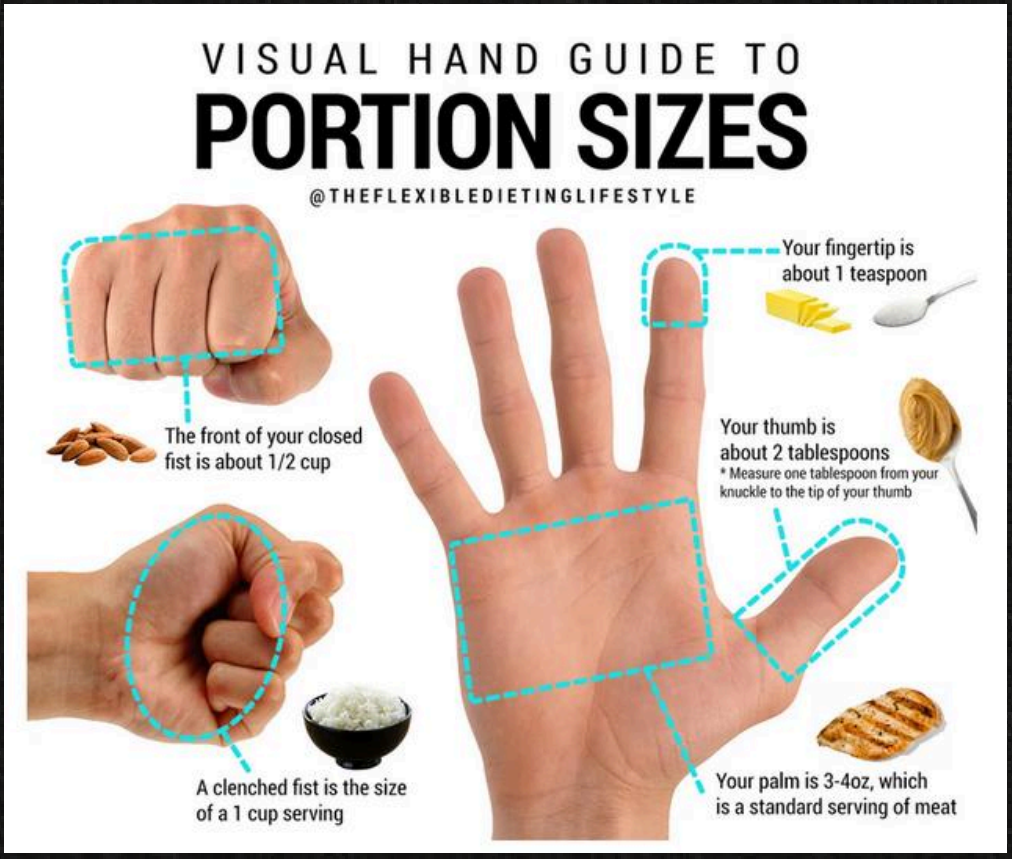
## HALF OF YOUR PLATE SHOULD BE MICRONUTRIENT-RICH FOODS

**Examples**: Vegetables and fruits like broccoli, asparagus, zucchini, carrots, peppers, berries, apples, & oranges.



Aim for 3+ colors on your plate — more colors mean a wider range of vitamins, minerals, and antioxidants.

# MEMORIZE COMMON SIZES FOR QUICK PORTIONING




You don't need a food scale for every meal— you just need a framework.

**Portion control** is about giving your body *the right amount of fuel* for your goals without **overeating** or **undereating**.

## ADJUST YOUR PORTIONS TO MATCH YOUR GOALS:

**FOR FAT LOSS:**
Start at the lower end of these portion ranges.

**FOR MUSCLE GAIN:**
Increase portions slightly.

**Listen to hunger cues:**
Eat until you're 80% full, not stuffed.

# HIGH-PERFORMANCE HABIT:

# THINK SMART: CARBS+FATS

**Carbohydrates** and **fats** aren't the enemy — the wrong sources and portions are. *Quality carbs* replenish **glycogen stores**, keeping your energy high for training and daily performance. Pair them with *healthy fats* that support **hormone production**, **brain health**, and **recovery**.



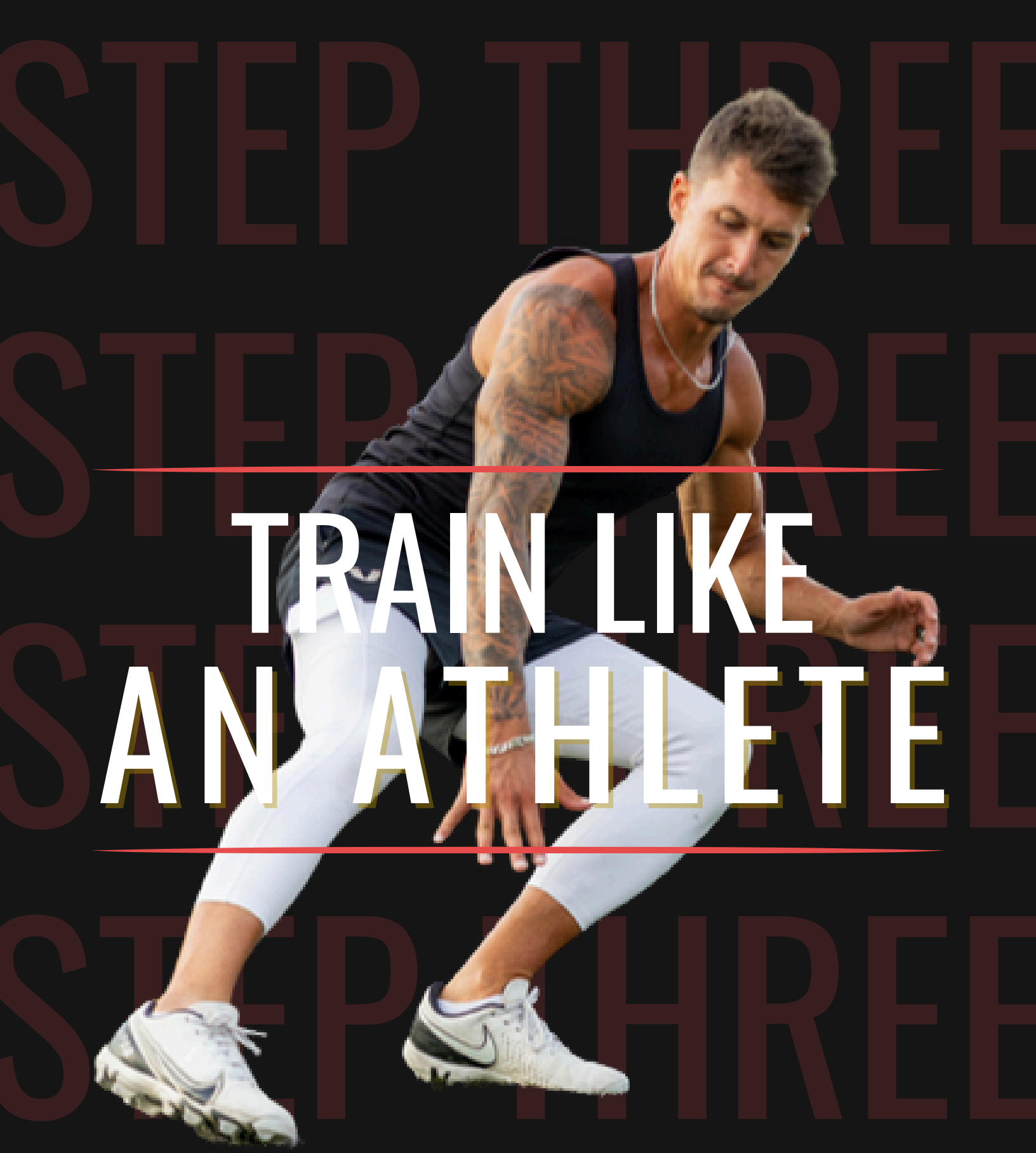
## QUALITY CARBS

- Sweet potatoes
- Brown rice
- Quinoa
- Oats
- Beans
- Lentils
- Whole fruit (especially berries, bananas, apples)



## HEALTHY FATS

- Avocado
- Olive oil
- Nuts & nut butters
- Seeds
- Fatty fish (salmon, sardines)
- Grass-fed butter
- Ghee
- Coconut oil



# TRAIN LIKE AN ATHLETE

Forget boring workouts. We're training for *longevity, strength, & function*! It's not just about **looking** good, it's about **moving** well, **performing** better, & **feeling** unstoppable.

# HIGH-PERFORMANCE HABIT:

# FOLLOW THE FORMULA

Get in the habit of following a formula, and then training like an athlete will become second nature. My **high-performance formula** is built on three foundational pillars, which we'll explore in depth.

1. **STRENGTH TRAINING**
2. **EXPLOSIVE MOVEMENTS**
3. **DAILY WALKING**




### WHY THIS WORKS

This approach trains your whole system— *strength, speed, coordination, balance*— so you perform better in **life**, not just in the **gym**.

## 1 STRENGTH TRAINING

Athletes aren't built on random workouts— they're built on mastering the basics and getting stronger in **key movement patterns**. These movements train your body to be **stronger**, more **athletic**, and **injury-resistant**.

Build your workouts around these key movement patterns. Master them, progress them, and you'll have the strength foundation to excel in any sport *and* in life.

Aim for 3-4 strength training sessions per week to keep you strong & lean.



### THE 8 FOUNDATIONAL PATTERNS

**Squat** – Lower body strength & power
**Hinge** – Posterior chain strength (deadlifts, hip thrusts)
**Lunge** – Single-leg strength & stability
**Push (Horizontal)** – Chest, shoulders, triceps
**Push (Vertical)** – Overhead pressing power
**Pull (Horizontal)** – Back strength & posture
**Pull (Vertical)** – Lats & upper back development
**Carry** – Core stability & total-body strength

## 2 EXPLOSIVE MOVEMENT

Explosive movements train your nervous system to **react faster**, **move quicker**, and **produce more force** in less time— exactly what athletes need to dominate. Even if you're not competing, this type of training keeps you sharp, powerful, and agile as you age.

Keep explosive work *short*, *intense*, and *high-quality*. Full recovery between sets is key — the goal is max output, **not** fatigue.

### EXAMPLES OF EXPLOSIVE MOVEMENTS

- **Short sprints (10–40 yards)**
- **Box jumps**
- **Medicine ball slams & throws**
- **Broad jumps**
- **Plyometric push-ups**
- **Kettlebell swings**

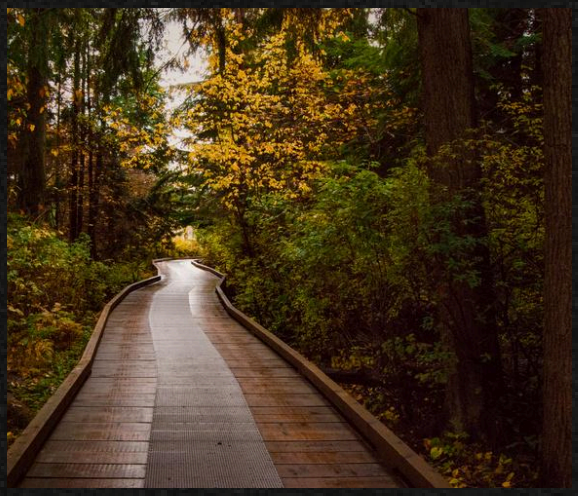


# 3 DAILY WALKING

Walking keeps your **body moving**, your **joints healthy**, and your **mind clear** without adding stress to your system. It boosts recovery, supports fat loss, and improves cardiovascular health. Don't discount this part of the formula just because it's easy.

Even short walks on the regular will make an impact. Post-meal walks (5–10 minutes) will help control your blood sugar, improve your digestion, and give you a mental reset.





## DAILY GOAL

Aim for **8,000–12,000 steps** spread throughout your day. Break it up into short walks after meals, during work breaks, or as part of your morning or evening routine.




You cannot perform at a high level if you're constantly in "fight or flight" mode. Recovery & self-care is important. **Real progress** begins when the body is relaxing, rebuilding, & recovering.

# HIGH-PERFORMANCE HABIT:

# PRIORITIZE SLEEP

Sleep is where your body repairs muscle, balances hormones, and consolidates learning from training. Without quality sleep, progress slows — no matter how perfect your workouts or nutrition are.

Aim for 7-9 hours of consistent, high-quality sleep.

**TRAIN HARD.**
***RECOVER HARDER.***



**CONSISTENT SCHEDULE**
Go to bed & wake up at the same time daily (yes, even weekends).

**WIND-DOWN RITUAL**
30–60 minutes before bed, dim lights, avoid screens, and do something relaxing (reading, stretching, breathwork).

**SLEEP ENVIRONMENT**
Cool, dark, quiet room. Invest in blackout curtains, a supportive mattress, and breathable bedding.

**LIMIT STIMULANTS**
Cut caffeine at least 6–8 hours before bed.



# HIGH-PERFORMANCE HABIT: MANAGE STRESS

Stress isn't the enemy— *unmanaged* stress is. High, chronic stress elevates cortisol, disrupts sleep, slows recovery, and makes it harder to stay consistent. The goal isn't to eliminate stress, but to manage it so you stay in control.

Make it a habit to practice **at least one intentional stress management habit** each day.



Treat recovery as a training session: plan it, prioritize it, and watch your results multiply.

## STRESS MANAGEMENT TOOLS

- **BREATHING**
  - 3–5 minutes of slow, deep belly breathing (inhale 4 sec, hold 2 sec, exhale 6 sec).
- **MOVEMENT BREAKS**
  - Quick walks, stretching, or light mobility work.
- **MINDSET WORK**
  - Journaling, gratitude practice, or prayer.
- **BOUNDARIES**
  - Learn to say no to energy-draining commitments.




Establishing systems of accountability is a powerful way to ensure progress toward your health goals. When you're accountable to someone or something, it provides the extra motivation needed to stay consistent and overcome challenges.

# HIGH-PERFORMANCE HABIT:

# TRACK YOUR PROGRESS

Most people fail because they don't measure progress. If you're not tracking, you're guessing — and guessing rarely leads to results. Tracking creates awareness, shows you what's working, and keeps you committed when motivation dips.

## IDEAS FOR WHAT TO TRACK

**Training:** Log your workouts, weights lifted, sets, and reps
**Nutrition:** Track meals or protein intake to ensure consistency
**Recovery:** Monitor sleep quality, stress levels, and energy
**Body Metrics:** Take weekly photos, tape measurements, or bodyweight.



What gets measured gets managed. Tracking isn't about perfection- it's about *creating a feedback loop* so you can adjust & keep moving forward.



# HIGH-PERFORMANCE HABIT:

# SET UP ACCOUNTABILITY

Finding the right system is key, as accountability can be set up in a variety of ways to suit different personality types. And more than one accountability system is ideal. Discovering what motivates you may take some trial & error but don't neglect the important habit of being held accountable to your goals.








**SELF-CHECK**
Review your progress every Sunday.

**PARTNER UP**
Train with a friend or coach who pushes you.

**GROUP SUPPORT**
Join a community where others are chasing similar goals.

**MINI MILESTONES**
Set short-term goals that build toward your bigger vision.

**PUBLIC COMMITMENT**
Share your goals with friends or on social media for extra accountability.

**WEEKLY WINS**
Write down 1–3 things you crushed that week to keep momentum high.

# FINAL WORDS

***Success isn't about perfection.*** It's about staying in the game & having the right system that works for you! This is the system I've built my coaching practice on. My clients don't just change their bodies; they change how they show up in every area of life.



If you're serious about finally breaking the cycle & building a body & mind that feels **powerful**, **capable**, & **alive**, my app is the next evolution of this impact. It gives you access to my strategies, systems, & support that have helped hundreds of clients thrive!

If you're ready to take the next step, you can sign up for the app at bradbecca.com.

*–BRAD BECCA*