



HEALTHY GREEN ATHLETE

3-Step Framework
Checklist

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The 3-Step Framework to Looking, Feeling and Performing Your Best

**STEP 1: LAY THE
FOUNDATION**

**STEP 2: ELEVATE YOUR
GAME**

**STEP 3: OPTIMIZE YOUR
PERFORMANCE**

STEP 1: LAY THE FOUNDATION

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☐ Get clear on your goals

What are your health, fitness and/or performance goals?

What is currently standing in your way?

What changes do you need to make to achieve this?

STEP 1: LAY THE FOUNDATION

- ☐ Find a nutrition philosophy that works for you

What foods do you want to eat more of to achieve your goals?

What foods do you want to eat less of to achieve your goals?

What do you need in order to implement these food changes?

STEP 1: LAY THE FOUNDATION

☐ Focus on hydration

Are you drinking enough water in order to stay healthy and perform at your best?

Why or why not?

How can you improve your hydration?

STEP 1: LAY THE FOUNDATION

☐ Analyze and upgrade your mindset

Are there any aspects of your mindset that you'd like to improve? Describe them here and why they are important to you.

What is standing in your way of achieving your desired mindset?

How are you going to address these challenges?

STEP 1: LAY THE FOUNDATION

☐ Make recovery a priority

What are you going to do to commit to proper recovery?

What is standing in the way of making this commitment?

How are you going to address these challenges?

STEP 1: LAY THE FOUNDATION

☐ Build and implement a stress management toolbox

What activities will you use for managing stress?

How often will you commit to implementing each of these activities?

What might prevent you from implementing these activities?

STEP 1: LAY THE FOUNDATION

☐ Have a training and nutrition system

Describe the type of nutrition system that will work for you.

Describe the type of training system that will work for you.

What are you going to do to set up and implement these systems?

STEP 1: LAY THE FOUNDATION

☐ Practice good sleep hygiene

What before-bed habits are impacting your sleep?

What new habits will you commit to trying in order to improve your before-bed routine?

How are you going to address challenges that interfere with your sleep hygiene?

STEP 1: LAY THE FOUNDATION

☐ Surround yourself with a high-quality team

List the qualities of people that you want on your team.

Name the people that you want to keep or recruit to your team.

What are you going to do to ensure that you continue to have a high-quality team surrounding you?

STEP 1: LAY THE FOUNDATION

☐ Implement simple daily habits

Name 2 simple new habits that you want to start incorporating into your day.

What benefit will implementing these habits have on your health, fitness or performance?

How are you going to stick to these new habits?

STEP 2: ELEVATE YOUR GAME

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☐ Tweak your nutrition to meet your performance goals

What food upgrades do you want to implement to meet your nutrition goals?

What actions are you going to take to make these changes?

How are you going to hold yourself accountable to implementing these changes?

STEP 2: ELEVATE YOUR GAME

☐ Improve hydration

What type of re-usable container are you going to commit to drink from?

How will you improve the quality of water that you drink?

What type of electrolytes will you drink and how often?

STEP 2: ELEVATE YOUR GAME

☐ Connect with nature every day

Describe several ways that you enjoy connecting with nature.

What is standing in your way of connecting with nature every day?

How many minutes a day will you commit to deepening your connection with nature?

STEP 2: ELEVATE YOUR GAME

☐ Visualize yourself as a champion in your sport and in life

What method are you going to use to visualize yourself as a champion?

How often are you going to commit to visualization exercises?

How are you going to hold yourself accountable to this commitment?

STEP 2: ELEVATE YOUR GAME

☐ Move every day

Name the types of movement that you enjoy doing.

How are you going to commit to incorporating movement into each of your days?

How are you going to hold yourself accountable to this commitment?

STEP 2: ELEVATE YOUR GAME

☐ Make good sleep a priority

Name some things that most often interfere with your sleep.

How are you going to reduce or eliminate these things?

What are some other benefits to reducing or eliminating these things?

STEP 2: ELEVATE YOUR GAME

☐ Focus on good posture, form and mobility

How are you going to implement good posture and form?

How are you going to improve your mobility?

How are you going to hold yourself accountable to doing these things?

STEP 2: ELEVATE YOUR GAME

☐ Push yourself outside your comfort zone

Name 1 habit, activity, investment, or commitment that will have a significant impact on your athletic performance but that you always seem to find an excuse not to do.

What is holding you back from following through with the above activity?

How are you going to push through the excuses, resistance and fear and allow yourself to get outside your comfort zone?

STEP 3: OPTIMIZE YOUR PERFORMANCE

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☐ Experiment with performance enhancing herbs and adaptogenic foods*

What herbs or adaptogenic foods are you going to try and why?

How are you going incorporate these foods into your nutrition?

How are you going to track the impact that these foods are having on your performance?

*Get your doctor's permission first!

STEP 3: OPTIMIZE YOUR PERFORMANCE

☐ Upgrade your food choices

What food-quality upgrades will you commit to making?

What benefits will these upgrades have on your health, fitness and performance?

How are you going to maintain these upgrades?

STEP 3: OPTIMIZE YOUR PERFORMANCE

☐ Eliminate the unnecessary

Identify some of the unnecessary stuff in your life.

What is the impact on your health (mental or physical) and/or performance of having these things around?

How are you going to reduce exposure or eliminate these completely?

STEP 3: OPTIMIZE YOUR PERFORMANCE

☐ Improve oxygen absorption

What breathing techniques are you going to implement to improve your oxygen absorption?

How will improving oxygen absorption impact your physical or mental performance?

How often are you going to commit to implementing these techniques?

STEP 3: OPTIMIZE YOUR PERFORMANCE

☐ Invest in your success

Identify some investments (time, energy, or money) that would increase your chances of achieving your goals.

How will these investments help you achieve your goals?

What is standing in the way of investing and how can you remove those barriers?

STEP 3: OPTIMIZE YOUR PERFORMANCE

☐ Improve your body's ability to digest and absorb nutrients

What foods will you add to your diet that will improve your body's ability to digest and absorb nutrients?

What foods will you reduce or eliminate from your diet and improve your body's ability to digest and absorb nutrients?

What lifestyle shifts will you implement in order to make these dietary changes?

STEP 3: OPTIMIZE YOUR PERFORMANCE

☐ Experiment with your flow state

What types of things do you find motivating and/or that help to improve focus?

Identify and test a routine to get you into flow state. Describe it here.

In what circumstances do you plan to implement this flow-state triggering routine?

STEP 3: OPTIMIZE YOUR PERFORMANCE

☐ Develop a gratitude practice

Name 3 things you are grateful for in the moment.

How will you express gratitude on a regular basis?

How will you hold yourself accountable to expressing gratitude?