

7-MINUTE

VICTORY

JOURNAL

HABIT-MAKER™

Accountability System

CONGRATULATIONS...AND WELCOME!

Congratulations on getting your hands on one of the most powerful transformation tools ever created. If you think that's hyperbole, do a quick internet search for "benefits of journaling".

You'll be blown away.

But this isn't just any journal. This one is special.

It's specifically designed to FOCUS your subconscious and conscious mind – like a laser – on achieving your health and fitness goals...

...by creating HABITS.

Because...

You Are What You Repeatedly Do

You are your habits.

They control you, determining the flight path of your life.

Before I show you how to use this Journal, I'd like to quickly share our story so you get to know us a little better. And we definitely encourage you to share your story with us as you move forward.

About Total Body Boot Camp

It's always a bit uncomfortable talking or sharing about yourself. My goal here is to help you understand why we do what we do; for you to get to know me, my family, passions, and values. We all have a story. Here's a bit of mine:

Billy Hofacker has been in the personal training industry for almost 20 years. He has had a variety of experiences within different settings in the personal training field. He first began working at a local gym for a few months and then began working in a "Gym on Wheels." Here he would travel to his clients' homes and conduct their sessions within the truck set up with workout equipment. It was a fun time for Billy and he was able to learn a lot from those sessions. He then moved on to a

physical therapy setting and was the head trainer working with clients post rehab. After his time ended there he went back to school to earn his degree in Exercise and Nutrition Science from Queens College. Billy Hofacker has also received his certification under NSCA as a certified strength and conditioning specialist.

Billy began training people in his home, one on one as he was working towards his degree. He started his personal training business under the name. Hofe-man Fitness Systems and quickly became very successful on his own. He began meeting people and developing relationships. He worked very hard in building his clientele and people soon began seeing results like they had never seen before. He would develop a nutrition and exercise plan specific to their needs and goals. Then in May of 2004, Billy had the idea to hold a short term boot camp in which a group of his clients (and new clients) could get together and add a new dynamic to their workouts. Instead of just the usual working out one on one, he built a system of support for his clients through the group aspect. The outcome would later on lead to Total Body Boot Camp.

As time went on, Billy continued to work as a personal trainer while pursuing his love of Brazilian Jiu-Jitsu and eventually working full-time at a local Jiu-Jitsu gym when he wasn't training clients at home. The thought then occurred to him to start the boot camp back up but this time go further with it! Thus began the idea and planning of Total Body Boot Camp.

In February of 2010, Billy held his first boot camp session at an indoor soccer training facility in Lindenhurst. With another trainer on board and a growing clientele we quickly outgrew our initial facility and took our show on the road. Sessions were held at Fireman's Park in Lindenhurst. When the NY weather started turning cold, TBBC found our original facility in Farmingdale. We began holding our AM classes there in the downstairs portion of the building in October of 2010. Soon we had more than just a handful of clients and saw a need for more class times. We then began our 9:15 AM classes as well as some of our current evening classes.

Thanks to our amazing team and Warriors, we've grown quite a bit! We now specialize in small group training! We have a second location in Babylon which opened its doors in February of 2014 and have expanded into Corporate Wellness. In July of 2017, Billy's first book was published, *Lose Weight & Feel Great: Transform Yourself the Total Body Way*. He is a much in demand speaker, and consults with training facilities around the world. In January of 2019, we celebrated the grand opening of our current Farmingdale location. Surrounded by our family, friends and TBBC Warriors we held a huge 10 year celebration in February 2020. With the Coronavirus pandemic soon following, we immediately started online classes to continue to ensure our Warriors were able to keep their fitness goals in mind even though they were unable to come into the gym.

This journey all started with a passion to help people feel better about themselves and help them to achieve the health and fitness goals they desire. We are so glad that you came into our story and allowed us into yours. Amazing things to come!

Success Stories to Inspire You

*The results and the benefits that I received from Total Body are so endless and numerable, but the fact that I had lost 70 pounds and toned up when I didn't even think that was possible was amazing. When I first came, it was just really to walk better, I had issues with my knees. That happened right away. Everything around my knee got strengthened. I needed two knee replacements, the first I had but didn't need to get the other immediately because all of a sudden I was feeling better and I was like, how is this possible? The weight and inches lost was phenomenal. **Mary P – Social Worker/West Islip, NY***

*I have been a part of TBBC for one year and seven months. I enjoy every day at TBBC for the laughter and friends I've made along the way. I have seen my self esteem and confidence return while losing pounds and inches. My cholesterol numbers have come down although I don't know my current numbers and my anxiety and stress levels have diminished to the point where I no longer take medication. Prior to joining TBBC I struggled to lose 20 pounds with diet alone. After joining TBBC, I've lost another 20 pounds and have maintained that loss. Even though I try to ignore the scale, I still like to know my current weight. The best part is the changes in clothing sizes. To date I am down 4 sizes; from a size 18 to a size 10 and my journey continues. I always joke about finding body parts that I haven't seen in years; collarbones, ribs, cheekbones. It's so great to see some muscle definition and shape to my body other than just round! **Jennifer O – Single Mom/Bayshore, NY***

*My journey has been long, I'm still working towards my ideal weight, this is a lifestyle for me. Since I joined TBBC I've lost almost 30 pounds and I went down 3 dress sizes. I remembered when 10 pushups where impossible, last night I did 40. I used to ride my bike and I thought to myself that one day I will do 10 miles, this past summer my husband and I did a 45 mile ride. This program has not only help me get stronger physically, but it has also help me discover that I am capable of setting goals and with hard work, a plan and the right direction, it is possible to accomplish and thrive. **Walquis Portillo – Banker/Farmingdale, NY***

9 Ways This 7-Minute Victory Journal Transforms Your Body & Life

1. **What you watch and measure improves.** It's an absolute fact. You can't help but get better at things you keep top of mind.
2. Those who fail to plan, plan to fail. Your 7-Minute Victory Journal is a **planning and assessment tool**. In the morning you plan your day. In the evening you assess how it went.
3. The path to success – in anything – is always paved with consistent action. **Consistency** is your greatest ally.
4. Journaling **reaffirms your abilities and commitment** when the ugly head of self-doubt appears.
5. Common themes begin to appear. These are **your core values**. They guide you through life's most trying times and lead you to life's greatest victories.
6. Journaling **strengthens your self-discipline**. And discipline begets discipline. Like your muscles, the more you exercise your self-discipline, the stronger it becomes. Self-discipline is the building block of supportive habits.
7. **You will get smarter.** There is a unique relationship between your hand and brain, sparked by the composition of thoughts and ideas. Writing daily, even small amounts, boosts your memory and comprehension, and improves your communication skills.
8. **Emotional intelligence** – the ability to perceive and manage your emotions – is said to be the true indicator of IQ. Journaling allows you to process emotions, increase self-awareness and become more empathetic, which is the secret to powerful, rewarding relationships.
9. **Systematic goal achievement.** Most people write goals once a year and set them aside. And that's why they rarely achieve them. The 7-Minute Victory Journal is a SYSTEM. The process of planning your day, every day, signals to your brain "this is important." Your reticular activating system then goes to work helping you manifest your daily plan. You can really go deep into this topic, and if you do, you'll discover hundreds of peer reviewed articles proving how powerful this daily process (system) is. It absolutely works. **The secret to making it work is your commitment to consistency: using it every day.**

Welcome to your new, best life.

Here's why we can confidently say that, and you can confidently believe it...

Stacking daily victories creates powerfully positive habits. Those habits make your life better in so many wonderful ways.

The objective of this journal is to document your daily victories. The act of documentation is critically important because it reinforces your positive behavior. It "trains" you to be better.

Feelings are fleeting. What you write in this journal is forever. The act of writing etches the memory in your mind and on paper.

And that feeds the fire of change. It preserves your passion. Because it's an inescapable reminder of the victories you've earned. It's a record of your accomplishments that gets stronger – making your willpower stronger – every day.

What you now hold in your hands – this simple 7-minute daily journal – is THE most powerful system and tool for improving your life you will ever find.

And it couldn't be easier. It takes just 7-minutes a day. Four minutes in the morning, and three minutes in the evening.

Journaling like this "fills your cup" daily with self-belief and self-confidence. ***It's the way to win at life.*** This is the proven path to accomplishing your goals...to having your best body, and the peace of mind and happiness you want and deserve.

We're so glad you're here! Now let's get started...

How To Use Your 7-Minute Victory Journal

NOTE: Print at least one week's worth of pages to get you started.

Here you see a sample daily entry. Each day consists of two pages: AM and PM.

AM Page

- ✓ **Date:** Write today's date.
- ✓ **Gratitude:** Write 3 things you're grateful for today. This puts you in the right mindset.
- ✓ **Meals:** Plan your 3 meals.
- ✓ **Snacks:** Plan 2 snacks. Writing these in advance focuses your mind on supportive nutrition and makes it 10x more likely you'll stick to the plan.
- ✓ **Move:** Movement is medicine. Plan how you will move today. The space to the right is to indicate if you stuck to your plan (complete this during the PM session).
- ✓ **Plan to have a great day:** Write two things that will make your day awesome.

PM Page

- ✓ **Fuel Your Soul:** Don't just nourish your body, also nourish your mind and soul with uplifting information or introspective writing.
- ✓ **Victories:** How did you win today?
- ✓ **Improvement:** Nobody is perfect. Be honest about how you could have made the day better.
- ✓ **Tomorrow:** Lay the groundwork for a great day tomorrow.
- ✓ **Notes:** Write anything of importance you want to remember.

AM

DATE 7/2/2017

"Gratitude is not only the greatest of virtues, but the parent of all others."
- Cicero

Today I am grateful for...

- My loving family
- This great cup of coffee
- Beginning a new, exciting journey of journaling

My meals for today are...

- Squash and blueberry protein shake
- Salad with chicken and balsamic vinaigrette
- Roasted chicken with brown rice and broccoli

My snacks for today are...

- Lowfat Greek yogurt and fresh strawberries
- Almonds and an apple

How I will move today...

- Workout session scheduled at 6 AM/PM AM PM
- Walk, jog, bike or swim for 30 mins at _____ AM/PM _____
- Household chores for 30 mins at _____ AM/PM _____
- Other: _____ for 30 mins at _____ AM/PM _____

What will make today a great day?

Being true to myself

Dinner with my family

PM

Today I fueled my soul by...

- Reading _____
- Listening to TED talk: what it takes to be a great leader
- Writing _____

Victories I earned today...

- Got Jessie to dress herself this morning
- Ate clean all day - stuck to the plan
- Had my best workout yet - felt strong

How could I have made today better?

Shouldn't have allowed Ben to upset me at work.

Wake up 15 mins earlier for "me time"

I will wake up tomorrow feeling...

Clear headed and confident, happy and grateful

Notes:

John is struggling to complete his portion of our project. Stay calm and gently push back when he tries to unload work on me.

PRINT AT LEAST ONE WEEK'S WORTH OF THE FOLLOWING TWO PAGES:

AM

DATE ____/____/20____

"Gratitude is not only the greatest of virtues, but the parent of all others."
- Cicero

Today I am grateful for...

1. _____
2. _____
3. _____

My meals for today are...

1. _____
2. _____
3. _____

My snacks for today are...

1. _____
2. _____

How I will move today...

1. Workout session scheduled at _____AM/PM _____
2. Walk, jog, bike or swim for 30 mins at _____AM/PM _____
3. Household chores for 30 mins at _____AM/PM _____
4. Other: _____ for 30 mins at _____AM/PM _____

What will make today a great day?

PM

Today I fueled my soul by...

1. Reading _____
2. Listening to _____
3. Writing _____

Victories I earned today...

1. _____
2. _____
3. _____

How could I have made today better?

I will wake up tomorrow feeling...

Notes:

Save \$200 Off Our Most Popular Program

Hopefully you have already scheduled your free week at Total Body Boot Camp, if not, get on the phone or email us now to do so. We know once you start, you won't want to stop :) Since we all now it takes more than one week to start seeing those results we want to make sure you continue with your road to success, to help you even more we are offering \$200 additional savings when you sign up for one of our memberships. You will receive \$100 off of your 2nd and 3rd month with us, just let us know you are in!