



HERO INITIATIVE



45 DAYS - 3 PHASES - 1 HERO

HERO INITIATIVE - 45

Social Community —

facebook.com/groups/629229014892009/

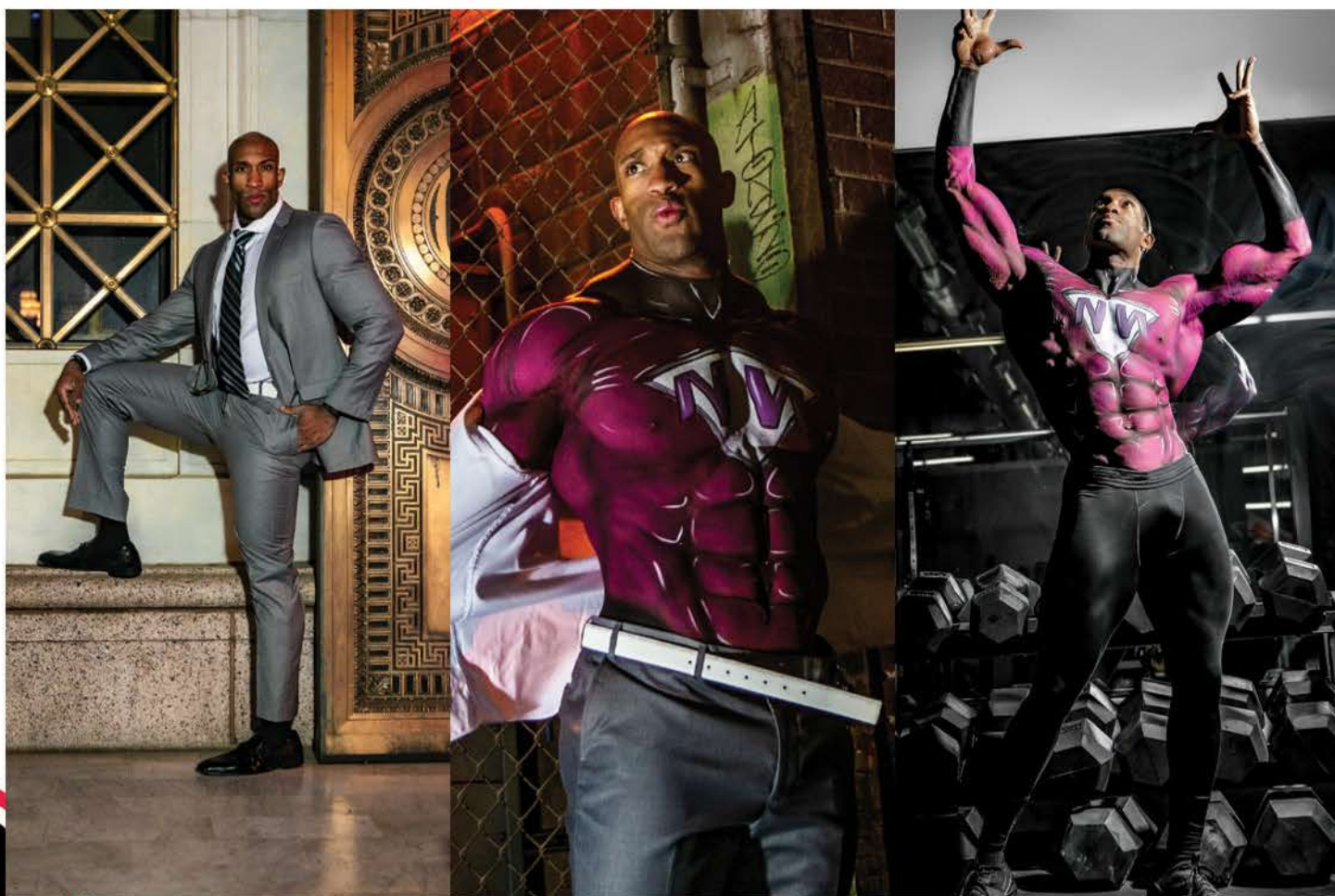




WELCOME TO THE HERO INITIATIVE CHALLENGE

Using world class strategies and peer reviewed research proven in a multitude of trials and studies, the 45-day program will initiate the challenge with a specific set of protocols to be executed every day by an individual with consistency and precision.

Participants will be required to post and engage regarding the protocols into the online group or platforms to be held accountable. Any result that is NOT posted day of, NOT executed for ANY reason, OR is done below a declared standard (initialed by participant) will result in the participant starting over. ALL PROTOCOLS ARE TO BE EXECUTED CONSECUTIVELY.





GOALS AND FULFILLMENT SHEET

GOALS	REASONS
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.



PHASE 1

Before you begin your first day of phase 1, write at least 5 different goals you wish to achieve/accomplish by the end of the 45-day challenge. These goals can include but are NOT limited to fitness, health, relationships, finances, etc. The ABSOLUTE NON-NEGOTIABLE rule with goals is that each one MUST come authentically from you. Therefore, it cannot be a goal initiated from someone, something, or that is entirely disingenuous.

After completing the goals, THE PARTICIPANT MUST go to the reasons columns and declare EXACTLY why she/he wrote that goal AND what accomplish/attaining that goal will do to make their life better.

Once the document has been completed, **a picture, or copy must be submitted to the social community.**

All participants must then make a 1–2-minute video (max) that will explain one single task they will engage in that will perpetuate any of the 5 (or more) goals set for after the 45 days and **post to the video to the social community.**

DAILY PHASE 1 REQUIREMENTS

HERO INITIATIVE - 45

Social Community —

facebook.com/groups/629229014892009/



1. Every participant will be required to wake up at 6:00am
2. Every participant will commit to a physical workout of NO LESS than 30 consecutive minutes.
3. Every participant will write/journal/document for no less than 5 consecutive minutes about their day. There IS NO SPECIFIC protocol. The objective is to express whatever you feel. Documenting the day, expressing your likes/dislikes, and wishes for the day to come are always great places to start.



PHASE 1

Before you begin your first day of phase 1, write at least 5 different goals you wish to achieve/accomplish by the end of the 45-day challenge. These goals can include but are NOT limited to fitness, health, relationships, finances, etc. The ABOLISUTE NON-NEGOTIABLE rule with goals is that each one MUST come authentically from you. Therefore, it cannot be a goal initiated from someone, something, or that is entirely disingenuous.

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PHASE 1

DAY 1



youtube.com/watch?v=1hvwO6dVBfw

☐

Wake up at 6:00am

☐

30+ Minute Workout

☐

5 minutes of Writing

☐

DAY 3



youtube.com/watch?v=_5uxFxtZOrw

☐

Wake up at 6:00am

☐

30+ Minute Workout

☐

5 minutes of Writing

☐

DAY 5



youtube.com/watch?v=xRy4f5QKCG

☐

Wake up at 6:00am

☐

30+ Minute Workout

☐

5 minutes of Writing

☐

DAY 7



youtube.com/watch?v=1_Jk4SGIKS4

☐

Wake up at 6:00am

☐

30+ Minute Workout

☐

5 minutes of Writing

☐

DAY 2



youtube.com/watch?v=IEabpuD6BaU

☐

Wake up at 6:00am

☐

30+ Minute Workout

☐

5 minutes of Writing

☐

DAY 4



youtube.com/watch?v=5HQg5IHgtFM

☐

Wake up at 6:00am

☐

30+ Minute Workout

☐

5 minutes of Writing

☐

DAY 6



youtube.com/watch?v=ZkzPpMdi_qQ

☐

Wake up at 6:00am

☐

30+ Minute Workout

☐

5 minutes of Writing

☐

DAY 8



youtube.com/watch?v=_g1X1OHC1Zc

☐

Wake up at 6:00am

☐

30+ Minute Workout

☐

5 minutes of Writing

☐



PHASE 1

DAY 9



youtube.com/watch?v=F3PLTVHurY0

Wake up at 6:00am

30+ Minute Workout

5 minutes of Writing

DAY 11



youtube.com/watch?v=L1yEwKaqHFc

Wake up at 6:00am

30+ Minute Workout

5 minutes of Writing

DAY 13



youtube.com/watch?v=Of5cFoQ4nWw

Wake up at 6:00am

30+ Minute Workout

5 minutes of Writing

DAY 15



youtube.com/watch?v=k-E_jGcVuio

Wake up at 6:00am

30+ Minute Workout

5 minutes of Writing

DAY 10



youtube.com/watch?v=zN9gtBJQ3CI

Wake up at 6:00am

30+ Minute Workout

5 minutes of Writing

DAY 12



youtube.com/watch?v=wXXuJMQHR8o

Wake up at 6:00am

30+ Minute Workout

5 minutes of Writing

DAY 14



youtube.com/watch?v=YxTfFy-t6lo

Wake up at 6:00am

30+ Minute Workout

5 minutes of Writing



PHASE 2

All participants **MUST** do an inventory of their goals after the first completed 15 days. **MORE GOALS CAN BE ADDED**. IF more goals are added, there **MUST** be a written reason for each added goal.

All participants must then make a 1–2-minute video that will explain one single task they will engage in that will perpetuate any of the 5 (or more) goals set for Phase 2 and **post to the video to the social community**.

DAILY PHASE 2 REQUIREMENTS

HERO INITIATIVE - 45

Social Community _____

facebook.com/groups/629229014892009/



1. Every participant will be required to wake up at 5:30am
2. Every participant will commit to a physical workout of **NO LESS** than 40 consecutive minutes. Each workout must begin and end with 20 situps.
3. Every participant will write/journal/document for no less than 10 consecutive minutes about their day.
4. Every participant will watch some sort of inspirational, motivational, tutorial based, spiritual enlightening, self-empowering, or uplifting video. If you don't already have an outlet for this, check out the 'Natt Fitness' Youtube Channel: Youtube.com/c/NattFitness
5. The participant is going to choose one single item that they are going to eat **EVERY SINGLE DAY** that is nourishing and **NOT** something she/he consumes on a daily basis. In addition, there will be at least one item that the participant will abstain from eating for the duration of the competition that is frequently consumed...(any kind of potato chips, candy, fast food, soda/pop, cream in coffee, cookies, or baked sweets, cereal etc...



PHASE 2

DAY 1



youtube.com/watch?v=YiLgjEVHMYU

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 3



youtube.com/watch?v=MXR1kk-QK-A

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 5



youtube.com/watch?v=tPz51Re1qbw

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 7



youtube.com/watch?v=DOWp4Wm2dnE

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 2



youtube.com/watch?v=Hzg1QHgTHIA

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 4



youtube.com/watch?v=meM7GbiuGY8

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 6



youtube.com/watch?v=R-WEw5aEn2k

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 8



youtube.com/watch?v=DVOH2DNGiWw

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐



PHASE 2

DAY 9



youtube.com/watch?v=LHSJascF_6w

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 11



youtube.com/watch?v=ICTpf6eN4Ok

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 13



youtube.com/watch?v=R_kWybK6NmQ

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 15



youtube.com/watch?v=_ELVc5h4F84

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 10



youtube.com/watch?v=kd1qgAwPGrY

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 12



youtube.com/watch?v=sSQvXC9Kcuo

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐

DAY 14



youtube.com/watch?v=1K064lgBlns

Wake up at 5:30am
40+ Minute Workout
10+ minutes of Writing
Motivational Video
Healthy Food
Unhealthy Food

☐☐☐☐☐☐☐



PHASE 3

All participants must then make a 1–2-minute video that will explain one single task they will engage in that will perpetuate any of the 5 (or more) goals set for Phase 3 and **post to the video to the social community.**

DAILY PHASE 3 REQUIREMENTS

HERO INITIATIVE - 45

Social Community _____

facebook.com/groups/629229014892009/



1. Every participant will be required to wake up at 5:00am
2. Every participant will commit to a workout of NO LESS than 1 hour. Each workout must **begin and end** with 40 situps, 12 burpees, and 1 minute of mountain climbers.
3. Every participant will write for no less than 10 minutes daily.
4. Every participant will watch some sort of inspirational, motivational, tutorial based, spiritual enlightening, self-empowering, or uplifting video.
5. The participant is going to choose one single item that they are going to eat EVERY SINGLE DAY and one item that the participant will abstain from eating for the duration of the competition.
6. Every participant will commit to 30 minutes of NON technological interaction (iPhones, androids, tv/smart-tv, tablet, kindle, laptop, desktop, ipod, stereo etc.)
7. Every participant will take 30 minute walk outside (REGARDLESS OF WEATHER) This is completely independent of the workouts.
8. Participants will refrain from alcohol for remaining 15 days
9. Every participant will commit to attaining no less than 7 hours of sleep per night



PHASE 3

DAY 1



youtube.com/watch?v=MkqhOIE4A-s

- ☐ Wake up at 5:30am
- ☐ 40+ Minute Workout
- ☐ 10+ minutes of Writing
- ☐ Motivational Video
- ☐ Healthy Food
- ☐ Unhealthy Food
- ☐ 30+ Minutes no Tech.
- ☐ 30+ Min Walk
- ☐ No Alcohol
- ☐ 7 hours of sleep

DAY 3



youtube.com/watch?v=vlcvl2591fA

- ☐ Wake up at 5:30am
- ☐ 40+ Minute Workout
- ☐ 10+ minutes of Writing
- ☐ Motivational Video
- ☐ Healthy Food
- ☐ Unhealthy Food
- ☐ 30+ Minutes no Tech.
- ☐ 30+ Min Walk
- ☐ No Alcohol
- ☐ 7 hours of sleep

DAY 2



youtube.com/watch?v=QGv11yDAn1Y

- ☐ Wake up at 5:30am
- ☐ 40+ Minute Workout
- ☐ 10+ minutes of Writing
- ☐ Motivational Video
- ☐ Healthy Food
- ☐ Unhealthy Food
- ☐ 30+ Minutes no Tech.
- ☐ 30+ Min Walk
- ☐ No Alcohol
- ☐ 7 hours of sleep

DAY 4



youtube.com/watch?v=meSaVjN6xco

- ☐ Wake up at 5:30am
- ☐ 40+ Minute Workout
- ☐ 10+ minutes of Writing
- ☐ Motivational Video
- ☐ Healthy Food
- ☐ Unhealthy Food
- ☐ 30+ Minutes no Tech.
- ☐ 30+ Min Walk
- ☐ No Alcohol
- ☐ 7 hours of sleep



PHASE 3

DAY 5



youtube.com/watch?v=wh3xvPUnYX4

- Wake up at 5:30am ☐
- 40+ Minute Workout ☐
- 10+ minutes of Writing ☐
- Motivational Video ☐
- Healthy Food ☐
- Unhealthy Food ☐
- 30+ Minutes no Tech. ☐
- 30+ Min Walk ☐
- No Alcohol ☐
- 7 hours of sleep ☐

DAY 7



youtube.com/watch?v=yZMjfr6eiK0

- Wake up at 5:30am ☐
- 40+ Minute Workout ☐
- 10+ minutes of Writing ☐
- Motivational Video ☐
- Healthy Food ☐
- Unhealthy Food ☐
- 30+ Minutes no Tech. ☐
- 30+ Min Walk ☐
- No Alcohol ☐
- 7 hours of sleep ☐

DAY 6



youtube.com/watch?v=LH80elAXhi8

- Wake up at 5:30am ☐
- 40+ Minute Workout ☐
- 10+ minutes of Writing ☐
- Motivational Video ☐
- Healthy Food ☐
- Unhealthy Food ☐
- 30+ Minutes no Tech. ☐
- 30+ Min Walk ☐
- No Alcohol ☐
- 7 hours of sleep ☐

DAY 8



youtube.com/watch?v=OsUMtrrtb1w

- Wake up at 5:30am ☐
- 40+ Minute Workout ☐
- 10+ minutes of Writing ☐
- Motivational Video ☐
- Healthy Food ☐
- Unhealthy Food ☐
- 30+ Minutes no Tech. ☐
- 30+ Min Walk ☐
- No Alcohol ☐
- 7 hours of sleep ☐



PHASE 3

DAY 9



youtube.com/watch?v=LISGoWTD2zc

- ☐ Wake up at 5:30am
- ☐ 40+ Minute Workout
- ☐ 10+ minutes of Writing
- ☐ Motivational Video
- ☐ Healthy Food
- ☐ Unhealthy Food
- ☐ 30+ Minutes no Tech.
- ☐ 30+ Min Walk
- ☐ No Alcohol
- ☐ 7 hours of sleep

DAY 11



youtube.com/watch?v=1zysDKZx850

- ☐ Wake up at 5:30am
- ☐ 40+ Minute Workout
- ☐ 10+ minutes of Writing
- ☐ Motivational Video
- ☐ Healthy Food
- ☐ Unhealthy Food
- ☐ 30+ Minutes no Tech.
- ☐ 30+ Min Walk
- ☐ No Alcohol
- ☐ 7 hours of sleep

DAY 10



youtube.com/watch?v=MNL-X1arpYE

- ☐ Wake up at 5:30am
- ☐ 40+ Minute Workout
- ☐ 10+ minutes of Writing
- ☐ Motivational Video
- ☐ Healthy Food
- ☐ Unhealthy Food
- ☐ 30+ Minutes no Tech.
- ☐ 30+ Min Walk
- ☐ No Alcohol
- ☐ 7 hours of sleep

DAY 12



youtube.com/watch?v=ZSIPXbZRYcc

- ☐ Wake up at 5:30am
- ☐ 40+ Minute Workout
- ☐ 10+ minutes of Writing
- ☐ Motivational Video
- ☐ Healthy Food
- ☐ Unhealthy Food
- ☐ 30+ Minutes no Tech.
- ☐ 30+ Min Walk
- ☐ No Alcohol
- ☐ 7 hours of sleep



PHASE 3

DAY 13



youtube.com/watch?v=9CNQ9LeLHzQ

- Wake up at 5:30am ☐
- 40+ Minute Workout ☐
- 10+ minutes of Writing ☐
- Motivational Video ☐
- Healthy Food ☐
- Unhealthy Food ☐
- 30+ Minutes no Tech. ☐
- 30+ Min Walk ☐
- No Alcohol ☐
- 7 hours of sleep ☐

DAY 15



youtube.com/watch?v=eXu9-MZog34

- Wake up at 5:30am ☐
- 40+ Minute Workout ☐
- 10+ minutes of Writing ☐
- Motivational Video ☐
- Healthy Food ☐
- Unhealthy Food ☐
- 30+ Minutes no Tech. ☐
- 30+ Min Walk ☐
- No Alcohol ☐
- 7 hours of sleep ☐

DAY 14



youtube.com/watch?v=Xd9U0uFAj5Y

- Wake up at 5:30am ☐
- 40+ Minute Workout ☐
- 10+ minutes of Writing ☐
- Motivational Video ☐
- Healthy Food ☐
- Unhealthy Food ☐
- 30+ Minutes no Tech. ☐
- 30+ Min Walk ☐
- No Alcohol ☐
- 7 hours of sleep ☐



CONGRATULATIONS HERO!

1. Submit your final results via email and/or via the social community.
2. Once the results have been confirmed, their Official “45-day” challenge shirt can be ordered.
3. Take a pic in the shirt, post in the social community about the transformation (emotional, physical, psychological, and spiritual) you received from the challenge to get your Hero Initiative bracelet.

