

STOP PRESSING

pause

CROSSFIT
HERMITAGE
CFH



CREATE YOUR OWN

"volume dial"

A SIMPLE TOOL FOR KNOWING
WHERE TO DIAL IN OR DIAL BACK



We have created 6 different dials for overall health and wellness.

Each dial covers a different area of your life, however, they do overlap and interact with each other sometimes.

The categories are:



Avoid the all or nothing mentality by using the "volume dial" to determine the **MINIMUM** amount of effort you can give to each category, as well as the **MAXIMUM** amount of effort you can give. Then, think of 3 levels in between your minimum and maximum.

Movement



Nutrition



Sleep

1 Simple bedtime routine (a few minutes)



2 Sleep schedule with set bedtime.



5 No screens 1-2 hours before bed, blackout curtains, room at cool temp, and no snooze button.



3 Prepare for next day, no screens 30 min before bed.



4 Purposeful relaxation (reading, meditation, journaling), plus level 3.



Social

1 Do something nice for someone.



2 Let go of toxic relationships that don't serve you anymore.



5 Weekly meet up with friends/family, plus volunteer work.



3 Have physical connection with someone every day (hug, high-five, fist bump, etc)



4 Maintain consistent contact with positive people who support you.



Stress

1

1-2 minutes of deep breathing per day.



2

5 minute strategic reset every 50 minutes.



5

Unplug once a week, have a hobby, and maintain balance between work and play.



4

15 minutes in nature daily, plus daily gratitude journal.



3

After dinner walk with no multi-tasking (leave phone at home).



Environment

1

Remove trigger items from kitchen.



2

Keep basic workout equipment at home for when you can't make it to the gym.



5

Meal prep 1x week, spend time with people who eat healthy, organize your activities around your fitness.



3

Delete Netflix/other streaming services that distract you.



4

Kitchen clean out and restock every month, move any trigger foods out of sight in hard to reach places



CREATE *Your Own*

"VOLUME DIAL"

STEPS 1-5

1

Reflect on these 6 areas of your life, and how you currently handle them at your best, and at your worst.

2

Identify what is the absolute MOST you could do? This will be your level 5.

3

Now consider what is the absolute LEAST you could do? This will be your level 1.

4

Next, come up with three levels of action between level 1 and level 5 to fill in your dial.

5

Each week (or even each day), take a look at all 6 of your dials and ask yourself what you are capable of on this particular week/day. The goal is to take action, regardless of how little.

Movement

1 _____

2 _____

3 _____

4 _____

5 _____

Nutrition

1 _____

2 _____

3 _____

4 _____

5 _____

Sleep

1 _____

2 _____

3 _____

4 _____

5 _____

Social

1 _____

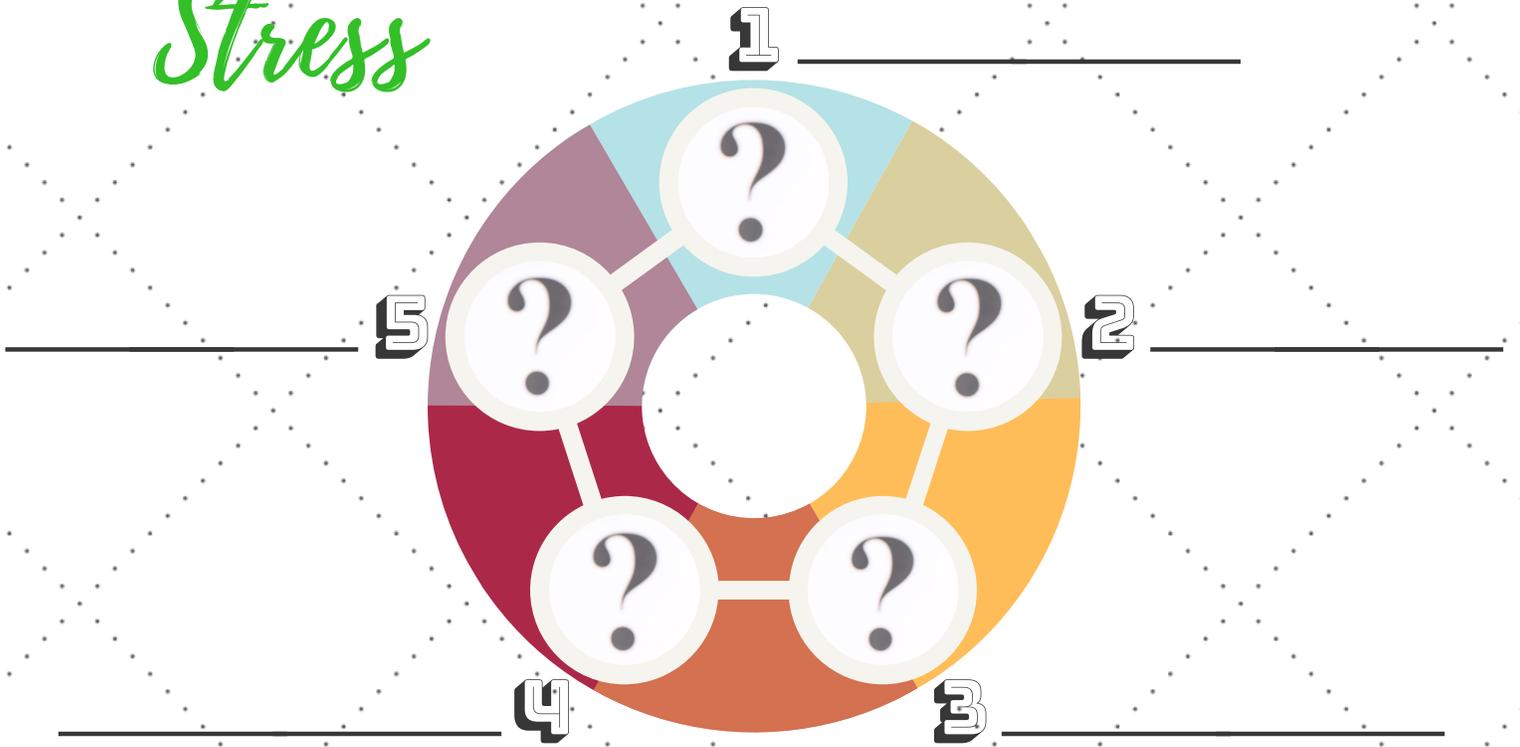
2 _____

3 _____

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5 _____

Stress



Environment

