



GOOD TO GO FITNESS

5 STEPS TO GET STARTED

Your roadmap for the first few months of personal training

1



SLEEP — 6–8 HOURS A NIGHT

Recovery happens while you rest. Aim for 6–8 hours of quality sleep every night so your muscles can repair and your energy stays high for training.

2



PROTEIN — 0.8G PER LB OF GOAL WEIGHT

Muscle needs raw material. Eat roughly 0.8 grams of protein per pound of your goal body weight each day to support strength gains and recovery.

3



CONSISTENCY — TRAIN 2X PER WEEK

Strength builds through repetition. Commit to weight training twice a week, spacing sessions 2–3 days apart so your body can recover between workouts.

4



CREATINE — CONSIDER 5G PER DAY

One of the most researched supplements for strength and performance. Consider adding 5 grams of creatine daily — talk to your doctor first if you have any health concerns.

5



BASELINE — GET A DEXA SCAN

Know your starting point. A DEXA scan gives an accurate baseline of your body composition so we can track real progress — not just the number on the scale.

CONSISTENCY BEATS INTENSITY — SHOW UP, TRUST THE PROCESS, GET RESULTS

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