



Fig 1: Maslow's Hierarchy of Needs



Fig 2: Fitness Hierarchy of Needs



Checklist for Each Level

5 Cores of Environment

- Sufficient Water
- Sufficient Quality Sleep
- Consistent Fuel Intake
- Manageable Stress Levels
- Functional Health

5 Cores of Framing

- Defined Goal
- Consistency of Habits
- Nutritional Balance
- Drive & Enthusiasm
- Support & Accountability

5 Cores of Impact

- Desire to Spread Joy
- Naturally Motivational
- Consistent Adaptation
- Self-Awareness
- Self-Respect

5 Cores of Foundations

- Functional Pain Free Movement
- Baseline Strength in All Planes
- Full Range of Motion & Mobility
- Balanced Energy Intake
- Mind Muscle Connection

5 Cores of Projecting

- Passion
- Confidence
- Strong Self-Image
- Vigour
- Natural Habits