

How To 'Dial In' For Optimal Performance

What we need to bear in mind...

- We might like to be at a 10/10 in every area of our health and fitness (and lives!) at all times, but this isn't realistic (we're not superhuman!).
- The optimal way is to adjust our energy and focus so we're spending these most effectively on each key area for us.
- This can adjust a lot! (Daily, weekly, monthly)
- Having a specific tool to help support our efforts makes achieving this aim a lot easier, and will lead to much greater success.



What does the science say?


- Set Clear Goals: Knowing exactly what you are trying to achieve facilitates focus and productivity.
- Immediate Feedback: Engaging in tasks where you know how well you are performing in real-time allows for instant adjustment.
- Environmental Control: Removing distractions is critical, as multitasking causes significant performance costs and reduces mental resource capacity.
- Sounds complex? A simple method to cover all the above you can implement quickly and easily is coming up!



The 'Dial Method'

- Phase 1, Week 6:
<https://trinitytransformation.co.uk/pausing-the-dial-method/>
- This is the video by far I refer back to the most with long-term members.
- Standard focuses - exercise, nutrition, general activity
- Additional focuses - sleep, alcohol, mindfulness


Dial Method




Watch the video above and then **download the Dial Method Cheatsheet using the button below**, print it out and place it somewhere you will see it regularly.

[Download Cheatsheet](#)


Exercise



Nutrition



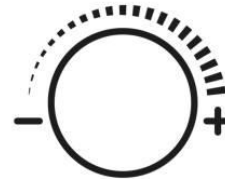
General Activity



Dial Method Examples

Taking this to the next level...

- Daily adjustments rather than a single target for the week
- E.g. instead of exercise 6/10, nutrition 8/10, general activity 7/10
- Monday = exercise 10/10, nutrition 7/10, general activity 8/10
- Tuesday = exercise 6/10, nutrition 6/10, general activity 10/10
- Wednesday = exercise 8/10, nutrition 9/10, general activity 7/10
- And so on, to average the week out at the weekly targets



Implementing this for you...

Basic

- Refer to the Trinity template
- Set your weekly levels that align with optimal performance for the week (not all at 10/10!)

Advanced

- Choose your own top 3 focuses for the week
- Determine your dial requirements (1-5 is ok if 1-10 seems too much!)
- Set your weekly levels that align with optimal performance for the week (not all at 5/5 or 10/10!)

Both

- Review at the end of the week, report to your coach or in the Inspiration Group, and repeat.



Takeaways/ Questions