

My Festive Formula For Winter Success

(Without Missing Out On The Festivities)

Tonight You Will Learn...

TRINITY
TRANSFORMATION

- **How to continue to make progress in 2026 (without loads of extra effort)** at a time when most people are going backwards
- **The secret to banishing winter excuses** like "it's too cold", "it's too dark" or "I'll start again in January"
- **Why indulging can be the best strategy** (and how to do it without piling on the pounds using my *Festive Fun Formula*)
- **How to get the most out of your coach** (without feeling needy or annoying)
- **Why you shouldn't obsess about calories at this time of year** (and what to focus on instead)

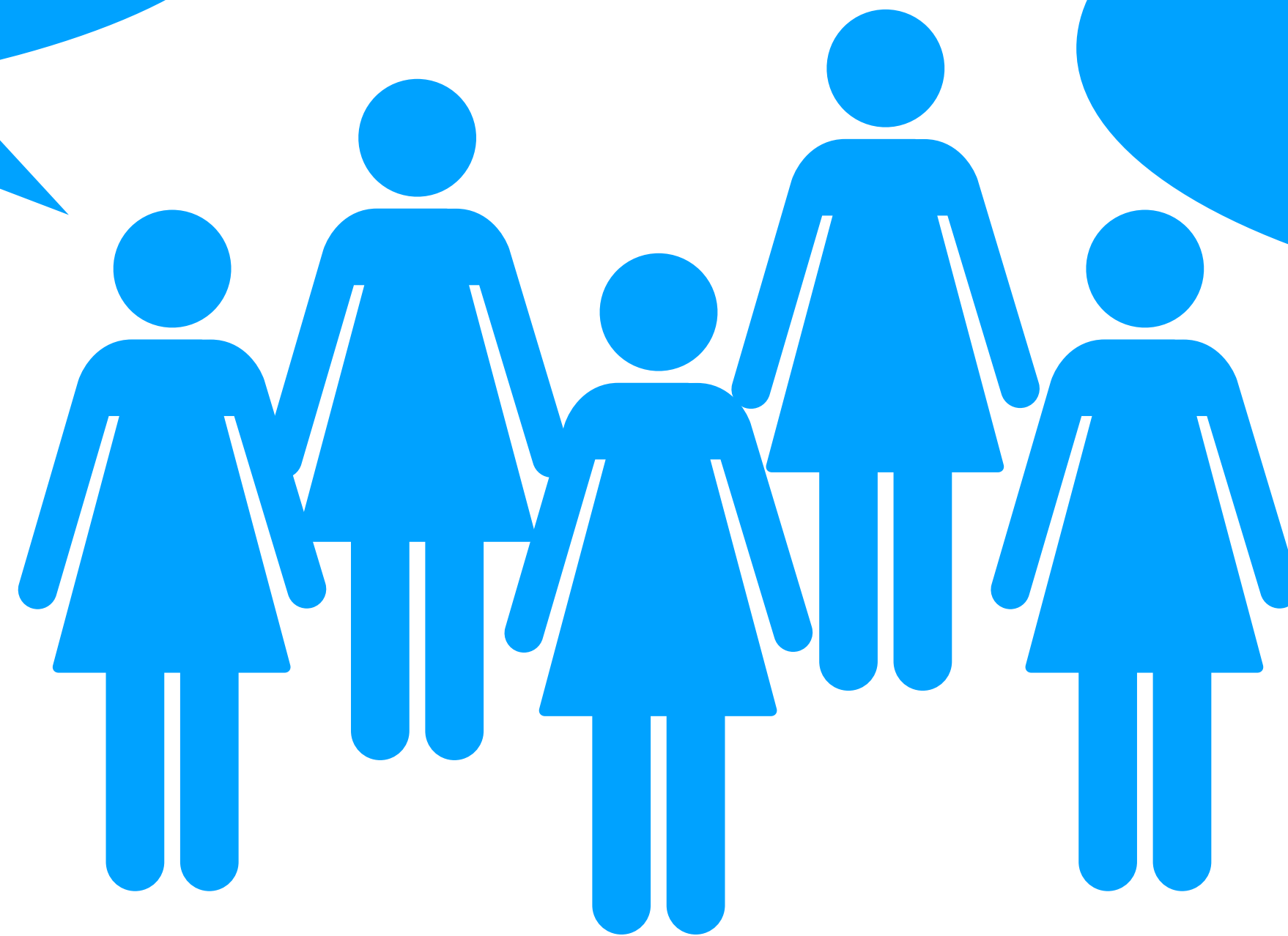
But...

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“It’s too dark”

“It’s too cold”

“I’ll start again
in January”



**When everyone around you is
saying it...**

You end up believing it.

So it's not your fault!

However...

If that were true...

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- **Everyone** would gain weight in winter
 - May be true for those around you (environment - people and things around them is biggest influencer on people's outcomes)
- Do you think that **everyone** gains weight in winter?
 - We have hundreds of clients who lose weight every year during the final quarter of the year
 - Let me show you...



Lou, Age 47 (Perimenopausal)

Lost exactly 1 stone between October & December

October 1st: 12st 4.2

December 20th: 11st 4.2



Sarah, Age 43

Lost 7lbs in the run up to Xmas

September 14th 2020: 8st 7lbs

December 1st 2020: 8st 0lbs



Rachel, Age 52 (Perimenopausal)

Lost 9 lbs between September and January

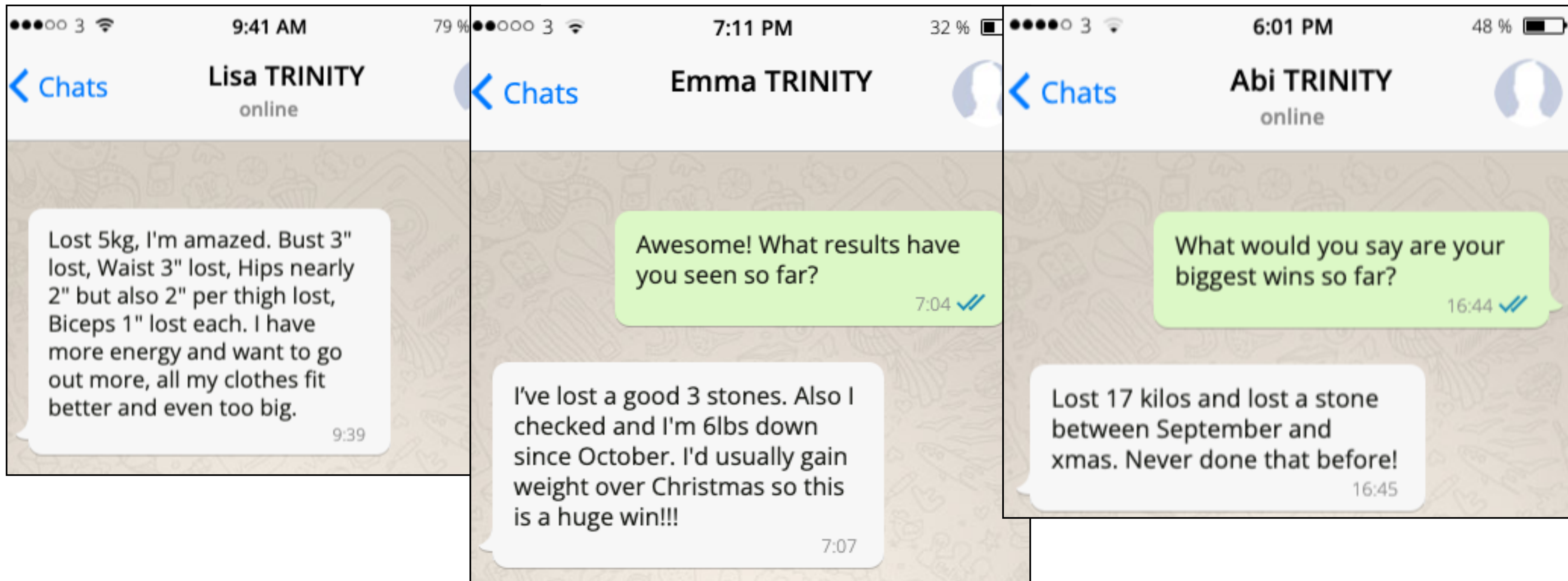
September 28th: 62kg

January 5th: 58kg

This isn't all of them!

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These are all messages from the end of December or start of January:



**We have hundreds more
stories like this...**

The work rule

TRINITY
TRANSFORMATION

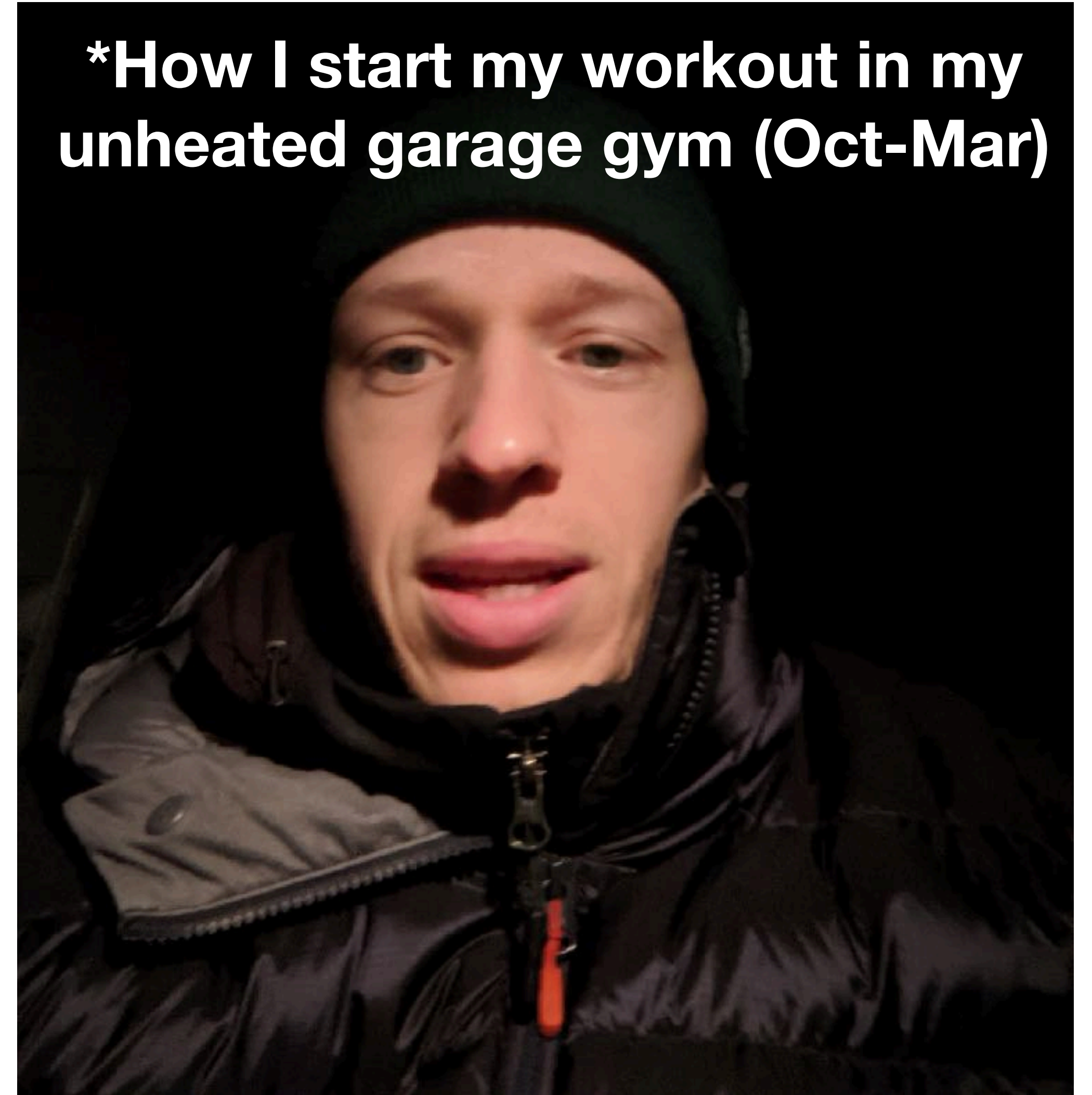
- If it's too cold or too dark to work...
 - Don't work out!
 - Otherwise... if your health is a priority... those aren't valid excuses anymore!

The work rule

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TRANSFORMATION

- **However...**
 - You probably have some warm clothing (hat, gloves, jumper/jacket)
 - You have electricity and lighting
 - You may also have central heating where you exercise
 - Stop believing what the out of shape people around you are saying

***How I start my workout in my unheated garage gym (Oct-Mar)**



Bonus tip

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Get your coach to keep you accountable if you struggle

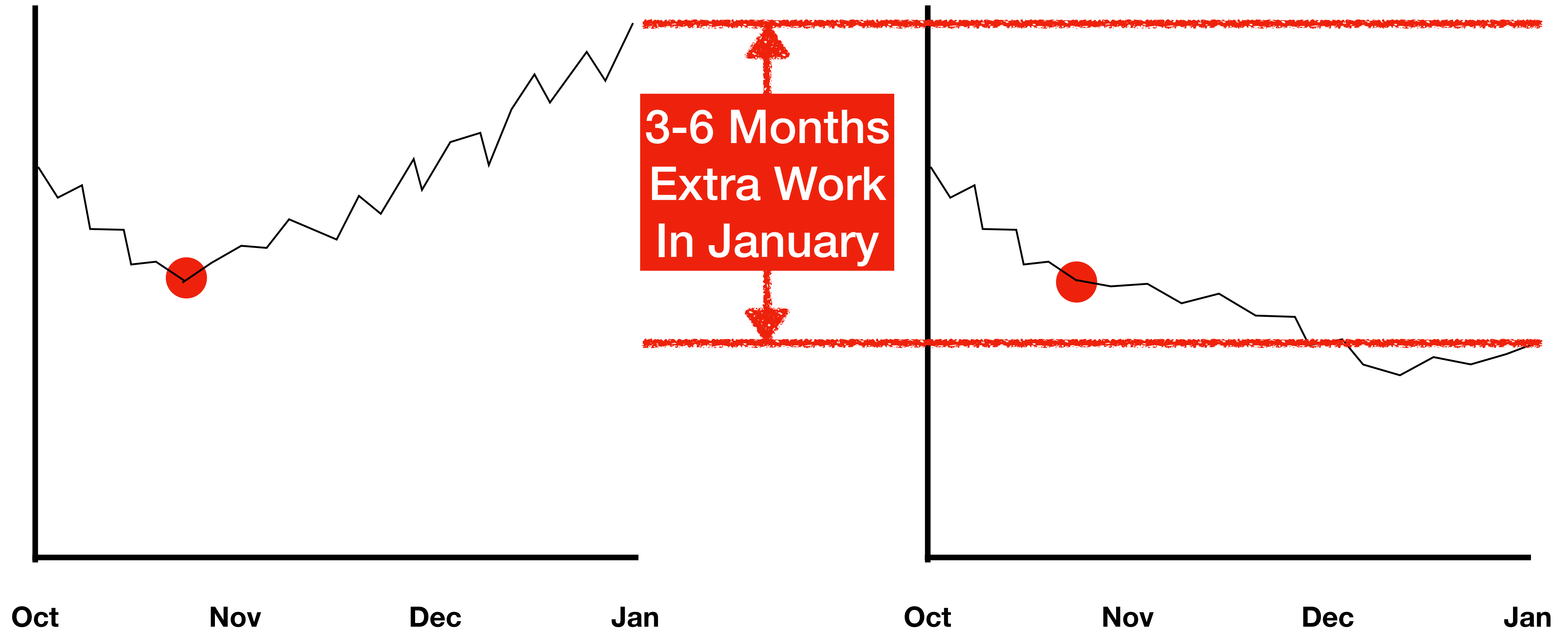
(e.g. I'm going to work out Monday before work, Wednesday after work & Saturday morning)

“I’ll start again in January”

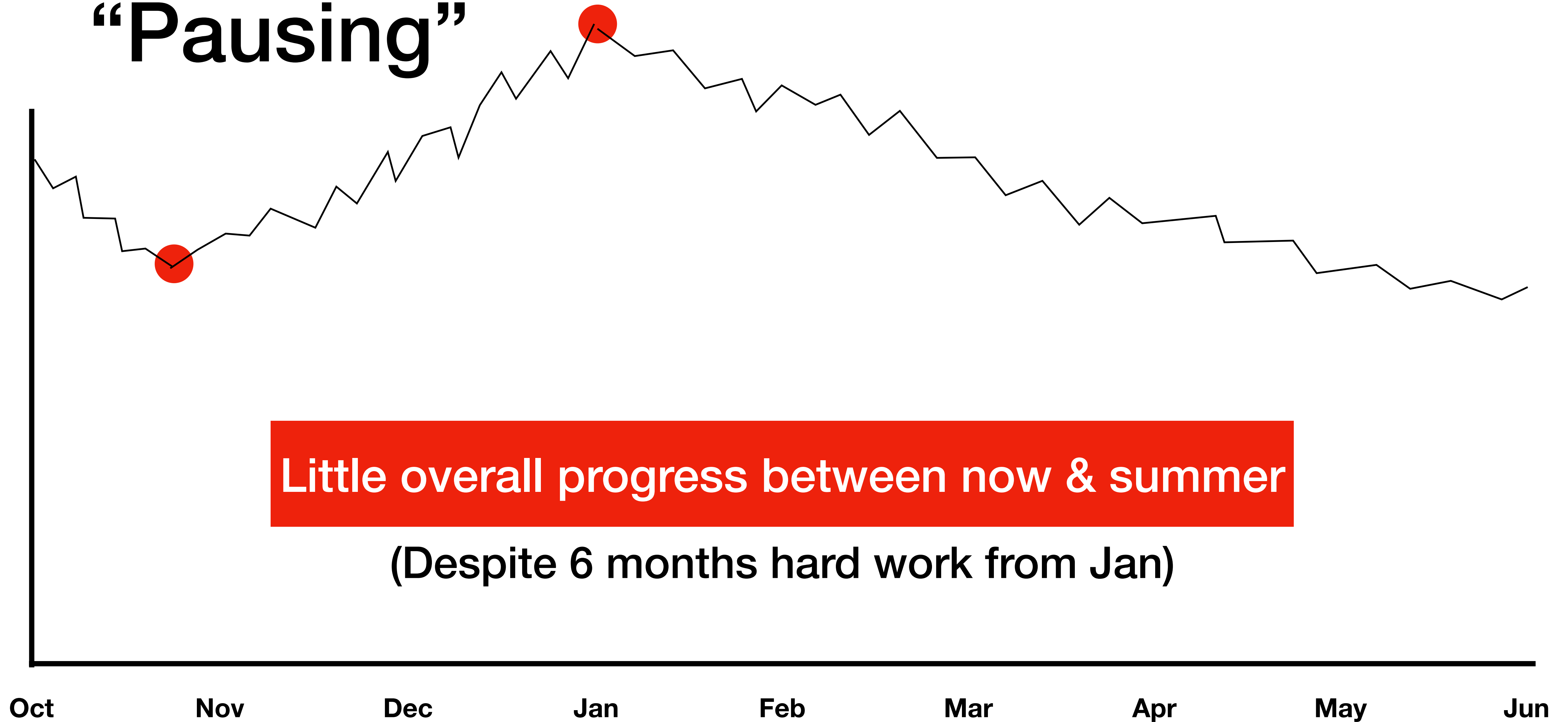
Assumption: I am pausing.

Pausing

Trying

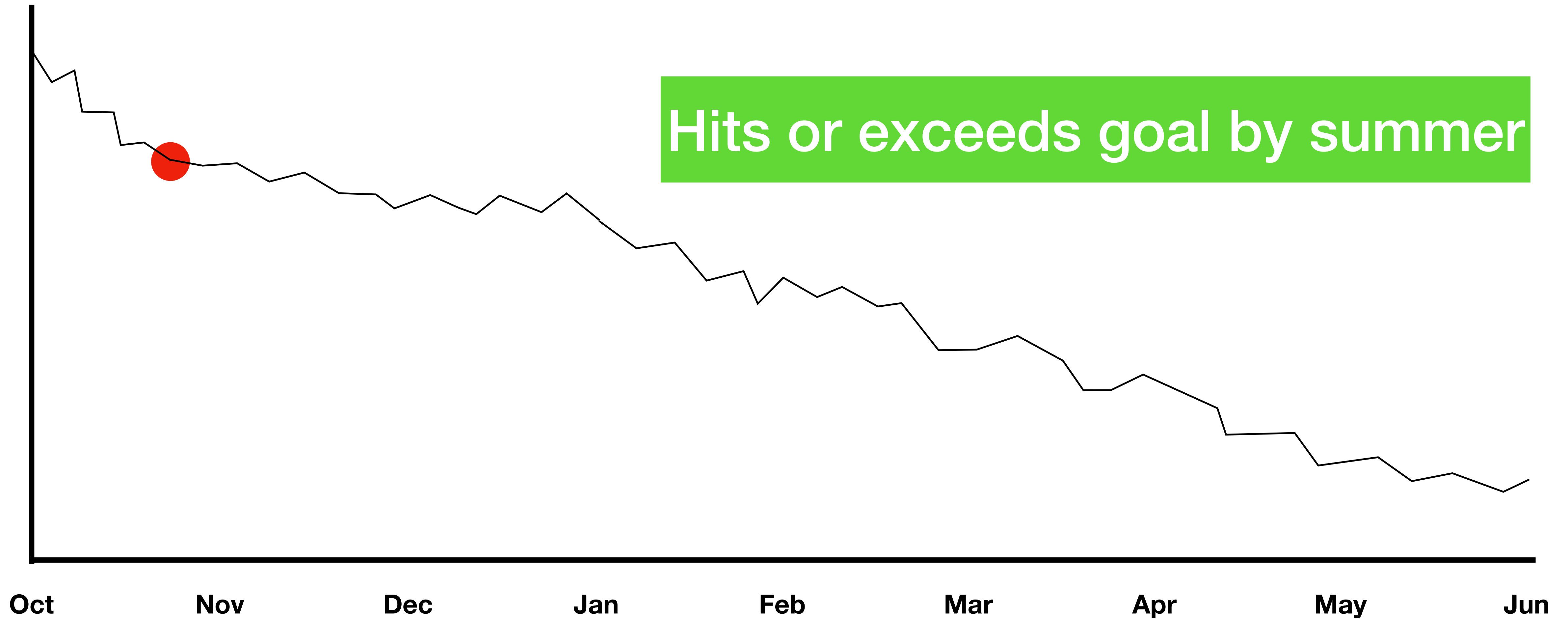


“Pausing”



Trying

Hits or exceeds goal by summer



How do you achieve that?

It's not by being perfect...

It's by not stopping

My Festive Fun Formula Helps With This

Festive Fun Formula

TRINITY
TRANSFORMATION

$$\frac{\text{Events}}{\text{Days left of 2026}} \times 100 = \underline{\hspace{2cm}} \%$$

< 40% = maintenance

< 30% = steady progress (0.5-1lb/week)

< 20% = fast progress (1-2lbs/week)

Events

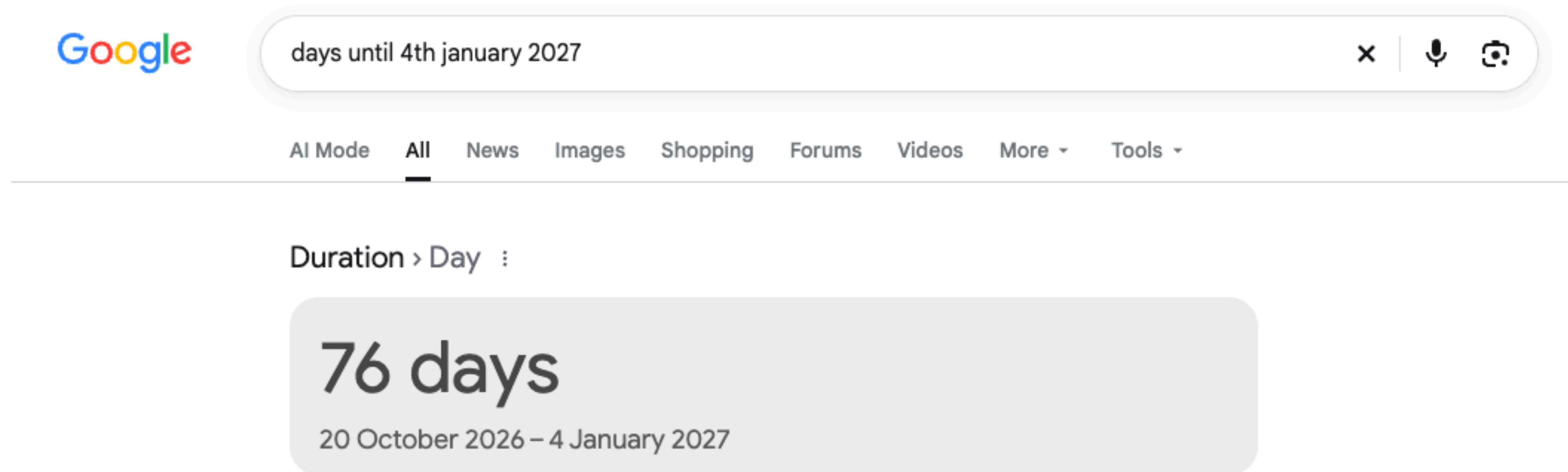
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- Work Xmas Do
- NCT party
- Xmas Day
- Boxing Day
- New Year's Eve
- Xmas with in-laws
- My Birthday
- Lucy's Birthday
- Dad's Birthday
- Mum's Birthday
- One unknown "wildcard"
- **Total = 11**

Days Left Of Year

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- Until returning to work in 2027:



A screenshot of a Google search interface. The search bar contains the text "days until 4th january 2027". Below the search bar, the "All" tab is selected. The search results show a "Duration > Day" section with a large grey box containing the text "76 days" and "20 October 2026 – 4 January 2027".

Google

days until 4th january 2027

AI Mode All News Images Shopping Forums Videos More Tools

Duration > Day :

76 days

20 October 2026 – 4 January 2027

Festive Fun Formula

TRINITY
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Festive Fun Formula

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Festive Fun Formula

TRINITY
TRANSFORMATION

$$\frac{11}{76} \times 100 = \underline{\hspace{2cm}} \%$$

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Festive Fun Formula

TRINITY
TRANSFORMATION

$$\frac{11}{76} \times 100 = 14.5\% \text{ (Off track)}$$

< 40% = maintenance

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< 20% = fast progress (1-2lbs/week)

Festive Fun Formula

TRINITY
TRANSFORMATION

$$\frac{11}{76} \times 100 = 14.4 \%$$

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What's your FFF?

TRINITY
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$$\frac{\text{Events}}{\text{Days left of 2026}} \times 100 = \underline{\hspace{2cm}} \%$$

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Final Quick-Fire Tips

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- **Save Christmas food until you're off for Christmas**
 - Just 'cos it's in the shops doesn't mean you need to buy it!
 - You'll still get PLENTY at other people's houses & events (no FOMO needed)
- **Take Christmas Day and Boxing Day completely off tracking**
 - Gives you something to look forward to & 2 days won't ruin your hard work
- **Get back on it on the 27th December**
 - Losing momentum is HARD - keeping up momentum is easy
 - We'll have a December challenge to help with this

To Summarise

- **Pausing = Stopping = Going Backwards**
 - It's like riding a bike uphill — pedalling slowly is easier than stopping and rolling back to the bottom and having to start again over & over
- **Don't follow the masses**
 - The majority (66%) is overweight & obese so do something different
- **Calculate the facts (for you) using the Festive Fun Formula**
 - It's usually not as bad as you think!

**“Most people need to stop
overcomplicating things. The
basics work, *if* you do them.”**

— *James Clear*

Bonus Q&A

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- **What questions have you got?**
- **What will be your most challenging thing over the next few months?**