

REACH YOUR GOALS

@qharperfitness

# चेक लिस्ट

CHECK LIST





## Waddup Guys,

It's much easier to reach your goals when you're prepared. I created this checklist to help you gather some of the most important assets you need for your fitness journey. We cover supplements, at-home fitness equipment, recovery items, and more in a simplified list so you can get started on the right foot without all the guesswork.

So whether you're a beginner, looking to gain muscle, or lose weight, the **Get Fit Checklist** will help you up your game and maximize your gains.



For more information on the items in this list, visit our FAQ section.

[View FAQs](#)

Password: TrainSmart

## Equipment

Whether working out at home or the gym, these tools aid your workout and recovery.

- Weight lifting Belt
- Wrist Straps
- Resistance Bands
- Icepacks
- Lacrosse Ball
- Foam Roller

## Accessories

These go with you everywhere. Choose products with quality and style.

- Gym Bag
- Headphones
- Shaker Bottles
- Water Bottle
- Gym Lock

## Apparel

Aid your workouts and your mood. Build your confidence with the right outfits.

- Flat Shoes / Weight Lifting Shoes
- Running shoes
- Pump Cover
- Joggers or Leggings
- Shorts
- Gym Shirts

## Plan

Take out the guesswork and maximize your time with solid plans.

- Workout Plan
- Stretch and Recovery Plan
- Accountability
- Identify Your Biggest Challenges

## Supplements

These will get you started with fueling and repairing your body.

- Protein Powder (Whey or Plant Based)
- Pre-workout
- Creatine
- Fish Oil (Omega 3)

## Nutrition

Knowing what you eat and having a plan is key to results that last.

- Calorie/Food Tracker App or Planner
- Nutrition plan
- Breakfast Ideas
- Lunch Ideas
- Dinner Ideas
- Snack Ideas
- Meal Schedule

## Motivation

Set the right vibe and stay motivated to make this journey more enjoyable.

- Gym Playlists
- Gather Inspiration
- Create a Realistic Fitness Goal
- Identify Milestones
- Personal Rewards for Achieving Milestones





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**Don't know what type of protein to use? Or maybe you need a solid workout plan? Or have no idea what a pump cover is?**

Q Harper Fitness has blogs, video tutorials, workout and nutrition plans, product reviews, and more to help you **Train Smarter and Harder** toward your fitness goals.

Check us out on social, and subscribe to the blog, youtube, and our monthly newsletter to never miss the latest resources and freebies.

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