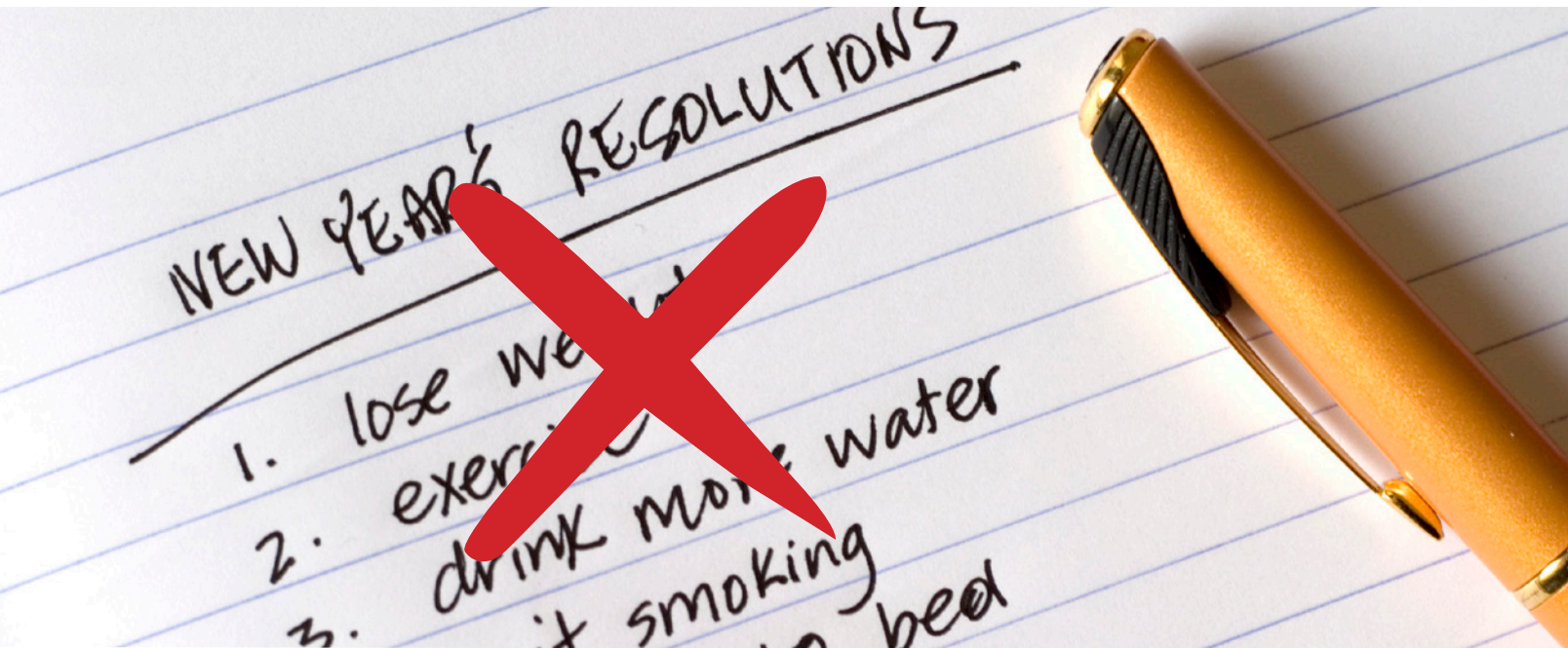




SUSAN TORBORG  
R3 DIRECTOR



# Success Is Found in Your Daily Routine



Have you been guilty of making grand New Year's resolutions only to be in the same place at the end of the year? Trying to change existing habits or introduce new ones—and make them stick—is notoriously difficult. Making resolutions is more of a cultural tradition than a strategy for success. Building habits is hard, and we're wired for what we're used to, already good at, or familiar with. But that doesn't mean we're doomed to failure. There's a better way to change your behavior and progress toward the results you want to see: the practice of habit stacking.

## What Is Habit Stacking?

Habit stacking is a way to integrate new lifestyle habits into your existing daily routines. This helps you remember the new habit and perform it with less mental effort.

New Year's resolutions tend to be broad goals like “lose weight” or “stop eating sugar.” In contrast, habit stacking focuses on specific actions you can easily stack onto existing routines, like eating 20 grams of protein after getting dressed in the morning or taking a 15-minute walk after eating lunch. This cue-based approach links the new habit to an existing behavior. You get a built-in reminder and rely on your existing brain power. It's much easier than building and strengthening an entirely new neural pathway.

## NEW YEAR'S RESOLUTIONS → HABIT STACKING

Broad goals like “lose weight” or “stop eating sugar.”

Emphasize the result instead of the process.

Meant to be accomplished by the end of the year.

Drastic changes that require major behavioral changes.

Have a 91% failure rate, according to a study by Ohio State University.

Focuses on small, consistent actions each day.

Emphasizes the process instead of the result.

New habits are tied to current behaviors.

Linking behaviors creates lasting change.


Gradually builds a healthy new habit over time that will ultimately deliver a desired result.

### R3 Uses the Power of Habit Stacking

Thousands of R3 followers across the globe are stacking healthy habits and making lifelong health improvements. The six-week plan is sectioned into three two-week phases: Reset, Reintroduce, and Real Life. We follow five R3 principles that stack upon each other, building a solid foundation for healthy progress.

1. Stay away from the foods on the No List as well as you can.
2. Consume protein according to hunger within the first hour of your day.
3. Eat foods from the Yes List, preferably with a protein, every three hours.
4. Reintroduce foods from the No List, preferably complex carbs, in moderation during weeks three and four.
5. Enjoy a meal of your choice, total pleasure, once during weeks five and six.

When life gets hard and it's difficult to stay on track or you feel weak and eat your emotions, the foundation of the R3 principles brings you back to your healthy behaviors sooner. Over time R3 trains your brain to be more attracted to healthy foods and exercise because they make you feel more energized!

“You will never change your life until you change something you do daily.” This powerful quote by John C. Maxwell captures the simplicity and power of daily routines. A new year is a wonderful time to evaluate where you are currently at and where you want to be. This year, throw out the resolution mindset and try habit stacking. Through habit stacking, new healthy behaviors become deeply integrated into your daily life. You will make sustainable progress. You're less likely to feel overwhelmed, give up, or forget. And you become the version of yourself you truly want to be. 



### The Seven Healthy Habits of R3

Think of ways you can build one or more of these habits into your day with habit stacking

**Community** | Build deep relationships and show up as your authentic self.

**Nutrition** | Follow the five R3 principles to create healthier eating patterns and increase metabolism.

**Supplements** | Focus on improving cellular health by taking your *Peak Performance Pack* morning and evening.

**Water** | Stay hydrated to improve digestion, energy, immunity, and metabolism.

**Exercise** | Move your body often to improve strength, cardiovascular health, and flexibility.

**Silence** | Practice daily silence to improve peace, mental clarity, self-awareness, productivity, creativity, sleep, and relationships.

**Sleep** | Enjoy 7–8 hours of sleep per night to restore your body and brain and reduce stress.

Continued ►

**“You will never change your life until you change something you do daily.”**

— John C. Maxwell

## Stack one or more of these habits into your day for a healthier 2025:

- Take your *Peak Performance Pack* when you have your breakfast.
- Listen to an uplifting podcast while you get ready in the morning.
- Make your bed before leaving your bedroom in the morning.
- Stretch and move your body while you watch TV.
- Call a relative or friend (hands-free, of course!) while you drive to the store.
- Do ten squats while you brush your teeth.
- Eat protein with every meal or snack.

## Habit stacking empowered the success of these R3 participants:



**Heather Lynn • Follow**  
September 26

I have had a horrible relationship with food and scales my entire adult life. When I joined the Fit for Fall Challenge 2023, my life changed. I found an incredible freedom and had a deeper understanding of the program. I remember asking, so when do I fall off? I was still in the diet mentality. That has changed. I live R3 now. Yes, I have lost almost 60 pounds, but that is just a byproduct of what I have gained with R3.



**Jessica Gibson • Follow**  
November 26

I finally committed to R3 in January 2024 and started feeling a difference in a month. A year later I'm down 4 pant sizes! I've lost 69 pounds, gained tons of energy, improved my relationship with food, and even lost weight while on vacation! My family noticed that I'm much happier, too. A simple eating plan has had this tremendous ripple effect on my life and the others around me. Now that's a transformation!



**Sarah Davenport • Follow**  
October 18

January 1, 2024, I decided I would be all in with R3 for the entire year. I walked every day no matter the weather. I joined all the national challenges and private challenges. I didn't lose a large amount of weight like many do, but my overall body composition has changed. I can fit into an old pair of jeans. I can do a squat and stand back up unassisted. I am stronger, healthier, and happier. These are life-changing victories.

Note: Results will vary depending on a combination of the participant's healthy eating and exercise habits. On average, participants lose two pounds per week.