



# TEAM WARRIOR FITNESS



GETTING STARTED GUIDE



WARRIORFIT1

A WARRIOR FIGHTS WHAT IS  
IN FRONT OF HIM TO DEFEND  
WHO IS BEHIND HIM

It is time to go to war with ourselves,  
with our unhealthy habits, with our excuses, with  
our past, and with our perceived limitations.

[Visit Website](#)



TEAMWARRIORFITNESSINFO@GMAIL.COM



WARRIORFIT1

# WE ARE **HONORED** TO HAVE YOU!

You are among an elite group of individuals, different in background, level, skill, and ability but commonly bonded by a desire to become our best and healthiest selves - Warriors. The purpose of our Facebook community is to help you become a better and healthier version of yourself in mind, body, and spirit. This group is centered on education of all health/wellness topics as well as to offer a place of accountability, support, love, respect, and positivity.

Each week, we will teach on a focus topic through a post that drops by Coach Stephanie Lawler, Coach Jen McQuay, or Coach Dr. Michelle Oz

Within this Facebook group, you will find information on nearly all the health/wellness topics you could imagine from recipes to workouts to macros to gut health (and more!) organized under the Guides tab. Browse around here or use the Search feature if you want to learn more on various topics. Check the Announcements tab as well.



# RULES: PLEASE READ

This is a private/closed group. All information shared here is safe here. Members are only brought into the group by being added by current members, through the 1stPhorm Transformation Challenge, or by being a private client with one of the coaches. Please rest assured your privacy and respect are our utmost priority.

We only have a few "rules." To keep the group positive and running smoothly, we ask:

**1** All members can post, but please make sure what you are posting is valuable (asking a question, sharing education or resources, or adding something positive or inspiring). Posts will need to be approved.

**2** No selling or promoting any products or services.

**3** **Be kind and respectful.** We ask you stay away from anything controversial or slanderous. Your religious, political, and moral beliefs are your own.

**4** **Be active and engage!** This group is a give/get. If you want to receive, give to this group by posting and engaging with others.

**5** Please download the **1st Phorm app** as this is platform Stephanie uses for her free level of coaching. More info in the following pages.

[Download 1st Phorm App](#)

This group is FREE. We do not charge for membership or for any of the valuable content or services we provide. Please do not steal/share the intellectual property provided here.

The only "fee" we ask is that you help us grow the group by adding like-minded individuals, sending referrals our way, and the power of a positive word. You can also support us directly through our paid coaching services, sharing our public social media posts/liking/commenting, or using our links to support the businesses we partner with.



# MEET THE STAFF



## Stephanie Lawler

Owner,  
Warrior Fitness LLC  
Head Coach  
NASM CPT  
1st Phorm Elite Trainer

**Location:** Atlanta, GA

**Interests:** Special needs mom, bulldogs, traveling, home decor



@warriorfit1



## Jennifer McQuay

Coach  
ACE Health Coach and  
Personal Trainer  
RYT-500

**Location:** Jackson, MO

**Interests:** Yoga, health/wellness/fitness, coffee, and pitbulls (my sweet Winnie!)



@jennifermcquay



## Dr. Michelle Oz

Coach  
Dr. of Chiropractic  
Functional Medicine

**Location:** Atlanta, GA

**Interests:** Traveling, spending time with her husband Chris and dog, Hazel



@drmichelleoz

\*Please note that we are not certified nutritionists or registered dieticians. If you have any medical issues or conditions, please consult with a physician before beginning any nutrition or exercise plan. This guide is not for redistribution, nor should any part of it be copied or taken for your own use or sale.



# PRIVATE COACHING

## OPTIONS

Along with educating within the private Facebook group, each coach offers niche coaching and educating.



**Coach  
Stephanie  
Lawler**

**Private Group Challenge:** (Quarterly) 8-week challenge limited to 40 participants with basic macro understanding, custom macros, group workouts with demo videos, abs/cardio programmed in, private weekly check-ins, group weekly Zoom calls, weekly winners, education and support, ebook, 24/7 text access, macro adjusting, overall winner (app-based through the Warrior Fitness app)



**Private 1-on-1 Coaching:** includes custom nutrition, custom workouts for home or gym, and weekly accountability check-ins via the Warrior Fitness app, custom supplement plan and weekly/monthly 30-minute virtual check-ins or training sessions. Coaching is sold in 3-month blocks.



**Coach  
Jennifer  
McQuay**

### **Foundations of Healthy Living:**

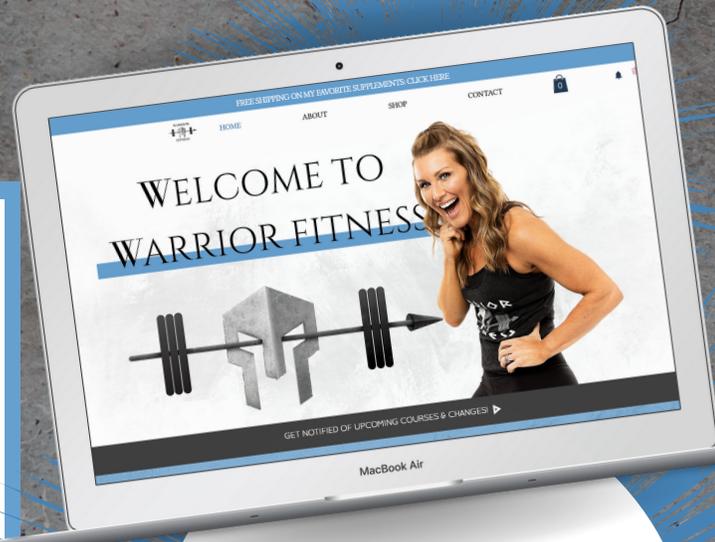
a quarterly 6-week group teaching basic nutrition, habit-stacking, workouts, weekly individual check-ins and group Zoom calls, recipe and meal plan ebook (app-based through the Warrior Fitness app)



**Coach  
Dr. Michelle Oz**

### **Membership-based services**

via a private online platform for labs, consults, education on hormone health and functional medicine topics to include gut, skin, and thyroid.



## **CHECKOUT THE WARRIOR FITNESS WEBSITE**

Apparel, Latex Resistance bands and more!



# TO-DO LIST

## READ THIS ENTIRE GUIDE.

Remember that this is just a "Getting Started" guide. We are here to help you and answer any questions. We host a once a month Meet & Greet Zoom call for members. Check the Facebook group for dates and the join link.



Fill out the New Client Intake Form

NEW CLIENT FORM



Sign up for our weekly newsletter, Warrior Words and Wisdom, that drops each Wednesday at 5am EST. Inside, you'll find a weekly workout, articles from our coaches, our favorites, announcements, and giveaways! Sign up here:  
<http://eepurl.com/dFpA3v>

NEWSLETTER  
SIGN-UP



Download the 1stPhorm app. This is the app that Stephanie uses to offer her free level of advising through. You will have access to workouts, macros or a meal plan, live-stream videos, food tracking, and much more. If you already have the app, please make sure Stephanie is your advisor under the My Advisor tab. If not, add her by typing in "inspired." To download the app, go to:

DOWNLOAD  
1P APP



In the Facebook group, please watch the 2022 Welcome Video pinned under Announcements or in Guide 1.

WATCH WELCOME  
VIDEO



Introduce yourself to the Facebook group in a post or video! Let us know who you are, where you are from, and what your goals are! We can't wait to get to know you better!

GO TO FACEBOOK  
GROUP

# 1ST PHORM APP



## APP SET-UP GUIDE

You will next answer a few simple questions such as birthday, height, current weight, and goal weight. If you need help with a goal weight, just enter what you think is appropriate now and we can discuss it later. There will be a series of questions after this so I will cover the ones that are most commonly answered incorrectly next.

## APP ADVISOR SET-UP

DOWNLOAD  
1P APP



### 01 DOWNLOAD 1ST PHORM APP

- Tons of different exercise programs with varying levels of difficulty for at home, or at the gym
- Macro/calorie counting meal plan with a barcode scanner
- Direct messaging with me
- Access to our registered dietitians archived and live podcasts as well as so much more!

### 02 ADD ME AS YOUR ADVISOR

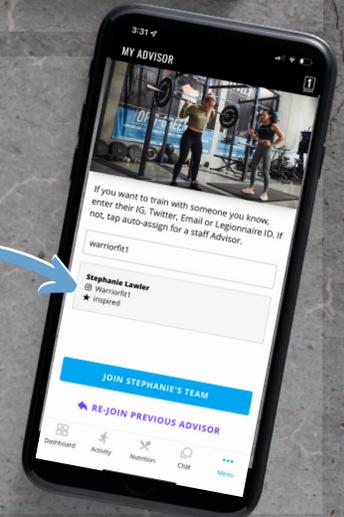
Under menu (bottom right corner choose my advisor. Please double check that I, Stephanie Lawler, am listed as your advisor.

IF I AM NOT:

Choose "Drop Advisor".

Type in: Inspired

Click to "Join Stephanie's Team"



### 03 ONCE I AM ADDED, SEND ME A MESSAGE IN THE APP

### 04 CONTINUE SET-UP OF APP & FILL OUT WEEKLY CHECK-IN, & DAILY TASKS



# NUTRITION SET-UP

## 01 START CALORIES/ MACRO COUNTING

Under the nutrition tab, choose the meal option best for you:

### 1) Portion Control

- Good for getting started learning about portions and using a list of healthy foods.
- Use the size of your hand as a guide for learning how much to portion out.
- No measuring or weighing.
- Choose from a decent selection of healthy foods. Good for people that like to have a set list of foods to choose from.
- Set number of daily meals (3)

### 2) Macro Meal Plan

- Portions tailored to your bodies energy needs.
- Choose from a decent selection of healthy foods. Good for people that like to have a set list of foods to choose from.
- Weighing individual foods allows you to learn more about your nutrition.
- Select # of meals daily (between 3-6).

### 3) Calorie/Macro Counting - THIS ONE IS WHERE I CAN HELP YOU MOST

- Lots of flexible tracking options. Allows you to enter in/track any type of food, so options are not limited.
- Weigh individual foods. Tailored to your custom goals, this is the most accurate option.

## 02 CHOOSE FOOD PREFERENCE:

For preference on carbs (fruit, bread, rice, pasta) or fats (nuts, seeds, avocado, nut butters): if you don't know which you enjoy more, please choose 'both'.

## 03 SET GOALS

If you have any body fat to lose, you will want to choose 'Primarily lose body fat'. If you simply want to maintain your weight and focus on foundational health first choose 'Maintain'. If you want to build muscle (which will come with some fat gain as well) please choose 'Gain Lean Muscle'.

## 04 SET ACTIVITY LEVEL

### Sedentary

most desk jobs, less than 7k steps

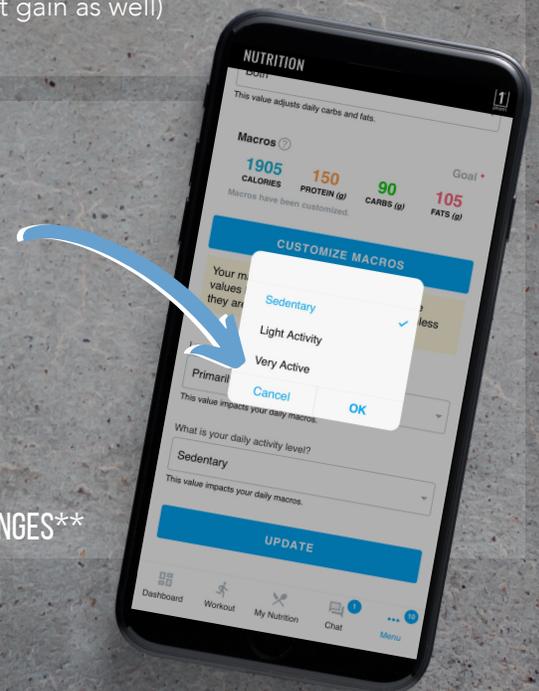
### Lightly Active

think of a teacher, someone who moves a little bit daily but gets under 10-15k steps in

### Very Active

construction worker, someone with a very physical job or over 15k steps daily

\*\* BE SURE TO CLICK "UPDATE" IN BLUE WHEN YOU ARE DONE MAKING ANY CHANGES\*\*



# WORKOUT SET-UP

## 01 CHOOSE LEVEL OF EXPERIENCE

### Beginner

If you are brand new to working out or have only been working out for a couple months.

### Intermediate

If you have been working out for 6 months to a year and feel moderately comfortable

### Advanced

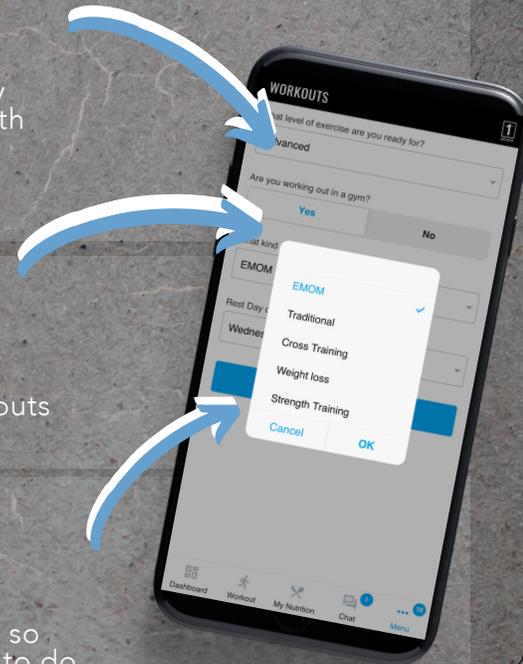
If you are very comfortable with workouts

## 02 CHOOSE GYM OR AT-HOME WORKOUTS

Personal preference- I use the gym version, but "at-home" workouts are great for travel or for at home everyday.

## 03 CHOOSE WORKOUT PROGRAM

Choose a workout program you feel matches your workout preferences/equipment availability. Please note, you can gain muscle/strength and burn fat doing any workout program listed, so please choose based on what YOU enjoy doing and will be able to do long term.



## WHAT ARE THE TYPES OF WORKOUTS?

- EMOM
- TRADITIONAL
- AT-HOME
- STRENGTH TRAINING
- CROSS TRAINING
- 12 WEEK FOUNDATION PROGRAM

## HOME WORKOUTS:

- BODYWEIGHT

Working with what you've got! No matter what you have accessible to you, you can still MOVE! These workouts will get you up and moving!

- DUMBBELLS, KETTLEBELLS, BANDS

Dumbbells, Kettlebells, and bands can be crazy amazing tools. These workouts through the app are designed to help you feel the burn no matter the weight.



## DAILY TASKS

On your dashboard, there is a daily tasks section. These are the tasks that you need to complete daily to stay on track with your results..

## WEEKLY TASKS

On your dashboard, there is a weekly tasks section. These are the tasks that you need to complete weekly as part of your check in. You can easily click on each task to complete it.

All parts of the check in needs to be completed in order for me to help you achieve your goals and be the best coach I can be for you.

- Take Your Photos
- Take an Assessment
- Weigh In
- Add Body Metrics

- Track Macros
- Drink 120oz or More
- Sleep 7+ Hours
- 10k Steps
- Hit My Protein Goals

## PROGRESS PHOTOS

I highly encourage you to take day 1 photos in the app. I know they can be uncomfortable to take and the last thing you want to do but I promise you will be glad you did take them.

You can wear whatever you feel most comfortable in. I do recommend wearing clothing that you will be able to see progress such as shorts, tank top, bathing suit, etc.

I also recommend taking your photos in the same spot if possible with similar lighting each time. I always take my photos first thing in the morning after I have used the restroom and before I eat.

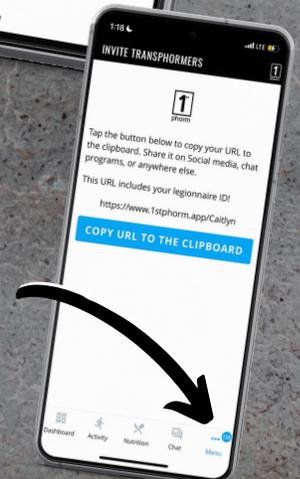
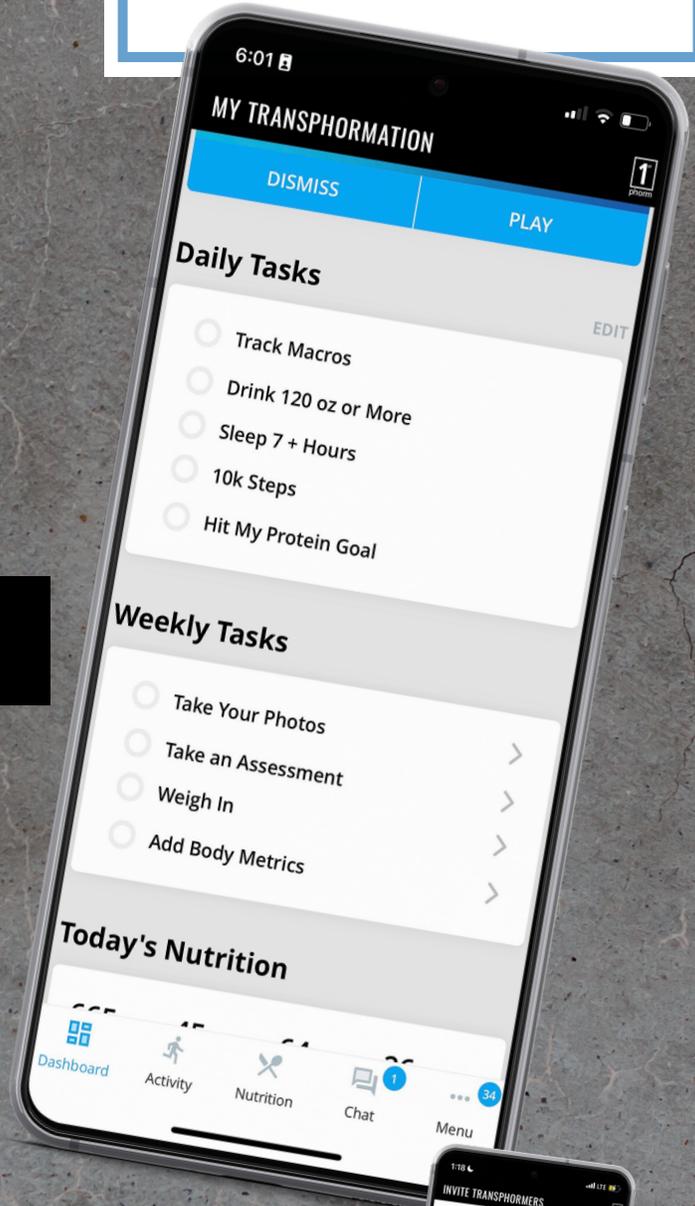
For weekly progress photos, I recommend wearing the same or similar clothing, use the same location/lighting and take them at the same time each week.

## REFERRAL PROGRAM

By clicking referrals, you can invite others to download the app referring them to me to be their advisor.

FOR EVERY 5 REFERRALS THAT DOWNLOAD THE APP & COMPLETE THEIR PROFILE, you will earn a \$10 1st Phorm Gift Card. Gift card is emailed out once a month

To find your link - Go to the bottom right corner "Menu", scroll down and you will see "referral link".



# SUPPLEMENT GUIDE

## FILLING GAPS

Understand that supplements are intended to do just that: supplement a healthy lifestyle.

### THERE ARE NO "MAGIC PILLS" TO SHORT-CUT THIS PROCESS.

At the base of supplementation, making sure your micronutrient needs are met is the first order of importance. Without vitamins and minerals, the body can't function optimally and surely won't respond as quickly or efficiently to additional tasks, like fat loss. For this reason and because of the fact that fat loss typically limits variety due to meal prep and lesser amounts of fruits and veggies to fit calories and macros, a comprehensive micronutrient pack will fill those gaps in diet and ensure the body is functioning optimally, especially under the stress of caloric deficit.



Another important supplement is a high-quality omega-3 fish oil (EPA/DHA ratio of 900:600) to speed fat loss, lower inflammation, and fuel the brain. Our diets are rich in omega-6, 9 but limited on omega-3 as many of us don't eat wild caught, deep-sea, fatty fish 3-4 times a week to counterbalance the 6/9 ratio.

A low-temperature processed greens product aids digestion, breaks food down, reduces bloating, improves regularity, and improves the gut microbiome through powerful probiotics to improve immunity.

Lastly, a low-temperature processed reds product will improve circulation, aid in cardiovascular health, improve visible signs of aging, and keep cells young and healthy.

This stack can be found here: (or click the image)

[https://1stphorm.com/collections/stacks/products/total-health-stack?a\\_aid=inspired](https://1stphorm.com/collections/stacks/products/total-health-stack?a_aid=inspired)

# SUPPLEMENT GUIDE

## PROTEIN CONSUMPTION

There are 2 other places my clients are typically lacking, and that is protein consumption through whole foods every 3-4 hours due to limited protein options and busy lifestyle and a rapidly digesting protein and carb in the post workout setting.

For these gaps, I recommend Level-1 whey concentrate protein for a "meal-style" protein. This protein is low-temperature processed, so unlike other powders, it won't cause digestive upset, bloating, or gas like so many others out there. Clients who are lactose-intolerant or GF can readily use this product with zero issues. It can be a quick meal on the go when paired with a carb source like rice cakes or fruit. It blends easily in water only and can also be used for baking or flavoring coffee (my favorite "meal!").

Phormula-1 and Ignition make up the post-workout stack. Utilizing this stack shuts off the breakdown that occurs during a workout and quickly puts the body back into a fat-burning state. This is the only time where a supplement is more efficient/better than a whole food. Phormula-1 is a rapidly digesting isolate protein that clears the gut fast and moves to muscles to start the repair process, thus reducing soreness and fatigue. This protein is to be paired with Ignition, a rapidly digesting carb made from the most simple sugar to replenish the muscle glycogen lost during a workout. As the most simple carbohydrate, it bypasses the liver quickly to not be stored as fat. Ignition also contains a micronutrient blend to restore lost vitamins and minerals that are excreted during a workout. This stack is to be mixed with water only and consumed right after a workout. The post-workout stack has made the SINGLE biggest difference in my body composition and recovery, allowing me to get in a great workout day after day without soreness.

Click the images to take you to these products!



[SHOP  
LEVEL-1 PROTEIN](#)



[SHOP  
POST-WORKOUT](#)

# THANK YOU!

We can't wait to get started with you along your journey. Wherever you are is where we will meet you. This journey isn't just about the perfect meal plan or workout. It is about fixing the broken parts, finding the joy in the journey, and finding your tribe who will love and support you while pushing you to become a better version of yourself. To give your best, you have to be your best. It's learning that making yourself a priority isn't selfish...it's vital. This journey won't be easy. You will falter along the way. You will want to give up, but what you have to remember is that YOU are worth it. You deserve this.

It isn't about wraps or diet teas. This group, and our coaching approach, is about making small changes, educating yourself about what a healthy lifestyle looks like, making some sacrifices, committing to the process, and loving yourself each step of the way. We will never ask you to do something we aren't going to do right along with you. And although we can't do the work for you, you don't have to go alone. This Warrior community is a beautiful one, and we firmly believe like attracts like. You found yourself here because you are already a Warrior. You have always been one. We all have our stories. We have all fought our battles. We wear our scars proudly, and we vow to use our struggles as our greatest strengths. Welcome to the team. It's an honor to have you.

- Team WARRIOR Fit Coaches

(Left to Right)  
 DR. Michelle OZ  
 Stephanie Lawler  
 Jennifer McQuay



CONTACT US

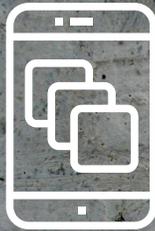


NEW CLIENT INTAKE FORM



NEWSLETTER

JOIN NEWSLETTER



DOWNLOAD 1P APP



http://

VISIT WEBSITE



GO TO FACEBOOK GROUP