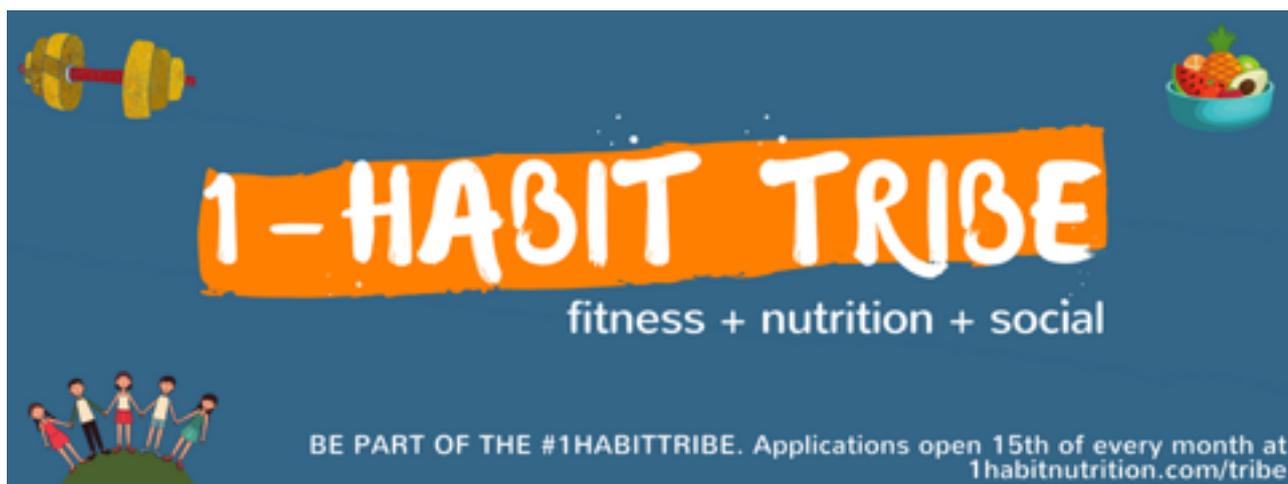


## 1-Habit TRIBE Rules and Responsibilities



**Welcome again to 1-Habit TRIBE! In order to build a sustainable, safe and positive community, every TRIBE member will have to read through this document and then sign off.**

**Please read carefully and any questions or concerns, feel free to ask me!**

Are you guys excited for the start of TRIBE? As we help motivate and inspire each other in this journey, remember that you are in control of your life so only you can determine how much you get out of this.

### **What you'll get**

On top of our weekly bootcamps, you will get a nutrition and an exercise task to do either weekly or fortnightly depending on the complexity of the task. Everyone will begin at week one, so say at week 5 we will get a new batch of TRIBE members, they will start at Week 1 and we will support them through the start of their journey.

I understand that all of you come from different backgrounds and walks of life. Some of you may have injuries. Some of you may already following an exercise and nutrition plan. So here's my advice.

#### **1. For those of you already following a meal plan (not from me)**

- Try to also practice the tasks that I will be giving you every week. These tasks are simple and it should not ruin your eating plan so much. In fact, you might even be already practicing these tasks in your meal plan so just add it up.

## 2. For those of you who already have a training program

- Stick to your training plan. You don't need to do the tasks I give you if your training plan is working out well.

## 3. For my ProCoach coaching clients

- Do not, seriously, do not do any of the nutrition and exercise tasks unless I tell you personally to do them. You can try and add but whatever we're doing together is already quite content heavy so feel free to skip these and show up to the weekly bootcamps only. Less is more, remember?

## 4. For those of you who do not have a training or nutrition program

- Then let's get to work!

Think of the task as a rolling ball. In Week 1, we will be doing Week 1 tasks. In Week 2, we will be doing Week 1 AND Week 2 tasks. And then in Week 3 you will be doing Week 1, 2 and 3 tasks. And so on.

Remember, these tasks will start super simple. Life's complicating as it is. Let's not complicate it further. As the week goes by, the tasks will start to become harder. We will start easy and then build up from there ok?

## Doing the Tasks

**Doing the tasks is compulsory** (unless you're a ProCoach client - and even then you need to do your own tasks in hand). Being part of the TRIBE means you are hungry for results and you want results so do the tasks I've given you. Excuses like:

- I don't have time
- They're too easy
- They're too difficult
- I don't feel like doing it

...is not a great attitude to have. **If you're here, then be here. Be present.** If you want results, do what I tell you to do, and you will get it. That's a given.

## TRIBE Mantra

As a TRIBE member, you must always carry yourself alongside our mantra which is:

**T – True to yourself.** There's nothing to hide. Not even those fats around your waistline. We want you to be true to yourself and not ashamed by who you are.

**R – Respect.** To others but most importantly, to yourself. Which means everything you do from the moment you join the TRIBE means you're respecting your body, your mind and your heart. Focus on what you love to do, not because you think it's good for you.

**I – Inspirational.** Make the most out of life by not just spreading love within yourself but to the people around you too. Inspire others so they can start on their own journey.

**B – Ballsy.** Be unafraid. Times are tough? Well you suck, times. You're going to be stronger than that. Because you're tougher than times are.

**E – Empowered.** Put all the first four letters together and you'll come out empowered, strong and the person you want to be.

We're here to set an example to the community that change in a positive environment is possible so let's start with us.

## **Your role on social media**

Social fitness is a huge thing. It can help motivate yourself to keep on going. Honestly to me, social media is not all that bad - if you know how to use it.

As a TRIBE member, remember we do not discriminate anyone. It doesn't matter if you're overweight, super fit and strong or skinny, everyone is awesome as long as they're trying to change their life by moving more, eating more and opening up their minds to nutrition and fitness education.

As such, our role as a TRIBE member is to share our journey with our friends and family as we go along. With every task that gets released, there will be a social media task for you to do. I won't be checking them to make sure you die-die must post but I will encourage you to post your journey, progress, successes and inspiration with your friends at least once a week either via Facebook, Instagram or Instagram Stories.

That way, we can also attract more members to the TRIBE and at the same time, grow the community so we can help ourselves better.

Whenever you post on IG/FB or IG stories, do tag @1habitnutrition and our common hashtag #1habittribe. You can also share the link to our TRIBE page which is [1habitnutrition.com/tribe](https://1habitnutrition.com/tribe).

## **Check-in with the group on WhatsApp!!**

Our WhatsApp group will be our point of communication from here on out. Let's use each other.

Each time you do a workout, check in with us.

Each time you complete a nutrition task, check in with us.

Each time you do anything that makes you happy, check in with us.

Honestly, just check in with us anytime! We're all here for each other. Change can be a lonely process, so let's use each other.

Also, if you have any questions/concerns please message on the 1-Habit TRIBE WhatsApp group instead of messaging me personally. This way I can answer all questions or address your concern so everyone can see it. Open environment!

## **New TRIBE members**

To keep our TRIBE comfy, I will only open new TRIBE sign-ups monthly from the 15-20th of every month. Which means at the mid of every month, I hope we can get new members! If you have friends who wants to join in, tell them to sign up on the 15th!

## **Attendance**

As a TRIBE member, **please please please as much as possible come to every bootcamp, hangout and any events moving forward?** I will try to keep it to Saturday mornings so you can have the rest of your days free.

If you can't make to any sessions, please let the group know as soon as you can.

## **TRIBE Member Fees**

The current TRIBE fees is \$40 per month and will be paid via direct debit the same day you signed up. For ProCoach clients it'll be free. Remember that TRIBE member fees are used to upkeep the community itself like:

- Weekly bootcamp venue fees
- Instructor payments
- For our once every two month events so it can be highly subsidised

As such, please try to keep your account fully paid with no demand. It'll be super awkward if I have to come and ask you for money so let's not put ourselves in that situation.

## **Other TRIBE perks**

Your TRIBE membership also entitles you to a cool 20% off any 1-Habit Nutrition programs for as long as your membership remains. If you're keen to sign up for one-on-one coaching with me you can just let me know anytime.

## **Leaving the TRIBE**

Every beginning will have an end and yes, even this. As the week goes by you may decide that the vision and goals of TRIBE do not match yours. Perhaps you'd want to take a break. Or even start your bodybuilding journey. If that happens, just let us know!! However, I will appreciate it if you can leave the team before we take in new members so sometime before the 15th of any month is good.

## **Politics and all other negative vibes**

Nothing ruins an awesome relationship more than negativity and politics. I hope we can try to be as peaceful and respectful as possible with each other. One of the things I value the most in my professional and personal relationship is this - communication. So we will do just that. Let's keep an open atmosphere and if there is something we're not happy about, we talk. If there's something we feel is a little off, we talk. If there is a certain issue or anything else even if it's not that negative yet but you know if you keep it in, it'll become negative, we talk.

**In other words, we're going to communicate. All the time. Talking is good.**

On a separate term, while talking is good, it's always good to know when and how to listen. If someone in the group is sharing an idea that challenges you, listen to it fully before reacting. Think about it and then act on it. If you don't have anything positive to contribute then let's try not to speak. Positive environment begins with each and everyone of us. We may not agree on everything but compromise is key.

## Photos and videos

Being part of the TRIBE means you agree to have your photos and videos taken during our weekly bootcamps, events and so on. This will be used on but not limited to our social media accounts and on our websites.

## Future plans!

### 1. Weekly bootcamps

In the future, I don't want to be the one running the show. Which means I am happy to help you if you want to explore your opportunities in the fitness industry - like becoming a part time instructor or personal trainer or coach.

For now, I will be taking the weekly bootcamps every Saturday but I hope that some of you can also run the show in the future. (I know some of you are qualified fitness instructors too!).

I have plans to bring in instructors in areas like pilates, Zumba, POUND fitness, CrossFit and so on so if you or you know anyone who are keen to run the Saturday classes, please let the team know!!

### 2. Event once every two months

I am planning a 'kayaking' event some time in November!!! This will be our very first TRIBE Hangout! Once every two months we will do things outside of the gym because fitness is a lifestyle! If you have any ideas of what we can do outdoors together - update this Google Sheet ok?

### 3. Birthday cake?!

Perhaps we can celebrate our birthday babies every month? Let's brainstorm this.

### 4. TRIBE Points

In the near future, I have plans to start a 'point system' for our TRIBE members. This means that all of us have the opportunity to earn points by completing tasks and showing up to sessions and events!

Here's an example. Every one of us will start as TRIBE Member. There are opportunities for us to earn points like:

- 10 points for showing up to bootcamp sessions
- 10 points for completing the required task per day
- 10 points for posting on social media
- 30 points for inspiring someone to join the TRIBE
- etc.

Once we can collect 500 points, we will go up to the next level. Here are the levels available:

- TRIBE Associate
- TRIBE Executive
- TRIBE Squad Leader
- TRIBE Leaders

Moving forward and as the number of our community grows, we will also separate ourselves into Squads depending on our interest group. For example:

- TRIBE Lifters for members who loves lifting weights, Strongman, powerlifting etc.
- TRIBE Dancers for members who loves dancing, Zumba, etc.
- TRIBE Runners for members who loves running, jogging, sprinting etc.
- TRIBE Movers for members who loves doing cardio based sports like triathlons etc.
- TRIBE Adventurers
- TRIBE Fighters for members who loves fighting etc.
- TRIBE Crossfitters for members who loves CrossFit and super intense workouts
- TRIBE Spartans for members who loves workouts like Spartan races etc.
- Water TRIBE for members who loves water sports like Kayaking, Dragon Boating etc.

Nothing concrete for now but I'm just toying with this idea. For those of you who loves this idea, do let me know and we can work on it together! I reckon it'll be fun as we're the pioneer group and ANYTHING can happen!!

—

That's it for now!! I cannot wait to meet you. **This is not my TRIBE, this is our TRIBE.** So let's kick this off strong and inspire others to inspire ourselves to eat better, move better and build sustainable healthy habits.

P.s. Once you've read this entirely, please submit your declaration by clicking on this link: <https://1habitnutrition.com/tribe/rules>. This will make sure we're all on the same page!