

# ERIC BARTOSZ

AUTHOR/FOUNDER  
COACH/SPEAKER



# BAR40



For anyone looking to elevate their life to the next level and pursue the best version of themselves, BAR40 offers the framework and guidelines that will help you achieve the ultimate year of reaching your full potential. BAR40 is a 52-week program designed to provide the foundation and tools for creating new life-changing habits in core areas such as mindset, diet, and fitness. While BAR40 makes no claims of easy results with no effort, what it does deliver are fundamental improvements through commitment, dedication, and personal accountability. These self-mastery skills will have you performing at peak levels while looking and feeling your best!

## BOOK COMPONENTS AND FOCUS AREAS

- 52-WEEK PROGRAM TO REACH PEAK POTENTIAL
- DIET MODIFICATIONS: LOOK AND FEEL YOUR BEST
- WEEKLY FITNESS GOALS
- HABIT FORMATION AND ELIMINATION STRATEGIES
- PERSONAL ACCOUNTABILITY
- 52-WEEK SOBER CHALLENGE
- 365 DAY 'ULTIMATE YEAR' JOURNAL



917-853-9691

eric@bar40.org

bar40.org

bar40book.com

## DREAM BIG WITH BIG DREAMERS

CONVERSATIONS FOR CAREER GROWTH INSPIRATION, AND INSIGHT

with Donna Serdula and Scott Kent Jones

