



# BRANDON WEISS

Coach

## Contact



267-490-7860



Brandone@Bar40.org



wwwBar40.Org



**Turning One Day into Day One: Creating your plan to achieve peak potential...starting today!**

*"Vision without execution is hallucination"...wise words that apply to our own lives far too often!*

*This 60-minute high-energy and engaging presentation will leave the audience feeling motivated and ready to take charge in putting newly learned techniques into immediate practice in their life.*

*Brandon offers focused strategies on setting achievable but life-changing goals, diet enhancements that result in you feeling and looking your best. Also included: planning for a custom and sustainable weekly fitness plan, and personal accountability habits that deliver game-changing results.*

*Brandon's message of establishing a mindset of daily success and slight but continuous improvements as a daily approach to all aspects of each day provides the audience with a crystal-clear vision of what living their life at peak potential will look like and a renewed passion to start pursuing it.*

## Wellness Presentation Core Components



Developing a high-performance mindset and tracking daily successes



Setting goals and breaking them down into specific steps



Writing a food improvement plan



Creating a workout plan: main factors for success are interests and schedule



Using the **BAR40** Life Lift worksheet

**Examples of common BAR40 feedback:**  
*"A total game changer", "I wish I heard this 10 years ago", "this should be taught in schools" "Inspirational and pragmatic", "transformative" "A 360-degree program for a better life"*

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