

# BECOMING A CHAMP

MENTAL TOUGHNESS  
MASTERCLASS  
FIGHT PLAN



**CRISTY "CODE RED" NICKEL**

**CODE RED LIFESTYLE™**

# BECOMING A CHAMP

## Mental Toughness Masterclass

**CRISTY “CODE RED” NICKEL**  
Code Red Lifestyle™

### MASTERCLASS ROUND 5

#### DON'T GET CAUGHT ON YOUR BACK FOOT

In Round 5, I shared that getting caught on your back foot puts you at a huge disadvantage in a fight. You may be able to come back from it, but if it happens enough, you'll lose the fight.

This is because, when your weight is on your back foot, instead of evenly distributed between both feet, your center of gravity is off and you're more easy to knock back.

Getting “caught on your back foot” in weight loss can really throw you off, too.

This is all the more reason to put measures in place, so you stay balanced and in control of your weight loss. Some examples of putting measures in place:

- Getting the junk food out of your house (or asking other family members to hide it from you)
- Keeping an extra water bottle at work in case you forget yours
- Keeping some Code Red “emergency food” in your car or purse in case you forget your meal, get stuck in traffic, or your flight is delayed (basically, any situation where you could end up without Code Red foods around to eat)
- Having gum and tea bags around to help you combat cravings

These are just a few examples of ways to help you prevent getting caught on your back foot.

In the spaces below, write down some areas of your life, work, and routine where you're at risk for getting caught on your back foot, or already have been!

Then write down measures you can put in place to prevent it in the future.

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