## PFP's Signature Winning Athlete Formula

Our proven system to helping you overcome mental blocks and become the confident, athletic, and successful leader on and off the field.



- Initial trust building
- Starting Point

  Discovery
  - Mindset Assessment
  - Injury Reduction
     Screening
  - Physical Performance Testing
- Gather information to build a customized, empowering, progressive plan
- What's Your WHY- tap into intrinsic motivators

- More positive and growth mindset after initial 11 weeks of motivational messages
- Immediate Physical
  Breakthroughs solely from
  tight muscles lengthened,
  weak muscles
  strengthened, and new
  movements learned
- Confidence and competence generated by standing taller, getting out of comfort zone, and taking action

- Personal Habits and Confidence- full 52 motivational message cycle
- Attitude and habits based on decision not feeling
- Better ability to to respond to mistakes, challenges
- Completion of 1 Full Training Macrocycle

MOBILE, FLEXIBLE

ENDURANCE

RHYTHM

POWER

COORDINATION

QUICKNESS, AGILITY

STRENGTH

SPEED

- More courageous, certain, and steadfast in who they are
- A leader, a captain of his or her teams and groups
- Less Influenced, More Influential
  - Internally driven to challenge his or herself, push outside of comfort zone, take risks