

# Worksheet Day 5

## The 5 Day Challenge

### Peak Performance For Life

#### Action Points

1. Complete The Morning Fat Burning Routine
2. Complete your Farmer Fitness Workout
3. Choose some more recipes from the NTX Recipes, that's what you'll eat today.
4. Download the resource on [Fasting >>](#), decide if you want to do this and which plan you'll follow
5. Build your Tribe (below)
6. [Claim your FREE call with me >>](#)

### Build And Grow Your Tribe

#### Build Your Tribe

All peak performers have a tribe. A group of people they train with, whom they learn from, whilst pushing each other further.

Which was exactly my reasoning when creating this group, so please use it!

Ask questions, comment on other peoples posts, get involved...the more you put in the more you'll get out.

It also helps if you set up your profile so others can see a bit more about you and your journey.

Follow the topics you are interested in and update your interests so you can hook up with like minded members.

Let me know what you want to hear about, how you are progressing and anything you want to know by posting and asking questions. This also helps me to know what you want to see more of.

#### Grow Your Tribe And Earn Rewards With The Ambassador Program

Invite your friends to join using your share link and earn rewards. Click **Invite** in The Pack menu to access your unique link.