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Peak Plan Starter Guide



Find Your Daily Rhythm & Elevate Your Wellness

with Kemi

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Welcome to the Peak Plan



If you've ever said...

✓ I'll start Monday.

✓ I was doing so well...

✓ I just need more motivation.

This guide is for you.

Welcome to the Peak Plan Starter Guide, your first step toward lasting wellness and daily discipline. I'm Kemi Shamonda, public health educator, marathon runner, and creator of PeakFormLiving. I created this plan because I know what it's like to start from scratch, rebuild your body, and commit to something deeper than short-term motivation. You don't need a reset, you need rhythm. This is where that begins.

Kemi

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What Is the Peak Plan?

The Peak Plan is 5 simple habits for real life. This takes about 15 minutes a day. These micro-actions compound into confidence, clarity, and change.

By following these habits daily, you'll begin to stabilize your energy, rebuild consistency, and set the foundation for full transformation through the PeakForm Method™.

The 5 Peak Habits

Daily Discipline Actions

Each day, check off these 5 foundational wellness habits:

1. Fuel Intentionally
2. Move Daily
3. Anchor Mindset
4. Hydrate Fully
5. Sleep prep



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Fuel Intentionally

What it is:
Making one intentional food or drink choice each day that supports your wellness goals.

Why it matters:
Many people eat on autopilot, leading to energy crashes, bloating, and inconsistency. Intentional fueling resets your relationship with food and builds trust with your body.

How to apply it daily:

- Choose one meal to prepare with intention (home-cooked or mindful eating).
- Avoid multitasking during meals.
- **Ask:** “Will this nourish or deplete me?” before each meal or snack.

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Move Daily

What it is:
Engaging in at least 15 minutes of purposeful movement each day.

Why it matters:
Movement builds momentum physically and mentally. It boosts mood, regulates hormones, and creates the discipline loop your identity thrives in.

How to apply it daily:

- Walk, run, stretch, or strength train for 15+ minutes.
- Use wearables (Apple Watch, Garmin) to track consistency.
- Stack it with habits (e.g., walk during a podcast or call).

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Anchor Mindset

What it is:

Starting or ending your day with a grounding practice (journaling, deep breathing, affirmations).

Why it matters:

Your mindset sets the tone for your decisions.
A distracted mind leads to inconsistent actions.
Anchoring creates alignment between your intention and behavior.

How to apply it daily:

- 5-minute morning or evening journal
- One affirmation or thought you write and repeat
- Breathe deeply for 60 seconds before starting your to-do list

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Hydrate Fully

What it is:
Drinking at least 60–80 oz of water per day, or more based on activity level.

Why it matters:
Hydration affects energy, digestion, and mental clarity. Most people are underhydrated and confuse thirst for hunger, which affects their nutrition rhythm.

How to apply it daily:

- Fill a water bottle in the morning and refill 2–3 times daily.
- Add citrus or mint for flavor.
- Track water intake in a journal or wellness app.

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Sleep Prep

What it is:
Creating a nightly wind-down ritual that signals the body to rest.

Why it matters:
Recovery is when your body resets, repairs, and regenerates. Without it, your progress stalls, no matter how hard you train or eat clean.

How to apply it daily:

- Power down screens 30 minutes before bed.
- Create a consistent bedtime (even on weekends).
- Use soft lighting, stretch, or play calming music before sleep.

Your Peak Habit Tracker

Use this chart to track your progress each day:

Day	Fuel	Move	Mindset	Hydrate	Sleep
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Notes:

What's Next? The Identity Shift

You've started building the foundation. Now it's time to strengthen the identity behind it.



The Peak Plan Starter Guide gives you simple habits to begin supporting your health in real life. But knowing what to do is only part of becoming consistent. **The Identity Shift** is the next step.

This practical mini-course will help you move beyond relying on motivation and begin building the structure, self-awareness, and self-trust that make consistency sustainable.

The goal isn't perfection. It's becoming someone who knows how to return.

The Identity Shift

A PeakForm Method™ Mini-Course

Launching Soon • $47

Join the waitlist

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