A FREE GUIDE

The Last Time You Start Over

You get on, you get off.
Here's how you stop.



RNR

RICH N RELENTLESS

FITNESS · MINDSET · FAITH

KAMÉCHA BOUDREAU

02

WELCOME

Welcome In

Falling off isn't a character flaw. It's what happens when a plan ignores your real life.

If you're holding this, you've started over before. Maybe more times than you want to count. I've been there.

Here's the road ahead

1 A disclaimer, because I'm a little offensive PAGE 3

2 Choose your own adventure PAGE 5

3 The ways to work with me PAGE 14

4 The ideal path: the vehicle story PAGE 15

5 About me, the guinea pig: how I built this by living it PAGE 16

03

A LETTER FROM ME

Read This First

BEFORE YOU START · A WARNING

This guide is a filter.

I'm going to be myself, which is a blend of offensive, sweet, ruthless, kind, and a bit of a menace to society. Some of it will be brutal. Some of it will be the sweetest thing you've ever heard. All of it comes from the same place: love, and wanting to help you.

By the end, you'll know if we vibe. That's the goal. **If you're in, let's roll.**

YOUR FIRST CHECKPOINT

Permission to quit.

Right here, I'm giving you permission to give up on this goal. As your coach I'll do that a lot. Sounds backwards, I know. On my own road I wanted to quit plenty. The pressure lifted the moment I gave myself permission, and that's what kept me going.

If you're a fighter, this is the door. **Walk through it.** Are you in? Turn the page.

Kamécha

04

THE PROBLEM

Get On, Get Off

You never figure this out for real. You get on, you get off. Get on, get off.

Two kinds of resistance do that to you.

What life puts on you: the sick kid, the move, the hard season. You can't control that.

What we put on ourselves: the stories. No time. No support. Too expensive. We tell them so often they sound like facts.

The media and a lot of industries make money when you're sick or don't take your health seriously. That's not good or bad, it's businesses meeting their bottom line.

About half of people in exercise programs drop out, most in the first six weeks, mostly for practical reasons like time.* More willpower isn't the fix. **The right plan and the right expectations are.**

* Health Club Management, UK review of exercise referral schemes.

05

THE SELF-CHECK

Where Are You?

Six questions. Circle one answer each. Be honest: nobody sees this but you.

I love all of you, but you're not equal. So we're going to divide you into categories right now.

This is a choose-your-own-adventure. Take the quiz, then follow the guide on the next page to see which path is yours.

"There are no wrong answers. A trainer cheers for the roughest starting points."

1 **How many times have you started over in the last two years?**

- (A) Not once
- (B) Once or twice
- (C) Three or four times
- (D) I've lost count

2 **When life gets heavy, what happens to your training?**

- (A) I adjust and keep going
- (B) I slow down but come back on my own
- (C) I stop and it takes weeks to restart
- (D) I stop and don't come back without someone

3 **Do you know what YOUR body needs, not a generic plan?**

- (A) Yes, and I do it
- (B) Roughly
- (C) I follow free plans and hope
- (D) Honestly, no

4 **What would keep you going on your hardest week?**

- (A) My own system
- (B) A plan made for me
- (C) Someone checking in on me
- (D) Someone with me every step

5 **How big is the change you want?**

- (A) Keep what I have and feel better
- (B) A real change in 8 weeks
- (C) A full turnaround: body and habits
- (D) Everything: body, mind and faith, done right

6 **How soon does this need to change?**

- (A) In my own time
- (B) This season
- (C) Now
- (D) It's urgent, and the stakes are real

Add it up: A = 1 · B = 2 · C = 3 · D = 4. Your total is between 6 and 24. Then turn the page.

06

THE SELF-CHECK

Where You Go Next

Your result tells you which pages are yours. Everyone meets again at the end.

Here's your adventure

Read this first: if you answered D on question 2, go straight to page 11.

Otherwise, find your total below.



PATH A · THE BICYCLE

On your own

6–9 POINTS

Your main problem: you do the work, but nothing holds it in place. I see you. You don't need a push, you need a system.

GO TO PAGE 7 →



PATH B · THE CAR

Built for you

10–12 POINTS

Your main problem: no plan has ever fit your body or your week. I get it. You need it built for you, then you run it.

GO TO PAGE 10 →



PATH C · THE PRIVATE JET

With me

13–24 POINTS

Your main problem: you start strong, then life pulls you off. I've been there. That isn't weakness, it's information: you need me in your corner.

GO TO PAGE 11 →

Send me your result: reply to the email this guide came in.

07

THE GIFT

A Gift From Me

Four secrets. Start them this Sunday.

Why no workout plan? A plan that isn't built for you can just make things worse.

PATH A · THE BICYCLE

On your own

6 to 9 points

Here's a gift from me to you. There's no workout plan in here, but I want you to start on the right foot. I want to see you succeed, even if it's not with me; you'll make the people around you better and inspire someone. So here are the 4 secrets, right here, for free. Use them and they'll have a positive impact on you and everyone around you. And on the next page, a tracker so you keep the promises to yourself. Do this for 1 week and you'll feel better about yourself.

1 **Book three appointments with yourself.**

Three training times in your calendar, like meetings you'd never cancel.

2 **Prep one protein in bulk.**

Most of my meals come from simple food prepped in bulk. Start with one.

3 **Two minutes, morning and night.**

Morning: what's the one thing today? Night: did I keep my word to myself?

4 **Answer one question tonight.**

What are you working so hard for? Write it down.

08

THE TRACKER

Week One

Can you do it on your own? This week tells you.



PATH A · THE BICYCLE

On your own

6 to 9 points

WEEK OF	TICKS						
YOUR WORD	SU	MO	TU	WE	TH	FR	SA
Training appointment	○	○	○	○	○	○	○
Protein prepped	○	○	○	○	○	○	○
Morning two minutes	○	○	○	○	○	○	○
Night two minutes	○	○	○	○	○	○	○
In bed on time	○	○	○	○	○	○	○

Tick a box every time you keep your word to yourself.

At the end of the week, count your ticks. **Fewer than half?** That isn't failure. It's your answer: you need more accountability. Go to **page 11**.

THE TEST

Too busy to track your own stuff?

Skip to **page 11**: Path C · With me · the private jet. That's what you need.

09

YOUR TOOLS

Your Resources

On your own, done right.

PATH A · THE BICYCLE

On your own

6 to 9 points

FREE OR NEARLY FREE · WALKING · A SHAMELESS PLUG

The podcast, my YouTube, the blog, this guide: there's so much free and low-cost stuff that I can't list it all here. Go look in my Linktree.

LINKTR.EE/KAMECHA.BOUDREAU

YOUR BICYCLE · YOUR NEXT STEP

Grab the 90 Day Level Up Planner and start Sunday. It holds your morning and night two minutes. Coming soon: Double R Sleep Affirmations and Design Your Life.

GET THE PLANNER

If the tracker told you otherwise, be honest with yourself and go to **page 11**.

One thing, upfront: home workouts don't work for most people, so they're not my default. They're only for you if you're fully accountable to yourself.

YOUR PATH ENDS HERE · SKIP TO PAGE 14 →

10

WHY CUSTOM

Made to Fit

PATH B · THE CAR

Built for you

10 to 12 points

WHAT I RECOMMEND FOR YOU, AND WHY

The Body Blueprint + 8-Week Training

You already show up. What's been missing is a plan built for your body and your week. Four photos, your health history and a day in your life: I design it, you run it. No check-ins. Your photos stay private.

GET YOUR BODY BLUEPRINT

IN MY EXPERIENCE

From about age eight I taped my knees for martial arts. The pain was there all the time, and they were starting to talk about surgery. I'd have gone under the knife at least once, and surgery weakens you.

It had nothing to do with my knees. It was a muscle imbalance: I needed training for my feet and my core. A random plan off the internet wouldn't know that.

That's why it takes a coach: sometimes the problem surfaces far from the root.

Need someone checking in on you? Go to **page 11**.

YOUR PATH ENDS HERE · SKIP TO PAGE 14 →

11

BEFORE WE GO ON

Eye to Eye

PATH C · THE PRIVATE JET

With me

13 or more, or a D on question 2

Hey girl, before we go further, let's make sure we see eye to eye.

I see you're stuck, and I see you need help. But first we need to be on the same page in how we think. I've tried partnerships before, in business, in friendship, in other relationships. The ones that didn't work came down to core values that didn't line up.

1 *You feel rushed all the time.*

Same here, until I got the right system in place. Before that, one sound would set me off. I was overloaded, with no support around me to unclench. **More time was never the answer. The right system was.**

2 *Money feels like safety right now.*

I get it. You don't want to pay for one more thing you don't need, won't use, or that won't work. The money you have feels like security.

You can't enjoy any amount of money from a hospital bed, or when you're on the verge of your breaking point.

12

BEFORE WE GO ON

Eye to Eye

PATH C · THE PRIVATE JET

With me

13 or more, or a D on question 2

3 *The people around you can't help with something they don't understand.*

Maybe you have a huge support system and you still feel alone. It's not because they're bad people. It takes a certain person, at a certain level, to understand the overload you're carrying.

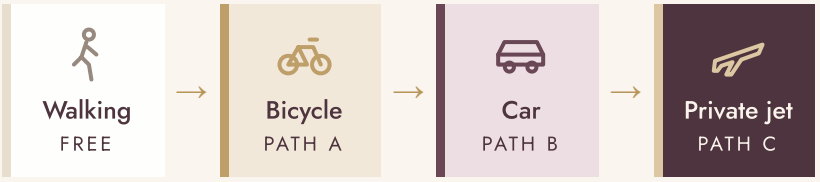
Your spouse can't be your personal trainer if he's a mechanic. **That's why infrastructure, support and community matter.**

4 *"What if it doesn't work?"*

Isn't that the biggest fear? **FEAR = False Evidence Appearing Real.**

You're going from point A to point B. Whatever you ride, you get closer. If I get you 5 or 10 minutes closer, any step forward is a step forward.

So it's not *if*. It's how fast you want to get there. The jet costs more, and you get the exclusivity.



Either way, we're going.

13

WORKING WITH ME

Two Ways to Fly

"Life is meant to be lived, not observed. The best fruits I've gotten came from making those leaps of faith."

No sales calls. You apply only if you want it.

PATH C · THE PRIVATE JET

With me

13 or more, or a D on question 2

You know how I think now. Here are the two ways to fly with me.

MOST OF YOU

1:1 Coaching

The Glow Up (the full experience) or The 90 Day Level Up (straight to the point). Same coaching, you pick the style.

WHAT'S INCLUDED

- Your Body Blueprint to start
- 90 days of training, food and mindset, built around your real week
- Weekly check-ins, replies within 24 hours
- The Planner

WHAT'S NOT

- In-person sessions
- Me on call 24/7
- Free calls (my time is part of the program)

APPLY · JOIN THE WAITLIST

The Private Program

Full involvement from me, for the few who qualify. Coming soon. Everything in 1:1 coaching and much more of me: ThetaHealing inside the program, and your tools included. Apply first; a short call only if you qualify.

APPLY FOR THE PRIVATE PROGRAM

14

FOR EVERYONE

4 Ways Off the Roller Coaster

The one that makes you want to hurl every Monday.

Here's how to make it stop.



FREE OR NEARLY FREE · WALKING

Stay in my world

The podcast, YouTube, the blog, this guide. All on one link.



PATH A · ON YOUR OWN · THE BICYCLE

Your Resources

The 90 Day Level Up Planner. Coming soon: Double R Sleep Affirmations, Design Your Life.

GET THE PLANNER



PATH B · BUILT FOR YOU · THE CAR

The Body Blueprint + 8-Week Training

Built for your body and your week. I design it, you run it.

SEE THE BODY BLUEPRINT



PATH C · WITH ME · THE PRIVATE JET

1:1 Coaching or the Private Program

Me in your corner, with the accountability that ends the on-and-off.

APPLY

15

THE IDEAL PATH

The Ideal Journey

One story, four ways to travel.

Some people start at the bottom and climb up. The best way? Start at the top and step down.



Board the private jet and reach your destination. Then step down, car, bicycle, walking, and enjoy the life you landed in.

You can always come back and run it up again.

16

ABOUT ME · THE GUINEA PIG

Why Me

I know selling. That's how I learned people.

Five-plus years of door-to-door sales across Canada. 400+ doors before my first yes. That's where I learned to listen for what someone actually wants, and to never sell them what they don't need.

And for almost ten years I've studied what successful people do differently. They speak in riddles; I turn it into a system you can follow. **And I test it on myself first. I'm the guinea pig.**

MY OWN PROOF

175
pounds, at my heaviest in pregnancy

→ ~115
pounds, where I came back to

Two transformations. First, from skinny to built muscle and lean. Then, after pregnancy, the whole way back down. I know what it is to start over from the bottom of your own body, and I know the way back.

Stage-tested. 1st and 2nd place in bodybuilding, 2019.

Certified. 7 fitness certifications and 5 ThetaHealing.

17

WHY NOW

Not If. When.

Be the bull.

Hard health moments aren't "if". They're "when".

HERE'S WHAT'S NEXT

So use every pain-free day to get ready. **If you can form a full sentence, you're not in real pain yet.**

A LITTLE SOMETHING · THE STORM

The cow	The bull
runs from the storm	runs into the storm
and stays in it longer	*and comes out the other side faster*

AND NEXT

The time passes either way. You might as well choose something you actually want.

There's no perfect time, so we start every Sunday. **This Sunday works.**

SU MO TU WE TH FR SA

Everyone else starts their week on Monday. We start ours on Sunday, because we like being a step ahead. And just between you and me? I start mine on Saturday. One day ahead of you, two ahead of everyone else.

Your life happens by design or by default.

18

THANK YOU

Stay in the Juice

Thank you for reading to the end. Most people don't. You're already different.

I've gone deep into personal development, then lost touch with the information. What's underrated is **staying in the juice of it**. 4 ways to stay in it with us:

YOUTUBE	PODCAST	THE BLOG	ONE LINK
Tue + Sat	Grow Together	To read	All of it

NOW, YOUR MOVE

You're not scrolling thinking "I just want this little thing." You want a full transformation. It's possible. Let's go.

We miss 100% of the shots we don't take. Reading this and doing nothing won't change anything. **Do at least ONE thing.**

APPLY FOR 1:1 COACHING

GET YOUR BODY BLUEPRINT

EVERYTHING ELSE · LINKTREE

Money tight right now? I've been down and out too. Go back to **page 7**: the four secrets and the tracker are yours.

I'll see you on the inside.
Kamécha

COPYRIGHT NOTICE

Six Figure Fit Academy Ltd. owns the intellectual property rights published in this e-book; all of these rights are reserved. You may view, download for caching purposes only, and print pages for your own personal use, but the content, pages and images cannot be republished, sold, reproduced, duplicated, redistributed or copied.

Copyright © Kamécha Boudreau · Six Figure Fit Academy Ltd. · First published 2026