

# The 168 Hours Rule®

If you have ever wondered why you are not as lean & fit as you would wish even though you exercise regularly, Tara Marie's **168 Hours Rule®** will help you rethink how you use every waking hour of the week & retool your plan for success. The hours that we do exercise are far fewer than those we do not. By changing the way you think about time, you can change your whole body forever!

**Tara Marie Segundo, M.A.** is a Fitness Expert, Personal Trainer, Motivational Strategist, and Radio Talk Show Host based in New York City. Visit [www.TaraMarie.com](http://www.TaraMarie.com) or call (877) 692-6221 for more information.

## Suggested Questions:

1. What's your **168 Hours Rule®**?
2. How did you come up with this idea?
3. Tell us how it works.
4. Let's run thru the math for a hypothetical situation.
5. You say that there are 3 components to the **168 Hours Rule®**: mental, physical, and nutritional. Please explain each component and why it's so important.

6. What are some real-life examples of how we can put your **168 Hours Rule®** into practice from the stand point of the mental, physical, and nutritional components?
7. Any final thoughts?