

**ERIC
BARTOSZ**

**AUTHOR + FOUNDER
COACH + SPEAKER**



BAR40



For anyone looking to elevate their life to the next level and pursue the best version of themselves, BAR40 offers the framework and guidelines that will help you achieve the ultimate year of reaching your full potential. BAR40 is a 52-week program designed to provide the foundation and tools for creating new life-changing habits in core areas such as mindset, diet, and fitness. While BAR40 makes no claims of easy results with no effort, what it does deliver are fundamental improvements through commitment, dedication, and personal accountability. These self-mastery skills will have you performing at peak levels while looking and feeling your best!

KEY COMPONENTS AND TALKING POINTS

- 52-WEEK SELF-GUIDED PROGRAM TO REACH PEAK POTENTIAL AND ACHIEVE LIFE-LONG GOALS
- DIET MODIFICATIONS WHICH RESULT IN YOU PERFORMING, LOOKING AND FEELING YOUR BEST
- CUSTOMIZED WEEKLY FITNESS GOALS
- HABIT FORMATION AND ELIMINATION STRATEGIES DESIGNED TO REMOVE OBSTACLES BLOCKING YOUR PROGRESS
- SELF-MANAGEMENT TECHNIQUES THAT BRING CLEAR DAILY SUCCESSES
- 52-WEEK SOBER CHALLENGE
- 365 DAY 'ULTIMATE YEAR' JOURNAL USED AS HIGHLY EFFECTIVE PERSONAL ACCOUNTABILITY TOOL

RECENT PUBLICITY

**"KNOW PAIN, KNOW GAIN" PODCAST
INTERVIEW | SEPTEMBER 2020**

**"GUTS, GRIT, AND GREAT BUSINESS" PODCAST
INTERVIEW | OCTOBER 2020**

**"NO RAIN DATE" PODCAST
INTERVIEW | OCTOBER 2020**

**"LEHIGH VALLEY DISCOURSE" RADIO SHOW (WDIY 88.1 FM)
INTERVIEW | NOVEMBER 2020**



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