

DIY Spartan Velocity

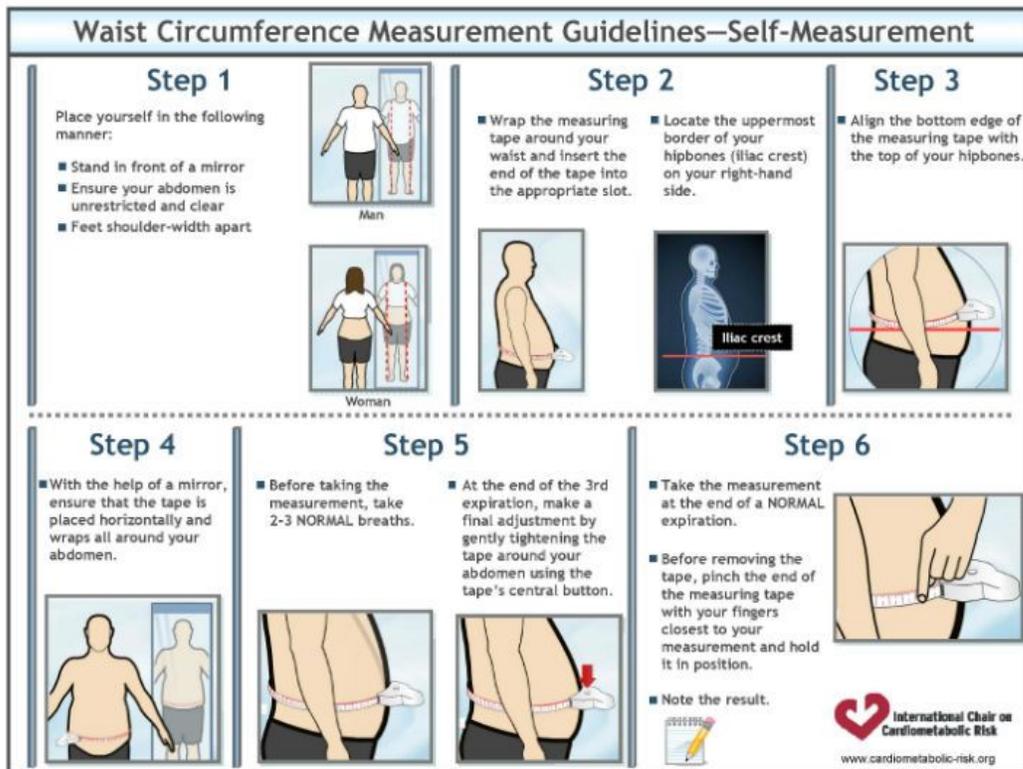
How To Be BAD (Bad Ass Dad) In 60 Days

The best health and fitness plan is one that prioritizes **Your #1 Thing** so you work on what will give you the most bang for your buck. [You'll identify that here.](#)

Answer the following questions, assign your score for each answer, tally your score and then click the appropriate link and proceed to our recommendation.

1. Calculate your Waist to Height Ratio (W/H) using the following method:
 - a. Measure Waist at Largest Diameter
 - b. Measure Height
 - c. Divide Waist by Height Measurement
 - d. Obtain a Ratio

Use the following guideline to obtain your real waist circumference. You are trying to get an accurate number, not the smallest possible measurement.



DIY Spartan Velocity

How To Be BAD (Bad Ass Dad) In 60 Days

Scoring:

W/H Ratio	Score
< 0.5	1
0.5 to 0.57	2
> 0.57	3

2. Estimate how long you've had a W/H ratio greater than 0.5. If you're around 0.5 now, give yourself a score of 1.

Scoring:

Time (years)	Score
< 2 years	1
2 to 5 years	2
> 5 years	3

3. How many strict form pushups can you do? [Here is a video of a full range of motion pushup](#). You must go all the way down and all the way up each repetition and keep your back straight and in alignment.

Scoring:

# Pushups	Score
> 20	1
10-20	2
< 10	3

DIY Spartan Velocity

How To Be BAD (Bad Ass Dad) In 60 Days

4. How many strict form body weight squats can you do? [Here is a video of a full range of motion squat](#). You must squat deep enough so your hips go below your knees each repetition and do all the reps in one continuous set.

Scoring:

# Squats	Score
> 50	1
20 - 50	2
< 20	3

5. How long can you hang from a bar with both hands? Just grip the bar (a pullup bar or monkey bars at the local park) and dead hang for as long as you can.

Scoring:

Time (seconds)	Score
> 30	1
10 to 30	2
< 10	3

6. Do you have hypertension? Add 3 points if your blood pressure is above 130/80.
7. Add 3 points if you're taking medication for high blood pressure.
8. Add 3 points if you're Type 2 diabetic or add 2 points if you're pre-diabetic.
9. Add 3 points if you have cardiovascular disease such as coronary artery disease (CAD).
10. Add 3 points if you have had any cardiovascular intervention such as a stent or are taking drugs such as beta blockers or ACE inhibitors.
11. Add 3 points if you are taking medication for high cholesterol.

DIY Spartan Velocity

How To Be BAD (Bad Ass Dad) In 60 Days

12. Total your score.

Scoring:

Score	Action Needed	Plan
5	Congrats! You're Jacked	Go here if you want to get even stronger or you're not confident enough to take your shirt off at the beach
6-10	You're fine but should Get Stronger	1. Go here to get stronger 2. Note: If you added any extra points for questions 6-11, go here first .
11-15	You're weak and must Get Stronger	1. Go here to get stronger 2. Note: If you added any extra points for questions 6-11, go here first .
> 15	Showing signs of ill health and must Get Well	Go here to start getting well

Other Scoring Considerations:

If:	Then:
W/H > 0.57	Go here to trim your waistline
W/H < 0.57 but you have any of the Big 3 (Hypertension, Diabetes, Cardiovascular Disease)	Go here to start getting well
W/H is close to 0.5 but you have any of the Big 3, you're likely Skinny Fat	Go here to address Skinny Fat

DIY Spartan Velocity

How To Be BAD (Bad Ass Dad) In 60 Days

Actions:

[Click Here to apply for a personalized, custom, 60 Day Plan](#) that walks you through, step by step, how to get lean, healthy, strong and become the Bad Ass Dad you deserve to be.

Get Your Plan

and/or

[Click Here to register for our weekly webinar](#) titled: *“How to Be A Lean Bad Ass Dad While Still Drinking Beer and Eating Bacon, Brownies and Chocolate”*

Sign Up for the
Webinar

Click the Share Buttons below and help your friends build their Spartan Plan

