

OCC|FIT



6 WEEK NUTRITION CHALLENGE

ONCE YOU SEE RESULTS ~ IT BECOMES AN ADDICTION

Hello Nutrition Participants! 😊

CONGRATULATIONS! You are just a few quick steps from becoming the very next SUCCESS STORY!
This Nutrition Plan will make reaching your fitness goals and living healthy easier.

This will help you lose unwanted weight, melt fat, lower blood pressure, lower cholesterol, have healthier younger looking skin and more energy than ever before.

Change can be hard at first but remember, we are breaking bad habits and creating healthy new ones. The first 21 days can be the hardest. It takes 21 days to rest yourself and create a new habit as well as for you to lose your unhealthy sugar and fat cravings. I am so excited for this upcoming challenge and to see all the amazing results we are all going to have together!

Commit to the full 6 weeks of this program with NO excuses.

Make NO excuses as to why you missed a workout or slipped up on diet. It happens to the best of us, but you need to own the mistake and get back on track. This is an excuse-free program. Please be honest about your cheats, we don't expect anyone to be perfect 100% of the time but jump back on as soon as you fall off and be honest! So here's what you'll be getting during this challenge:

1) Nutritional Coaching: We will help you with great recipes in your booklet and on-line at our private Facebook group. We will be working with you one-on-one at anytime needed to maximize your results.

2) Great Personal Training: Our trainers will give you amazing workouts and if you ask they will give you their views on what to eat too!

3) Unlimited Accountability: This is our most advanced accountability program. Each week you must send us a progress report; we will hold you accountable to help you reach your goals and will help you stick to your nutrition plan to optimize your results over the 6 weeks.

4) Unlimited Support: You have full access to our team, email, text, FB, Private VIP Facebook group for challengers only, and our commitment to your success.

5) Attitude: I truly believe this is one of the most important parts! If you come in with an attitude supporting yourself and what you are doing, you stay positive, help support others and give it your all, YOU WILL SUCCEED!! There's no way around that!

Thank you for joining us in this challenge. We look forward to helping you on your path to losing those extra pounds. Here's to great results and feeling healthier than ever before!!

What to Eat? What to Avoid?

WHAT YOU CAN HAVE:

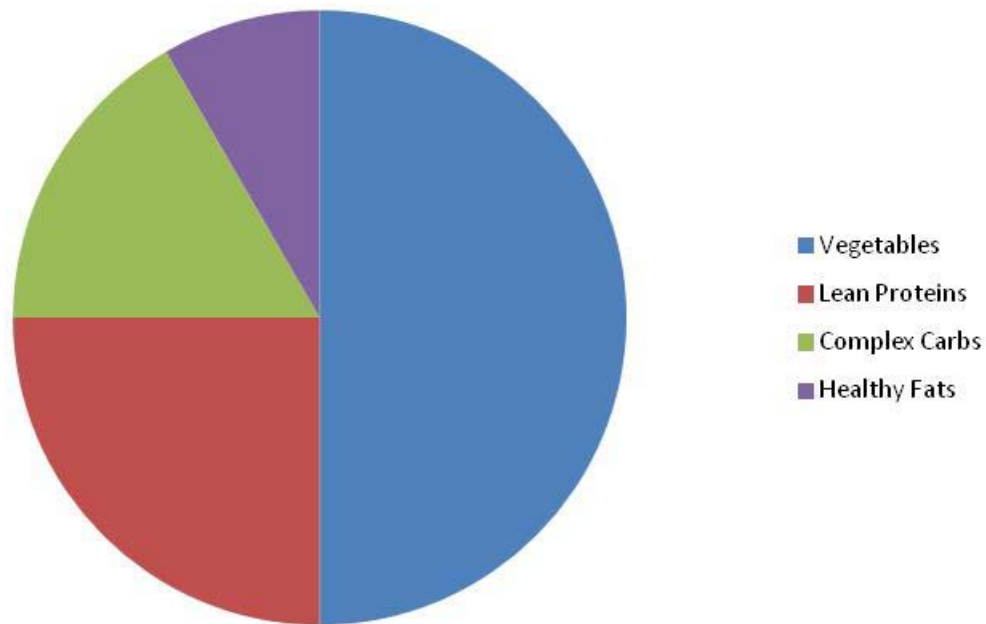
Brown rice, brown rice tortillas, brown rice pasta, oatmeal, green & herbal tea, energy fizz sticks, water, stevia, purevia, xylitol, blue agave nectar, green apples, berries (strawberries, blueberries, raspberries, blackberries, cranberries) almond butter, cashew butter, raw nuts (NO PEANUTS!) rice cheese , rice milk, almond milk, coconut milk, millet, quinoa, legumes, non starchy veggies, cage free eggs, wild cold water fish (1x a week), free range chicken & turkey, avocados, sweet potatoes, yams, turnips, olive oil, coconut oil, grape seed oil, flaxseed oil.

WHAT TO AVOID:

White/wheat flour, wheat, rye, barley, tortillas, white rice, ALL bread (even gluten free) alcohol, nitrates, MSG, soy, soy protein, vinegar products (mustard, pickles etc.) dairy, cheese, cream, milk, soy milk, sour cream, yogurt, etc. coffee, sodas, diet sodas, energy drinks, black tea, sugar, refined sugar, honey, artificial sweeteners, bananas, melons, grapes, red apples, pineapple, oranges, white potatoes, dried fruit of any kind, peanuts & peanut butter, non free range chicken & turkey, pork, veal, farm raised fish, all beef (other than grass fed 1x a week).

WHATS ON YOUR PLATE?

½ = Vegetables, ¼ = Lean Proteins, 1/6 = Complex Carbs, 1/12= Healthy Fats



WHOLE FOOD NUTRITION CHOICES

LEAN PROTEINS:

Essentials Protein shake, lean chicken and turkey, cold water fish, salmon, halibut, cod, mackerel, sardines, shellfish, grass-fed lean red meats (1x per week), lamb, game, cage free and organic eggs.

HEALTHY FATS:

Raw nuts + seeds (remember: no peanuts), macadamia nuts, freshly ground flaxseed, olive oil, olives, flaxseed oil, cod liver oil, avocado, coconut milk, almond milk, almond butter and cashew butter.

HIGH FIBER CARBS:

Squash (acorn, butternut, winter), artichokes, leeks, lima beans, okra, pumpkin, sweet potato or yam, turnips, legumes- black lentils, adzuki beans, cow peas, chick peas, French beans, kidney beans, lentils, mung beans, navy beans, pinto beans, split peas, white beans, yellow beans, black beans, brown rice, quinoa, hummus and millet .

FRUIT GLYCEMIC INDEX:

(low sugar fruits during 45 days, except in recovery shakes) Low sugar/ Glycemic Index - blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries and sour green apples. Moderate sugar/Glycemic Index- cherries, pears, apricots, melons, oranges, peaches, plums, grapefruit, pitted prunes, apples, kiwi, lemons, limes, nectarines, tangerines, passion fruit, persimmons and pomegranates. High sugar/Glycemic Index - (avoid during weight loss except after a workout) bananas, pineapples, grapes, watermelon, mango and papaya.

NON-STARCHY VEGETABLES:

(No white potatoes) Arugula, asparagus, bamboo shoots, bean sprouts, beet greens, bell peppers, broad beans, broccoli, brussel sprouts, cabbage, cassava, carrots, cauliflower, celery, chayote fruit, chicory, chives, collard greens, cucumber, jicama (raw), jalapeño peppers, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, radishes, eggplant, endive, fennel, garlic, ginger root, green beans, hearts of palm, radicchio, snap beans, snow peas, shallots, spinach, spaghetti squash, summer squash, Swiss chard, tomatoes, turnip greens and watercress.

WHOLE FOOD SHOPPING OVERVIEW

Buy Organic When Possible

Fresh, frozen, or canned (if necessary). There is usually an organic alternative to everything - just do your homework. Remember, you can shop online first so you know what is available before you ever even step foot inside the store.

Lean Proteins

Organic, cage-free, hormone-free and/or free-range meats are found in meat markets, health food stores, or sometimes even Costco. Choose cage-free beef, organic chicken and cage-free eggs. As for fish, purchase wild fresh or canned, (in water).

Healthy Fats

Enjoy small servings of avocado, olives, raw nuts and extra virgin olive oil (EVOO) in salad dressings and for low heat sautéing. Use grapeseed for high heat sautéing. Olive oil turns rancid (becomes toxic) under medium high heat. Avoid high-oleic safflower, corn and canola oils, as these are highly processed seeds.

High Fiber Carbohydrates

- **FRESH:** Squash, artichokes, leeks, okra, pumpkin or sweet potato. Experiment with new grains, legumes and vegetables. Always look for the freshest, least processed foods.
- **BULK:** A great way to shop for nuts, legumes (lentils and beans), brown rice, spices, quinoa and other grains. Buying bulk is a great way to eat on a budget.
- **DRY PACKAGED:** Legumes and grains, such as brown rice, are often packaged. Trader Joe's even has vacuum-sealed packaged cooked brown rice (add diced veggies and EVOO for a delicious grain salad).
- **FROZEN:** Look for cooked squash, artichoke hearts, lima beans, and other vegetables.
- **CANNED:** Beans, artichoke hearts (in water), organic soups and organic broths. Watch out for high sodium. Be sure to read labels and compare.
- **REFRIGERATED:** Hummus, salsa, brown rice tortillas, cooked lentils, grain salads and pesto.

Low Glycemic (sugar) fruits + Non-Starchy Vegetables

Choose a variety of colors, textures, and tastes. Add healthy servings of greens, (spinach, kale, Swiss chard, arugula, etc.,) to every meal. Most supermarkets have an organic produce section, but for a wider variety of organic fruits and vegetables, visit your local health food store or farmer's market. Choose frozen organic fruits/vegetables when fresh are not available.

Why Eat Clean?

Food Can Be The Best Form Of Medicine Or The Worst Poison

We Need to Get Rid of Toxic Fat

Our environment and the food we eat have changed drastically over time. Because of this, nearly everyone has toxic buildup in their bodies. As a natural defense mechanism, toxins are pulled away from our vital organs and stored in body fat. This is why so many people carry unwanted body fat, (often around lower belly, hips and thighs) even if they are reducing caloric intake and exercising. When weight loss stalls, in order to lose that unwanted fat weight, we must detoxify. It is important that we detoxify to prevent disease and maintain health.

Toxins fill up our bodies by the air we breathe, the things we touch, the food we eat and beverages we drink. The toxins are stored in the thyroid, brain, central nervous system and liver. If our toxic load is so high that it “spills over the top”, it can lead to a range of health problems such as diabetes, skin irritations, heart disease, chronic pain, digestive problems, headaches, mood swings, irritability, etc. By focusing on eliminating toxins from our diets and eating whole foods, we help our bodies detoxify.

When we decrease our toxic load, we feel better and also are able to lose unwanted fat weight – especially lower belly, hips and thigh fat.

How do we detoxify?

The first step in detoxifying is “turning down the faucet” by eating whole non-allergenic foods. Eating whole foods gives our bodies a rest from digesting the processed foods commonly found in typical Western diets. Our bodies were not designed to process these highly processed and addictive foods. By not eating highly allergenic foods such as dairy, wheat, soy, corn, sugar, caffeine & alcohol, we keep our bodies from producing their own toxic responses to those foods. Any food that is consumed regularly or over consumed should be eliminated while detoxing, (except fresh fruits and veggies!!)

Want an extra push? Try a detox tea at night before bed. You can find detox teas at sprouts or any other health food store as well as your local supermarket like Vons.

Eating According to The Glycemic Index

A glycemic index diet is an eating plan based on how foods affect your blood sugar level.

The glycemic index is a system of assigning a number to carbohydrate-containing foods according to how much each food increases blood sugar. The term "glycemic index diet" usually refers to a specific diet plan that uses the index as the primary or only guide for meal planning. Many popular commercial diets, diet books and diet websites are based on the glycemic index, including the Zone Diet, Sugar Busters and the Slow-Carb Diet.

The purpose of a glycemic index (GI) diet is to eat carbohydrate-containing foods that are less likely to cause large increases in blood sugar levels. The diet is a means to lose weight and prevent chronic diseases related to obesity such as diabetes and cardiovascular disease.

Understanding GI values

There are various research methods for assigning a GI value to food. In general, the number is based on how much a food item raises blood glucose levels in healthy research participants compared with how much pure glucose raises their blood glucose. GI values are generally divided into three categories:

- Low GI: 1 to 55
- Medium GI: 56 to 69
- High GI: 70 and higher

For example, raw carrots have a GI value of 35. This means that if you eat enough carrots to consume 1.8 ounces of digestible carbohydrates (sugars and starches), your blood glucose level after eating the carrots will be 35 percent of the blood glucose level after eating 1.8 ounces of pure glucose.

Comparing these values, therefore, can help guide healthier food choices. For example, an English muffin made with white wheat flour has a GI value of 77. A whole-wheat English muffin has a GI value of 45.

Other issues

A GI value tells us nothing about other nutritional information. For example, whole milk has a GI value of 31 for a 1-cup serving. But because of its high fat content, whole milk is a poor choice for weight loss or weight control.

The published GI database is not an exhaustive list of foods, but a list of those foods that have been studied. Many healthy foods with low GI values are not in the database. **Try to keep your daily intake of 30 GI or under per day while on the challenge for best results!**

Glycemic Index of Common Fruits and Vegetables			
Fruits	GI	Vegetables	GI
Apples	34	Artichoke	20
Apricots	57	Asparagus	15
Avocados	15	Beets	69
Bananas	74	Broccoli	10

Blackberries	32	Cabbage	10
Blueberries	40	Carrots	41
Cantaloupe	63	Cauliflower	15
Cherries	22	Cucumber	15
Coconuts	45	Celery	15
Cranberries	40	Chilies	10
Dates	103	Eggplant	15
Feijoa	35	Green Peas	39
Figs	61	Green Beans	15
Grapefruit	25	Kale	15
Grapes	43	Green peas	30
Honeydew	65	Leeks	15
Kiwis	47	Lettuce	10
Lemon	20	Mushrooms	10
Limes	20	Okra	15
Mangos	56	Onions	15
Nectarine	42	Pickles	15
Olives	15	Peppers	10
Oranges	40	Rutabaga	72
Papayas	58	Snow peas	15
Peach	28	Soybeans	16
Pears	36	Spinach	15
Pineapples	59	Spaghetti Squash	20
Plums	24	Sweet Corn	47
Raisins	64	Sweet potato	48
Raspberry	25	Tomatoes	15
Strawberries	40	Turnip	30
Sultanas	56	White Potato	74
Watermelons	72	Zucchini	15

Eating at Night

Stop Eating 3 Hours before Bedtime

You've probably seen the suggestion of not eating anything after 7 p.m. Well this generally assumes you go to bed around 9 or 10 at night. If you are a night owl, you may retire a little later so it may seem unrealistic to not eat anything after 7 if you don't go to bed until 12 a.m.

Generally, the rule of the thumb is to not eat anything within 3 hours of your bedtime. So if

you do usually go to sleep at 1 a.m. this would mean no food intake after 10 p.m. The reason you don't want to eat late at night is because your food may not properly digest. This can cause morning gas and stomach cramps.

Some people who complain about bloating never realize that it's from the gas and food particles left over from improper digestion. This can be avoided if you cut down the late night snacking. Eating late at night also forces your body to use its energy on digestion. One of the primary functions of sleep is to help you recuperate from the day. You want your body to be as relaxed as possible so you can wake up energized.

Now we all know we have to cheat at some points. It's just not realistic to believe you can refrain from eating late at night every single night. So if you must cheat, then eat something healthy like protein (chicken breast, eggs, protein shake) or a very small handful of nuts. I personally will eat 1 or 2 Arbonne chews or drink my fizz sticks and that will last me until I go to bed, or curb any eating that is due to boredom.

Recovery Shake

Post Work Out Nutrition:

Consume within 30 minutes of completing your workout!! Working out depletes your system. Make sure you bring your shake with you to class. Start drinking as soon as it's over and nourish those muscles!!

Your recovery shake is in addition to your daily meal routine. Add high glycemic fruits (bananas, papaya, pineapple, etc.) Add healthy fats (almond butter, flax seed, almond milk, etc.)

Because protein increases muscle protein synthesis after exercise, it can help promote increases in strength. Resistance training causes microscopic trauma in your muscles, and consuming protein after your workouts can help your body repair your muscles and adapt to training by increasing strength. According to research from the October 2006 issue of the "International Journal of Sport Nutrition and Exercise Metabolism," consumption of protein after exercise significantly improved strength gains

Meal Prep

Don't Have Time To Cook or Prep?

Being prepared by having healthy foods for you to grab and go when you are hungry is one of the most important things needed for a healthy lifestyle. You can't be unprepared for anything in life that you want to excel in!! When you get to OVER hungry, you make poor choices. Foods should be prepped ahead of time so you have snacks to grab in case you run

out of time to prepare something. In the least your meals should be planned out so you know exactly what you are going to be making!

We have partnered with an AMAZING Food Prep Company to make things easier for you.

Healthy Meals Kitchen

We have partnered with HMK to create a low priced but amazingly tasty food prep option. With the Executive Chef and Nutritionist working together they have a great service. Order 10 meals at approx \$48 total without factoring in the discount code. Food is made in a restaurant in Westminster close to OC Fit. To avoid delivery charges you can pick up yourself if you want! Use code OCFitWest15 to get an extra 15% off which bring the order to a little under \$4.50 per meal!.

Info on Adam:

Adam brings over 2 decades of culinary experience to HMK. He studied Business Operations Management at CSULB and is a Certified Food Handling Manager.

Adam currently oversees and helps run his staff at his family restaurant, Dino's Italian Restaurant. The restaurant holds very high standards in regards to passing all health codes and has a passing grade in Orange County.

Adam found his passion for food at a very young age and now has found a greater passion in helping others achieve their health and wellness goals through cooking deliciously healthy meals. He is very grateful for all of your feedback and has said his favorite comment thus far is, "I love how easy it is to stay on track with HMK, since the food doesn't taste like diet food."

Info on Sandy:

Sandy is a Certified Nutritionist with over 5 years of coaching experience. Currently, Sandy is enrolled at CSULA in the Nutritional Science degree program. She is very passionate about designing simple and efficient programs that have lasting results.

Aside from nutrition Sandy is extremely passionate about fitness. She is a certified NESTA personal trainer as well as a well-rounded group fitness instructor.

Sandy & Adam love leading a life in fitness. Together they lead by example and wish only to help you succeed and move in a positive direction with your health & wellness goals.

How Does Stress Affect Your Weight?

The human body is designed to experience stress and react to it. Stress can come from positive things such as a getting a job promotion or being given greater responsibilities -- keeping us alert and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between challenges. As a result, the person becomes overworked and stress-related tension builds.

Stress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Research suggests that stress also can bring on or worsen certain symptoms or diseases. Consider the following:

- 43% of all adults suffer adverse health effects from stress.

- 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs the American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

Most of us become overeaters when we're feeling a lot of pressure. This happens thanks to your fight-or-flight response, a.k.a. survival mode -- once your body reaches a certain stress level, it does what it feels it needs to. In most cases, that means overeat. Why? Because your body thinks you've used calories to deal with your stress, even though you haven't, says Pamela Peeke, MD, an assistant professor of medicine at the University of Maryland. As a result, it thinks you need to replenish those calories, even though you don't.

Cortisol and Comfort Foods

Levels of "the stress hormone," cortisol, rise during tension-filled times. This can turn your overeating into a habit. Because increased levels of the hormone also help cause higher insulin levels, your blood sugar drops and you crave sugary, fatty foods.

So instead of a salad or a banana, you're more likely to reach for cookies or mac and cheese. That's why they're called "comfort foods." Jason Perry Block, MD, an assistant professor of population medicine at Harvard, says eating can be a source of solace and can lower stress. "This happens, in part, because the body releases chemicals in response to food that might have a direct calming effect." Fatty and sugary foods are usually the big culprits, because lots of us have such a strong love for them. The bottom line? More stress = more cortisol = higher appetite for junk food = more belly fat.

Make sure you find a way to relieve stress on a daily basis. Working out in our boot camp, an amazing Yoga classes etc. I find another great way is to meditate. Not only does it lower stress but it helps you to get rid of negative beliefs, to believe in yourself and to create happiness and success in yourself!

Supplements & Vitamins

Protein Powder - Arbonne Vegan Protein Powder - Arbonne Protein tastes amazing and has no soy, lactose, dairy, wheat, preservatives or fillers and is all vegan. It made of top ingredients!

Fiber - Fiber plays an essential role in your digestive, heart, and skin health, and may improve blood sugar control, weight management, and more

Pre/Pro Biotic - Everyone needs some help with keeping the healthy bacteria in and the bad bacteria out! The term "probiotic" means "for life." Probiotics are good bacteria—living microorganisms—like those that live naturally in your digestive tract. To support good digestive health, it's important to have a balance of good bacteria in your digestive tract. Factors like diet and travel can impact the good bacteria.

[Glucosamine and Chondroitin](#) - So Your Joints Won't Hurt - Now Brand extra strength -Mother's Market/Henry's. I like to use Joint Flex that I buy from Purium (on-line).

Calcium - For Strong Bones - Should have anywhere from 1500 to 2000 mg a day. Bone Up from Jarrow at Mothers is great!

Multi Vitamin - To Get All Your - Vitamins and Minerals Centrum

Omega 3 - The benefits of Omega 3's are endless. Not only do they assist in weight loss, but they alleviate joint pains, improve digestion and elimination, and keep the arteries of the heart nice and clean. I recommend Krill Oil. Make sure it is encased so you don't taste it (burp it up) all day long!

Salt - I encourage you to replace any salt in your home (Kosher, Iodized, or any other form of sea salt) with this Celtic Sea Salt. I assure you that salt is not bad. It is just the type of salt that is either good or bad.

Water - Your water Intake should be 1/2 of your bodyweight in ounces of water. Example: If you weigh 150lbs, you should drink a minimum of 75 ounces of water.

I am not recommending products to sell anything except results. So please feel free to use whichever products you would like. Here are some companies and products I personally support.

What to Get If You Go Out to Eat

If you eat out, here are some tips:

Eat before you go out so you are not starving.

Ask for no bread or tortillas chips if they bring it to the table have them take it back or if that's not possible, then just don't eat it.

Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.

Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out when you are looking through a menu.

Drink water or tea (unsweetened)

Stop eating when you're full. Let the server take your plate so you don't keep stuffing yourself.

No dessert – Eating something that has truckloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition. Let's put an end to this madness!

Restaurants: Regardless of any restaurant you choose, there is always an option to grill or bake, just ask your server.

- Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables and/or vegetable soup.
- SPECIFY – no butter, no oil.
- Only order what you intend to eat.

There are a lot of restaurants to choose from, keep these tips in mind when selecting a place:

Mexican: The majority of Mexican restaurants serve chips and salsa when you sit down, don't get out of control with it. Send it back so you don't stuff yourself with it before your meal arrives.

- Order two to three grilled chicken or fish tacos on corn tortillas. You can add salsa, hot sauce, guacamole and a little cheese
- Try ceviche (fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad; leave out the dressing and use salsa instead.

Sushi: Avoid the tempura and anything else that's deep fried. The majority of rolls come with rice ask your server to leave it out.

- Order Sashimi (no rice)
- Edamame
- Hand rolls with no rice (they're pretty good)
- Sashimi Salad
- Miso soup
- Ask for low sodium soy sauce

Italian: Beware of the bread; have the waiter take it away. Now-a-days, a lot of Italian restaurants have a healthy or low carb section in their menus.

- Order high fiber low carb pasta with chicken or fish and marinara or tomato sauce.
- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing,

Fast Food: This is definitely the least desirable choice when getting healthy and lean. There are quite a bit of choices on every corner but these are my top 3 suggestions of places to eat if you really don't have a lot of time:

Baja Fresh – Your choice of chicken, fish (not fried), steak tacos. Make sure they are in corn tortillas with salsa, you can also have guacamole. Make sure you don't eat the tortilla chips that usually come with it.

Rubio's – They have great healthy chicken, fish and meat tacos and burritos. Make sure you don't eat the tortillas chips that usually come with it.

El Pollo Loco – Order the chicken breast but remove the skin, corn tortillas, steamed veggies and salsa

Chipotle – Tons of options, remove cheese and sour cream use corn tortillas

Daphine's Creek Café - Chicken Kabob with no rice

Tips from OC Fit West Staff Members

My lifesaver is my crock pot slow cooker. Throw a ton of chicken in it overnight and by the morning you have a good source of protein for at least a few days! There's also a lot of cheap and easy recipes! Such a time saver!!

~Mark

One thing that really helps me is to make hard boiled eggs. When I get over hungry because I didn't have time to food prep, I'm on the go, or I feel too tired to make something, I grab and egg or 2. It's easy and it gives me pure energy. It makes it so I can last until I can get to a healthy meal or help give me the energy I needed to make a meal!!!

~Jessica

When I first did the challenge one thing that really helped me was downloading My Fitness Pal. Having to write everything down that I was eating really made me accountable for my diet. I lost 5lbs during our first challenge by tracking what I ate and limiting my carb intake to once a day (brown rice with my lunch) Remember, YOU CAN DO THIS! 😊

~Christina

Before your week begins plan out an eating schedule. Literally what to eat for the entire week. If you do not PLAN to accomplish your goals, then you are planning to fail.
And when eating out, which should be rare, order off the kids meal for smaller portions!
~Dre

I juice mixed veggies and protein powder with some fruits and put it into 3-4 closed glass jars. Then I can grab it on the go. I also put my almonds into baggies so I can grab some healthy fats or get some energy quickly.
~ Daniel

Daily Checklist

Sleep: You should be getting 7-8 hrs of sleep. How many did you get? _____

Food Log: Logging your food makes you very aware of every single bite that goes into your mouth. Did you log your food today? _____

Water: You should drink half your body's weight in OZ? Example if you weigh 150lbs you should drink 75oz. Check off a drop for every 8 oz you drink.



Fruits & Veggies: Fill your plate with low Glycemic fruits and veggies!! Check one serving off as you eat up!



Protein: Make those muscles grow!! Check off an egg for every serving of protein you get in!



Work Outs: Don't forget to move!!! Aim for a minimum of 3 days per week! Check off 1 muscle for every type of exercise you did today!



Supplements: Don't forget how much these can help you, check off a star. ☺

Multivitamin

Fat Burner

Pre-Workout

BCAA's

Protein Shake