

90-DAY BOOTCAMP JOURNAL

Write down: **Power of 5**

- 5 reasons why **NOT** to quit
- 5 different people you will tell your fitness goals everyday
- 5 things you are going to reward yourself with along the way (rewards should be a person, place, or thing) (get pictures) (no reward if weekly goal is not met)
- 5 places to post your goals and read them 5 times a day
- 5 things you plan to get out of bootcamp

Have a positive statement, affirmation, incantation, etc.. in your mind

Weigh yourself at the same time everyday

Write down food you eat every day on the left side of journal, workout you do every day on the right side of the journal

DIET

No meal 2-3 hours before workout

No meal 2-3 hours before bedtime

Snack every 2-3 hours

Fix meals twice/week: suggested - Sunday for Sunday, Monday, Tuesday and Wednesday for Wednesday, Thursday, Friday. Saturdays are open.

Drink water all during the day and keep water in the car, trunk, and gym bag

For the 1st 30 days

Say No to:

bread, crackers, dairy (can cook or eat cereal with soy or rice milk), desserts (ice cream, cake, cookies, pies, cupcakes, honey buns, blizzard, etc..), pop, Gatorade, powerade (only green tea or herbal tea), alcohol, fried food, fried french fries (only baked fries, mashed potatoes or baked potatoes ok), white rice, meat, turkey, lamb, beef, pork (only fish and chicken), lobster, shrimp, snails, crab, catfish, white sugar (use brown sugar or honey), fast food (only subway salad, if necessary), salad dressing (use black pepper and olive oil)

Stay away from sugary snacks and food

Can eat fish: tilapia, tuna, salmon, orange roughy, red snapper, cod, sole, and as much green vegetables as possible

Daily calorie intake 1,000-1,200/day (subject to change after 30 days)

One balanced meal split into 2 meals

Schedule:

7am healthy snack, if needed (protein bar, vegetables, or fruit)

10am meal replacement, if needed (shake or drink)

1pm first half of balanced meal

4pm meal replacement, if needed (shake or drink)

7pm second half of balanced meal

9pm healthy snack, if needed (protein bar, vegetables, or fruit)

Meal replacement = protein shake, protein bar, fiber bar, power drink, attain bar, attain shake, shakeology, wheat grass, piece of fruit, etc..

If you feel the desire to cheat, binge, or zag, this is the order

1. Water (2 glasses min)
2. Salad/veggies
3. Fruit
4. Healthy snacks

Normally after option 1 or 2 you will not be hungry

When you go out to eat:

Put the fork down theory (after placing food in mouth put fork down, you will eat slower and less)

Before meal drink 1-2 glasses of water

Salad no cheese or dairy or dressing

Immediately get "to go container" when the meal arrives

Split meal in half

Be the one to order first

After the 1st 30 days:

Can zag on Saturdays

Workout 3- 5 days/week (Freedom By Fitness Snap N 30 Bootcamp, stretching, yoga, etc..)

Journal is brought to bootcamp on Monday and Thursday or TBA and signed by instructor

Fasting first Thursday of month – last meal between 5-7pm, then nothing but water until fast is over Friday, Saturday or Sunday depending on 1,2, or 3 day fast

Every week, different, week of fast must take wheat grass 3 times a day for 7 days