

Fitness Schedule

FOOD PLAN

Breakfast

Snack

Lunch

Snack

Dinner

MINDSET

TOOLS

WORKOUT

What is your *mindset*?

1. Make a decision. Do you want to be in Maintenance or lose weight today?
2. Say positive things to yourself. Words of affirmations
Say this in the morning:

Weight loss Affirmation

1. I accept my body the way I am now
2. I love who I am and who I will become
3. I am a success, I can make this a great day
4. I am courageous, I see the best version of me in my mind and I see it in the mirror now
5. My body knows how to get better
6. I refuse to give up on my health
7. I believe I can change my body into what I want it to be

Link to audio Weight Loss Affirmation

<http://bit.ly/WeighlossAffirmation>

3. Know your daily intake. You can find that below
<https://gojenbenefit.com/the-library/>

What are your *tools*?

1. Will you use intermittent fasting?

I suggest 10/14 and 12/16.

I will provide you an exact schedule. Check the meal plan section.

2. Will you use supplements/vitamins?

If you will purchase any, below are what I suggest

★Fish oil| <http://amzn.to/2hMPy20> (optional)

★Multivitamin| <http://amzn.to/2B3Hn6e> (HIGHLY SUGGEST)

★Pre-workout| <http://amzn.to/2zRhWq2> (optional)

★Protein Powder| <http://amzn.to/2B2OAmH> (optional)

3. Other additional tools I suggest. You do not have to use them all but what if best for you or what you think you need

★Apple Cedar Vinegar| <http://amzn.to/2xhj0yU>

★Diet Tea| <http://amzn.to/2vQsJ1q>

★Waist Trainer| <http://amzn.to/2x4NEMG>

★Albolene| <http://amzn.to/2gbGJgK>

★Containers| <http://amzn.to/2gd7v8r>

★Sweet Sweat| <http://amzn.to/2hMrSuH>

What is your *meal plan*?

Suggested 10/14 intermittent fasting schedule.

START EATING FOOD

10am	Breakfast 1 cup of oatmeal
11am	
12pm	Workout 30 minutes cardio (walking, jogging, running)
1pm	Snack 1 cup cherries and 1 cup carrots
2pm	
3pm	Lunch 1 Toasted Bagel with cream cheese
4pm	
5pm	Snack 1 apple and 1 cup cucumbers
6pm	
7pm	Dinner 4 oz. of chicken, 1 yam and 1 cup boiled cabbage
8pm	Apple Cider Vinegar 1 tsp w/8 oz. of water

STOP EATING FOOD

Suggested 16/8 intermittent fasting schedule.

START EATING FOOD

12pm	Breakfast 1 cup of oatmeal
1pm	
2pm	Workout 30 minutes cardio (walking, jogging, running)
3pm	Snack 1 cup cherries and 1 cup carrots
4pm	
5pm	Lunch 1 Toasted Bagel with cream cheese
6pm	Snack 1 apple and 1 cup cucumbers
730pm	Dinner 4 oz. of chicken, 1 yam and 1 cup boiled cabbage
8pm	Apple Cider Vinegar 1 tsp w/8 oz. of water

STOP EATING FOOD

Drinks

- Water Intake: 64 oz.
- 8- 8oz cups of water
- Tea
- Coffee 1 cup a day

What is your *workout*?

Cardio- 30 mins Walk/Jog/Run /Treadmill/ Stairs/ Elliptical

Abdominals- Leg raise, air cycles, side crunches

Butt/Thighs- Regular squats, sumo squats, jump squats

Arms- Push-ups, bicep curls, overhead press (use 3-5 lb dumbbell)

Fitness Level	Sets	Reps	Total
Beginner	3	10 times	30
Intermediate	6	10 times	60
Advance	10	10 times	100

What are your *cheat snacks*?

We are all adults here you will probably end up snacking (it's inevitable) if you must

Here is what I suggest (ONLY 1 every other day)

You will have to burn off these calories after you eat them so choose wisely.

Drinks	1 Beer (154 calories) 1 glass of wine (123) 1 margarita (158)
Naughty snacks	1 cup of ice cream (150) 1 small bag of chips (180) 1 cookie (190 cal) 1 snicker bar (215)