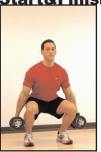
Daily Nutrition Checklist Day 50 - Phase 2

Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt	Oatmeal High fiber cereal
		Cottage cheese Protein shake	Veggies Skim milk
Snack	Time:	Choose 1]
		Nuts Fruit	Veggies & Humm High fiber cracker
		Cottage cheese	Protein shake
		Low sugar yogurt	Low fat cheese
Lunch	Time:	Choose 2	
		Chicken	Salad/ Veggies
		Cold cuts Fish	High fiber wrap Brown rice
		Lean beef	Beans or Chick pe
Snack	Time:	Choose 1]
		Nuts	Veggies & Hummi
		Fruit Cottage cheese	High fiber cracker Protein shake
		Low sugar yogurt	Low fat cheese
Dinner	Time:	Choose 2	
l		Ground turkey	Salad
		Chicken Fish	Veggies Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1]
Optional		Sugar free fudgesicle	Veggies & Humm
		Sugar free popsicle	
		Sugar free pudding Sugar free Jell-O	
		8-10 Glasses	of Water
How Did You [o Today?		
I ate 5 meals today and	l drank 8 glasses of water!		
I only ate the foods on	my Phase 2 Checklist!		
I found it to fe	ollow today's meal plan, ar	nd/but I'm ready for tom	orrow!

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Deadlift-Curl-Press - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

<u> Start&Finish Midpoint</u>







Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				



Be careful not to lock out your knees at the top of the press and always squat by sitting backwards with your hips!

How To: Hold dumbbells by your sides and squat sitting backwards. As you begin to stand, curl the weight up using your biceps. Next, transition from your curl into an overhead press keeping the weights above your shoulders. Reverse the process and repeat.

Reverse Crunch - Complete reps to failure. Rest 20 seconds.

<u>Start&Finish</u>





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip



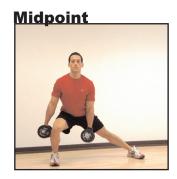
Keep your shoulders and hips touching the ground the whole set. Make sure not to let your lower back arch up in the air!

How To: Maintain a flat back by keeping your hands flat under your hips. Keep your shoulders & hips in contact with the ground throughout the set. Pull your knees into your abs & then slowly extend your legs without arching your back. Pull back in & repeat.

Dumbbell Lateral Lunges - Complete 15 reps on each side. Rest 60 seconds.

Start&Finish





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

<u>abral's Tip</u>



Keep the weight on the heel of the foot that is luging to the side! Allow the opposite leg to stay straight and stretch.

How To: Holding the dumbbells by your sides, lunge to only one side keeping your feet in alignment. The weights will now move to each side of the leg that you just lunged out with. Keep the weight on the heel of that foot and push back standing up straight.

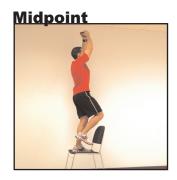
Daily Nutrition Checklist Day 51 - Phase 2

Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt Cottage cheese	Oatmeal High fiber cereal Veggies
		Protein shake	Skim milk
Snack	Time:	Choose 1]
		Nuts	Veggies & Humm
		Fruit	High fiber cracker
		Cottage cheese	Protein shake
		Low sugar yogurt	Low fat cheese
Lunch	Time:	Choose 2	
		Chicken	Salad/ Veggies
		Cold cuts	High fiber wrap
		Fish Lean beef	Brown rice Beans or Chick p
		Lean beer	beans of Chick p
Snack	Time:	Choose 1	
		Nuts	Veggies & Humm
		Fruit	High fiber cracker
		Cottage cheese Low sugar yogurt	Protein shake Low fat cheese
Dinner	Time:	Choose 2] []
		Ground turkey	Salad
		Chicken	Veggies
		Fish	Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1]
Optional		Sugar free fudgesicle	Veggies & Humm
		Sugar free popsicle	
		Sugar free pudding	
		Sugar free Jell-O	
		8-10 Glasses	s of Water
How Did You [o Today?		
I ate 5 meals today and	drank 8 glasses of water!		
I only ate the foods on	my Phase 2 Checklist!		
I found itto fo	ollow today's meal plan, an	nd/but I'm ready for tom	norrow!
L			

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Step-Up with Plate Press - Complete 10 reps on each. Rest 20 seconds.

Start&Finish



Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip
Kee
that
thos

Keep your weight on the hip that is raised up. Step up using those hip muscles! The other leg is used only for balance.

How To: Hold a weight in front of your chest with one leg up and planted on a step that is about knee high. Push through the heel of the foot that is up on the step and stand all the way up straight while pressing the weight above your head. Repeat 10x - switch.

Dumbbell 1 Arm Chest Press - Complete 15 reps on each side. Rest 20 seconds.

Start&Finish



Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

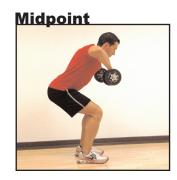
Cabral's Tip
Kee
back
Do

Keep your shoulders pulled back and maintain a flat back. Do not arch your low back or lock out your elbow at the top!

How To: Lying on your back, hold 1 dumbbell with your palms facing away from your body. Keep your back and shoulders touching the floor as you press the weight over your chest. Lower the weights slowly until the back of your arms just touch the ground.

Dumbbell Bent Over High Pulls - Complete 15 reps lasting 40 seconds. Rest 60 seconds.





Record your weights to right:	Weights	Set 1	Set 2	Set 3	Set 4
weights to right:	Record your				
	weights to right:				

Kee back

Keep your shoulders pulled back and maintain a flat back. Do not lock out your elbow at the bottom!

How To: Hold dumbbells with your palms facing your body. Sit back with your hips into a shallow squat allowing the weights to rest by your knees. Squeeze your shoulder blades together and pull the weights up to your shoulders while remaining in a squat.

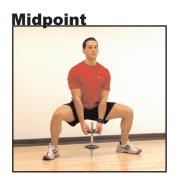
Daily Nutrition Checklist Day 52 - Phase 2

Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt Cottage cheese	Oatmeal High fiber cereal Veggies
		Protein shake	Skim milk
Snack	Time:	Choose 1	
		Nuts	Veggies & Hummi
		Fruit	High fiber cracker Protein shake
		Cottage cheese Low sugar yogurt	Low fat cheese
Lunch	Time:	Choose 2	
		Chicken	Salad/ Veggies
		Cold cuts Fish	High fiber wrap Brown rice
		Lean beef	Beans or Chick p
			<u>. </u>
Snack	Time:	Choose 1]
		Nuts	Veggies & Hummi
		Fruit	High fiber cracker
		Cottage cheese Low sugar yogurt	Protein shake Low fat cheese
Dinner	Time:	Choose 2	1 🗆
Dillinei	Time.	Ground turkey	Salad
		Chicken	Veggies
		Fish	Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1	
Optional		Sugar free fudgesicle	Veggies & Humm
<u> </u>		Sugar free popsicle	
		Sugar free pudding Sugar free <i>Jell-O</i>	
		Sugar free Jell-O	
		8-10 Glasses	of Water
How Did You [o Today?		
I ate 5 meals today and	drank 8 glasses of water!		
I only ate the foods on I	my Phase 2 Checklist!		
I found itto fo	ollow today's meal plan, an	nd/but I'm ready for tom	orrow!

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Sumo Deadlifts - Complete 15 reps on each side. Rest 20 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

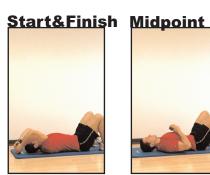
<u>Cabral's Tip</u>



Be careful not to let your knees point in and go over your toes! Make sure not to round vour shoulders or back!

How To: Hold a dumbbell in front of you and between your legs. Start by sitting backwards with your hips until your upper thighs are parallel to the ground. Keep your weight back on your heels and push up through them as you stand back up.

Ab Crunch with Plate Pullover - Complete reps to failure. Rest 20 seconds.







Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip

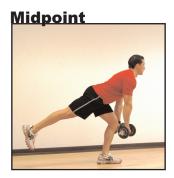


Make sure to always keep your chin off of your chest and looking up! do not excessively round your back or shoulders.

How To: Lie on your back holding a weight behind your head. Pull the weight over your head to your chest. Crunch up lifting the weight to your knees. Look up the whole time, keeping your chin up off of your chest. Come back down the same way.

Dumbbell 1 Leg Romanian Deadlifts - Complete 15 reps each side. Rest 60 seconds.





Record your weights to right:	Weights	Set 1	Set 2	Set 3	Set 4
weights to right:	Record your				
	weights to right:				

<u>Cabral's Tip</u>

Keep your shoulder blades pinched together throughout the set and remember never to round your back!

How To: Hold dumbbells with your palms facing each other. With 1 leg raised, sit back with your hips allowing the weights to slowly lower until your back cannot remain flat any longer or you feel enough stretch behind your legs. Keep a 20° bend in your knees.

Daily Nutrition Checklist Day 53 - Phase 2

<u>Breakfast</u>	Time:	Choose 2	
		Eggs Low sugar yogurt	Oatmeal High fiber cereal
		Cottage cheese Protein shake	Veggies Skim milk
Snack	Time:	Choose 1]
		Nuts Fruit	Veggies & Humm High fiber cracker
		Cottage cheese	Protein shake
		Low sugar yogurt	Low fat cheese
Lunch	Time:	Choose 2	
		Chicken	Salad/ Veggies
		Cold cuts Fish	High fiber wrap Brown rice
		Lean beef	Beans or Chick p
Snack	Time:	Choose 1]
		Nuts	Veggies & Humm
		Fruit Cottage cheese	High fiber cracker Protein shake
		Low sugar yogurt	Low fat cheese
Dinner	Time:	Choose 2	
		Ground turkey	Salad
		Chicken Fish	Veggies Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1]
Optional		Sugar free fudgesicle	Veggies & Humm
		Sugar free popsicle	
		Sugar free pudding Sugar free <i>Jell-O</i>	
		8-10 Glasses	of Water
How Did You F	Do Today?		
How Did You I I ate 5 meals today and	drank 8 glasses of water!		
I only ate the foods on	my Phase 2 Checklist!		
I found itto fo	ollow today's meal plan, an	d/but I'm ready for tom	orrow!

Rest Day! - Concentrate on eating well and enjoying your day off from working out. You may feel free to go for a 20-30 minute walk or just rest your body and prepare for tomorrow's workout!

Daily Nutrition Checklist Day 54 - Phase 2

Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt Cottage cheese	Oatmeal High fiber cereal Veggies
		Protein shake	Skim milk
Snack	Time:	Choose 1	
		Nuts	Veggies & Hummi
		Fruit	High fiber cracker Protein shake
		Cottage cheese Low sugar yogurt	Low fat cheese
Lunch	Time:	Choose 2	
		Chicken	Salad/ Veggies
		Cold cuts Fish	High fiber wrap Brown rice
		Lean beef	Beans or Chick p
			<u>. </u>
Snack	Time:	Choose 1]
		Nuts	Veggies & Hummi
		Fruit	High fiber cracker
		Cottage cheese Low sugar yogurt	Protein shake Low fat cheese
Dinner	Time:	Choose 2	l [
	Time.	Ground turkey	Salad
		Chicken	Veggies
		Fish	Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1	
Optional		Sugar free fudgesicle	Veggies & Humm
		Sugar free popsicle	
		Sugar free pudding Sugar free <i>Jell-O</i>	
		Sugar free Jell-O	
		8-10 Glasses	of Water
How Did You [o Today?		
I ate 5 meals today and	drank 8 glasses of water!		
I only ate the foods on I	my Phase 2 Checklist!		
I found itto fo	ollow today's meal plan, an	nd/but I'm ready for tom	orrow!
		<u> </u>	

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Bulgarian Split Squat - Complete 15 reps on each side. Rest 20 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

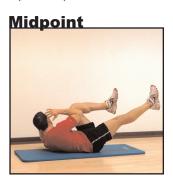
Cabral's Tip
Be contact the Roman Ro

Be careful not to let the front knee go over the toes. Remember to sit back into your hip and glutes!

How To: Take a big step forward with 1 leg while holding dumbbells by your sides. Keep the front foot flat with the weight on the heel of that foot. Rest the back foot on a step and allow the knee to move towards the floor as you sit into a lunge.

Bicycle Crunch - Complete reps to failure. Rest 20 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

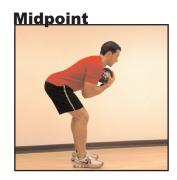
Cabral's Tip Crui shoo who just

Crunch upwards and keep your shoulders off the floor the whole set. Make sure not to just rock side to side!

How To: Lie on your back with your shoulders, head & legs off the ground. Crunch up touching your right elbow to your left knee. Come back down to the middle without letting your shoulders touch & alternate by crunching your left elbow up to your right knee.

Dumbbell Modified Good Mornings - Complete 15 reps lasting 40 sec. Rest 60 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip
Beg
back
Kee
your

Begin the movement by sitting backwards with your hips. Keep a flat back as you lower your upper body.

How To: Hold a weight above your chest with your feet hip width apart. Slowly sit back with your hips and lower your upper body. Keep your weight towards your heels and maintain a flat back. Pull yourself up using the back of your legs, glutes and low back.

Daily Nutrition Checklist Day 55 - Phase 2

Cottage cheese Protein shake Snack Time: Nuts Fruit Cottage cheese Low sugar yogurt Cottage cheese Protein shake Skim milk Choose 1 Nuts Fruit High fiber crack Cottage cheese Low sugar yogurt Cottage cheese Protein shake Cottage cheese Protein shake Low fat cheese Cottage cheese Protein shake Low fat cheese Cottage cheese Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit High fiber crack Rean beef Beans or Chick Snack Time: Choose 1 Nuts Fruit High fiber crack Cottage cheese Protein shake Low sugar yogurt Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Chick peas Choose 1 Choose 2 Choose 2 Choose 2 Choose 3 Choose 3 Choose 4 Choose 4 Choose 4 Choose 5 Choose 6 Choose 6 Chick peas	Time:	Choose 2	
Snack Time: Nuts Fruit Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Low fat cheese Cold cuts High fiber crace Cottage cheese Low sugar yogurt Chicken Cold cuts High fiber wrap Fish Brown rice Lean beef Beans or Chick Snack Time: Choose 1 Nuts Fruit High fiber crace Cottage cheese Low sugar yogurt Low fat cheese Cottage cheese Low sugar yogurt Low fat cheese Cottage cheese Low sugar yogurt Cottage cheese Low sugar yogurt Cottage cheese Low fat cheese Cottage cheese Low fat cheese Cottage cheese Cottage cheese Low fat cheese Cottage		Low sugar yogurt	High fiber cereal
Nuts Fruit Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Low fat cheese Low sugar yogurt Cottage cheese Low fat cheese Low sugar yogurt Low fat cheese Choose 2		Protein shake	Skim milk
Fruit Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Brown rice Lean beef Beans or Chicken Sugar yogurt Choose 1 Veggies & Hun High fiber wrap Fish Brown rice Lean beef Beans or Chicken Sugar yogurt Choose 1 Veggies & Hun Veggies Cottage cheese Protein shake Low sugar yogurt Choose 2 Chicken Veggies & Hun Veggies Cottage cheese Protein shake Low sugar yogurt Choose 2 Chicken Protein shake Low fat cheese Chicken Veggies Beans Chicken Veggies Beans Chicken Veggies Sugar free popsicle Sugar free popsicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	Time:	Choose 1]
Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Brown rice Beans or Chick Snack Time: Nuts Fruit Cottage cheese Low sugar yogurt Choose 1 Nuts Veggies & Hun High fiber crack Cottage cheese Low sugar yogurt Choose 2 Ground turkey Salad Cottage cheese Cod cuts Fruit High fiber orack Cottage cheese Protein shake Low sugar yogurt Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Ground turkey Salad Chicken Veggies Fish Beans Chick peas Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O S-10 Glasses of Wate		1 1 1 1 1 1	Veggies & Hummi
Lunch Time: Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Brown rice Beans or Chick Snack Time: Nuts Fruit Fruit Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Cottage cheese Low sugar yogurt Choose 1 Ground turkey Chicken Veggies & Hun Veggies Fish Beans Lean beef Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Sugar free posicle Sugar free popsicle Sugar free popsicle Sugar free pudding			High fiber cracker
Lunch Time: Choose 2 Chicken Cold cuts High fiber wrap Fish Brown rice Beans or Chick Snack Time: Choose 1 Nuts Fruit High fiber cract Cottage cheese Low sugar yogurt Low fat cheese Condition of the control of			
Chicken Cold cuts High fiber wrap Fish Brown rice Lean beef Beans or Chick Snack Time: Nuts Veggies & Hun High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Dinner Time: Choose 1 Nuts Veggies & Hun High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Dinner Time: Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Chick peas Chick peas Chick peas Choose 1 Sugar free fudgesicle Veggies & Hun Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate		Low Sugar yogurt	Low lat officesc
Cold cuts Fish Brown rice Lean beef Beans or Chick Snack Time: Nuts Veggies & Hun High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Cottage cheese Low fat cheese Low fat cheese Low fat cheese Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate	Time:	Choose 2	
Fish Lean beef Beans or Chick Choose 1 Nuts Veggies & Hun Fruit High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Dinner Time: Choose 2 Ground turkey Salad Veggies Fish Beans Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Ground turkey Salad Veggies Fish Beans Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate			Salad/ Veggies
Choose 1 Nuts Veggies & Hun Fruit High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Dinner Time: Choose 2 Ground turkey Salad Veggies Fish Beans Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Ground turkey Salad Veggies Fish Beans Chick peas Chicken Veggies Beans Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate		I	
Snack Time: Nuts Fruit Fruit High fiber crack Cottage cheese Low sugar yogurt Low fat cheese Low sugar yogurt Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free possicle Sugar free possicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O 8-10 Glasses of Wate			
Nuts			
Pruit Cottage cheese Low sugar yogurt Low fat cheese Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O Sugar free Jell-O B-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	Time:	Choose 1]
Cottage cheese Low sugar yogurt Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O 8-10 Glasses of Wate I ate 5 meals today and drank 8 glasses of water!		1 1 1 1 1 1	Veggies & Hummi
Dinner Time: Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O			
Dinner Time: Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Veggies & Hun Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			
Ground turkey Salad Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate I ate 5 meals today and drank 8 glasses of water!	Time	Choose 2	1 🗆
Chicken Veggies Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	Time		Salad
Dessert Time: Optional Sugar free fudgesicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!		Chicken	Veggies
Dessert Time: Optional Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			
Sugar free fudgesicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!		Lean beef	Chick peas
Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate	Time:	Choose 1]
Sugar free pudding Sugar free Jell-O 8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			Veggies & Hummi
8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			
8-10 Glasses of Wate How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			
How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!		ougar nee ven e	
I ate 5 meals today and drank 8 glasses of water!		8-10 Glasses	of Water
I ate 5 meals today and drank 8 glasses of water!	o Today?		
I only ate the foods on my Phase 2 Checklist!	drank 8 glasses of water!		
	ny Phase 2 Checklist!		
I found itto fo	7	Time: Time: Time: Time: Time: An	Time: Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Cottage cheese Protein shake Time: Choose 2 Chicken Cold cuts Fish Lean beef Time: Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Time: Choose 2 Chicken Cold cuts Fish Lean beef Time: Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Time: Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Multi-Directional Lunge - Complete 15 reps on each leg. Rest 20 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Ti

Make sure to sit back into your hip & heel to not let your knee go over your toes! Try to keep the opposite leg straight.

How To: Use your body weight or hold dumbbells by your sides. With both feet pointed straight ahead keep one foot in place as you lunge & rotate the other foot out to face either 3 or 9 o'clock. Sit into your hip and heel. Push off the lunging foot to stand up.

Modified or Regular Push-Ups - Complete reps to failure. Rest 20 seconds.





<u>Weiahts</u>	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip



Always maintain a flat back by engaging your abs. Make sure you don't allow your hips to fall down towards the floor!

How To:

Dumbbell Bent Over Alternating Rows - Complete 30 alternating reps. Rest 60 seconds.





Weights	Set 1	Set 2	Set 3	Set 4
Record your				
weights to right:				

Cabral's Tip
Kee
ing
cles

Keep your back flat by engaging your abs and back muscles. Don't let your elbows lock out at the bottom!

How To: Hold dumbbells with your palms facing each other. Sit back with your hips into a shallow squat, allowing the weights to rest by your knees. Squeeze your shoulder blades together and row 1 weight up to your hip. Lower that weight, then row the other.

Daily Nutrition Checklist Day 56 - Phase 2

Breakfast	Time:	Choose 2	
		Eggs Low sugar yogurt	Oatmeal High fiber cereal
		Cottage cheese Protein shake	Veggies Skim milk
Snack	Time:	Choose 1]
		Nuts Fruit	Veggies & Humm
		Cottage cheese	High fiber cracker Protein shake
		Low sugar yogurt	Low fat cheese
Lunch	Time:	Choose 2	
		Chicken	Salad/ Veggies
		Cold cuts Fish	High fiber wrap Brown rice
		Lean beef	Beans or Chick p
Snack	Time:	Choose 1]
		Nuts	Veggies & Humm
		Fruit Cottage cheese	High fiber cracker Protein shake
		Low sugar yogurt	Low fat cheese
Dinner	Time:	Choose 2	
		Ground turkey	Salad
		Chicken Fish	Veggies Beans
		Lean beef	Chick peas
Dessert	Time:	Choose 1]
Optional		Sugar free fudgesicle	Veggies & Humm
		Sugar free popsicle	
		Sugar free pudding Sugar free <i>Jell-O</i>	
		8-10 Glasses	of Water
How Did You [Do Today?		
How Did You I I ate 5 meals today and	drank 8 glasses of water!		
I only ate the foods on			
	ollow today's meal plan, an	al/but line we salu few towa	

Rest Day! - Concentrate on eating well and enjoying your day off from working out. You may feel free to go for a 20-30 minute walk or just rest your body and prepare for tomorrow's workout!

Fatlossity

Personal Body Composition After 8 Weeks

	after" photo(s) here
	ke a front, back, and view photo
Name:	
Height:	Upper arm: Chest: Waist: Hips: Thigh:

Fatlossity Certificate of Achievement

8 Weeks Completed

You're almost there! You've completed the 2nd month of the Fatlossity System[®] and only have 4 more weeks to go!

By now you should feel like you really have a hang of how to exercise efficiently while following a healthy meal plan at the same time. The combination of the two should be yielding some pretty remarkable results by now and I sincerely hope you keep up your hard work and determination to push you through the next 4 weeks of your body transformation.

You've already accomplished so much and teaching yourself lifelong healthy habits to begin feeling good from the inside out and now it is time to further cement those lifestyle changes over the next 4 weeks.

You can do it!

Committed to your success,

Stephen Cabral, CSCS, CPT, NS

Your name: _____ Your signature: ____