Daily Nutrition Checklist Day 22 - 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]
l		Nuts	Veggies & Hummu
		Fruit	High fiber crackers 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 pe
			·
Snack	Time:	Choose 1]
		Nuts	Veggies & Hummu
		Fruit	High fiber crackers
		Cottage cheese Low sugar yogurt	Protein shake Low fat cheese
Dinner		Channa 2	1 🗆
Dinner	Time:	Ground turkey	Salad
1		Chicken	Veggies
		Fish	Beans
		Lean beef	Chick peas
Dessert	Times	Choose 1]
Optional	Time:	Sugar free fudgesicle	Veggies & Hummı
Οριίσται		Sugar free popsicle	voggios & Hullill
		Sugar free pudding	
		Sugar free Jell-O	
		8-10 Glasses	of Water
How Did You F	lo Today?		
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I only ate the foods on I	my Phase 2 Checklist!		
I found it to fo	ollow today's meal plan, an	nd/but I'm readv for tom	orrow!
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Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 3x.

Dumbbell Front Squat - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish



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

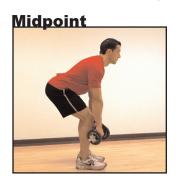
Cabral's

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 on your shoulders with ends pointing directly up. Start by sitting backwards with your hips until your upper thighs are parallel to the ground. Keep the weight back on your heels and push up through them as you stand back up.

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





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

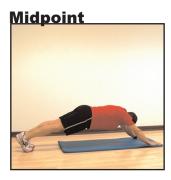
Cabral's Tip
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Keep your shoulder blades pinched together throughout the set and remember to never round out your back!

How To: Hold dumbbells with your palms facing your body. 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. Maintain a slight 20° bend in your knees.

Inch worms/Hand Walkouts - Complete 10 -15 reps to failure. Rest 60 seconds.





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



Cabral's Tip

Keep your abdominal and back muscles engaged throughout the set, making sure not to let your hips and stomach drop!

How To: Bend over from the waist and place both hands in front of you for support. Straighten your legs at the top and then begin to walk one hand out at a time until you are as outstretched as you can be without letting your hips drop. Reverse the process.

Daily Nutrition Checklist Day 23 - Phase 2

Nuts Fruit High fiber crackers Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Brown rice Lean beef Beans or Chick pe Choose 1 Veggies & Hummu High fiber wrap Fish Brown rice Beans or Chick pe Choose 1 Veggies & Hummu High fiber wrap Fish Brown rice Beans or Chick pe Choose 1 Veggies & Hummu High fiber crackers Cottage cheese Low sugar yogurt Choose 2 Choose 2 Chicken Protein shake Low fat cheese Choose 2 Choose 2 Choose Protein shake Low fat cheese Choose 2 Choose Chicken Protein shake Low fat cheese Choose 2 Choose Chicken Protein shake Low fat cheese Choose 2 Choose Chicken Protein shake Low fat cheese Choose Chicken Protein shake Low fat cheese Choose Chicken Protein shake Low fat cheese	Breakfast	Time:	Choose 2	
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Nuts Fruit Cottage cheese Cottage ch			Protein snake	Skim milk
Fruit Chicken Salad/ Veggies & Hummr Fruit High fiber cracker: Protein shake Low fat cheese Choose 2	Snack	Time:	Choose 1	
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Lunch Time: Choose 2 Chicken Cold cuts High fiber wrap Fish Brown rice Lean beef Sanack Time: Choose 1 Nuts Fruit Fruit Fruit Fruit Cottage cheese Low sugar yogurt Choose 2 Ground turkey Cottage cheese Low sugar yogurt Choose 2 Ground turkey Chicken Veggies & Hummu High fiber cracker Cottage cheese Low fat cheese Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Ground turkey Chicken Veggies Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				
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Cold cuts Fish Fish Brown rice Beans or Chick pe Choose 1 Nuts Fruit High fiber cracker. Protein shake Low sugar yogurt Choose 2 Ground turkey Chicken Veggies & Humme High fiber cracker. Protein shake Low fat cheese Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	Lunch	Time:	Choose 2	
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Sugar free popsicle Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	Dessert	Time:]
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Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	·			
8-10 Glasses of Water 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!			13. 13.3.1	
I ate 5 meals today and drank 8 glasses of water!			8-10 Glasses	of Water
· · · · · · · · · · · · · · · · · · ·	How Did You I	o Today?		
I only ate the foods on my Phase 2 Checklist!	-			
	I only ate the foods on I	my Phase 2 Checklist!		

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

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





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

Cabral's Tip

	Be careful not to lock out your			
	knees, elbows, or arch your lower back when lifting the weights overhead!			
6	lower back when lifting the			
	weights overhead!			

How To: Hold dumbbells on your shoulders with your palms turned away from you. Sit backwards with your hips until your upper thighs are parallel to the ground. As you begin to stand back up, push the dumbbells overhead at the same time.

Dumbbell 1 Arm Row - Complete 15 reps on each side lasting 40 seconds. Rest 20 seconds.

Start&Finish



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

Cabral's Tip

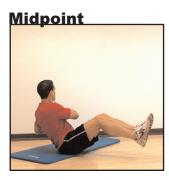


Keep your shoulders pulled back and maintain a flat back. Do not lock out your elbow at the bottom!

How To: Hold a dumbbell with your palm facing your body. Place the leg that is beside the dumbbell back behind for a wider base. Place the other hand on an object for support to maintain a flat back. Row the dumbbell up towards your hip using your back.

Weighted Oblique Twists - Complete 30 reps to failure 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:				

Cabral's Tip



Keep your abdominal and back muscles engaged throughout the set and make sure not to over twist!

How To: Hold a weight in front of your abs with your feet lightly touching the floor or lifted up. Twist with your entire upper torso side to side, making sure you are not just moving the weight. Alternate side to side until you feel a sufficient burn in your abs.

Daily Nutrition Checklist Day 24 - Phase 2

Eggs	Breakfast	Time:	Choose 2	
Snack Time: Nuts				
Nuts Fruit Fruit High fiber crackers Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies & Hummu Fish fiber wrap Fish Brown rice Lean beef Beans or Chick pe Choose 1 Veggies & Hummu Fruit High fiber wrap Fish Brown rice Lean beef Beans or Chick pe Choose 1 Veggies & Hummu Fruit High fiber crackers Cottage cheese Low sugar yogurt Low fat cheese Choose 2 Chicken Protein shake Low sugar yogurt Weggies Beans or Chick pe Choose 2 Chicken Veggies Fish Beans Chick peas Chicken Veggies Beans Chick peas Choose 1 Choose 1 Chicken Veggies Fish Beans Chick peas Choose 1 Choose Sugar free fudgesicle Sugar free pudding Sugar free pudding Sugar free Pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!				
Nuts Fruit Fruit High fiber crackers Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies & Hummu Fish fiber wrap Fish Brown rice Lean beef Cottage cheese Low Salad/ Veggies & Hummu Fish fiber wrap Fish Brown rice Lean beef Choose 1 Nuts Veggies & Hummu High fiber crackers Cottage cheese Low sugar yogurt Fruit High fiber crackers Cottage cheese Low sugar yogurt Choose 2 Choose 2 Choose 2 Choose 2 Choose 2 Choose 2 Chicken Veggies & Hummu High fiber crackers Protein shake Low sugar yogurt Choose 2 Choose 3 Chicken Veggies Beans Chick peas Choose 1 Sugar free fudgesicle Sugar free pudding Sugar free pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!	Snack		Chaosa 1]
Fruit Cottage cheese Low sugar yogurt Choose 2 Chicken Cold cuts Fish Brown rice Beans or Chick pe Snack Time: Choose 1 Nuts Fruit High fiber crackers Protein shake Low fat cheese Cold cuts High fiber wrap Fish Brown rice Beans or Chick pe Snack Time: Choose 1 Nuts Veggies & Hummu Fruit High fiber crackers Cold cuts High fiber wrap Fish Brown rice Beans or Chick pe Choose 1 Nuts Veggies & Hummu High fiber crackers Protein shake Low sugar yogurt Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Chick peas Choose 1 Sugar free fudgesicle Sugar free popsicle Sugar free function free f	Silack	I ime:		Veagies & Hummu
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Chicken Cold cuts High fiber wrap Brown rice Lean beef Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Choose 2 Ground turkey Chicken Veggies Fish Beans Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Chick peas Choose 1 Ground turkey Chicken Veggies Fish Brown rice Fruit High fiber vrap Fruit High fiber crackers Protein shake Low fat cheese Choose 2 Ground turkey Chicken Veggies Fish Brown rice Fruit High fiber crackers Fruit How potential turkers Fruit How potential turkers Fruit High fiber crackers Fruit How potential turkers Fruit How potential tur			Low sugar yogurt	Low fat cheese
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Snack Time: Nuts Fruit Cottage cheese Low sugar yogurt Choose 1 Nuts Fruit High fiber crackers Protein shake Low fat cheese Low fat cheese Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef 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 Water I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!				High fiber wrap
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B-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!				
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How Did You Do Today? I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!				
I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!			8-10 Glasses	of Water
I ate 5 meals today and drank 8 glasses of water! I only ate the foods on my Phase 2 Checklist!	How Did You I	Do Today?		
	I ate 5 meals today and	l drank 8 glasses of water	!	
I found it to follow today's meal plan, and/but I'm ready for tomorrow!	I only ate the foods on	my Phase 2 Checklist!		
	I found it to fe	ollow today's meal plan, a	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 Split Squats - 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:				

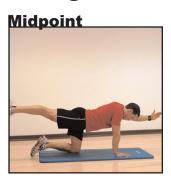
Cabral's

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

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

Quadruped Pose/ BirdDog - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish



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

Cabral's Tip
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Maintain a flat back throughout the movement. Try to extend each arm and leg all the way out while stabilizing yourself!

How To: Kneel down on all fours. Maintain a flat back by engaging your core muscles and drawing in your abs. Raise your opposite arm & leg until they form a straight line down your body. Hold until you are stable. Come back to the ground and alternate.

Dumbbell 2 Arm Swings with Squat - Complete 15reps to failure. Rest 60 seconds.





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

Cabral's Tip
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Keep your abdominal and back muscles engaged throughout the set. Make sure not to round your back on the way down!

How To: Hold a weight between your legs with your arms outstretched. Perform a half to three-quarter squat and then swing the weight up by pushing your hips forward. Keeping you core engaged, let the weight swing down between your legs.

Daily Nutrition Checklist Day 25 - Phase 2

Fruit Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Brown rice Lean beef Beans or Chick put Snack Time: Choose 1 Nuts Veggies & Humm Fruit High fiber cracker Cottage cheese Low sugar yogurt Cottage cheese Low sugar yogurt Choose 2 Choose 1 Nuts Veggies & Humm Fruit High fiber cracker Cottage cheese Low sugar yogurt Choose 2 Ground turkey Salad Veggies Epish Beans Chicken Veggies Beans Chick put Shake Lean beef Choose 1 Choose 2 Choose 2 Choose 3 Choose 4 Chicken Veggies Beans Chick peas	Breakfast	Time:	Choose 2	
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Nuts Fruit Cottage cheese Low sugar yogurt Choose 2 Chicken Cold cuts High fiber cracker Cow fat cheese Cold cuts High fiber wap Frotein shake Low fat cheese Cold cuts High fiber wap Salad/ Veggies Cold cuts High fiber wap High fiber cracker Cold cuts High fiber wap Frotein shake Low fat cheese Choose 1 Nuts Veggies & Humm Fruit Choose 1 Nuts Veggies & Humm High fiber cracker Cold cuts High fiber wap How Salad Veggies Low vap wap Homes Choose 1 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Sugar free fudgesicle Sugar free posicle Sugar free Jell-O R-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!	Snack	Time:	Choose 1]
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I ate 5 meals today and drank 8 glasses of water!	How Did You D	o Todav?		
I only ate the foods on my Phase 2 Checklist!	I ate 5 meals today and	drank 8 glasses of water!		
	I only ate the foods on I	my Phase 2 Checklist!		

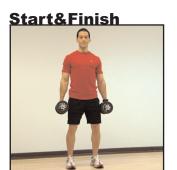
Rest Day! - Concentrate on eating well and enjoying your day off from working out. You may feel free to enjoy going for a 20-30 minute walk or just rest your body and prepare for tomorrow's workout!

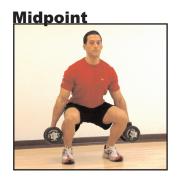
Daily Nutrition Checklist Day 26 - Phase 2

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 Cottage cheese	Veggies & Hummu High fiber crackers 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 & Hummu
		Fruit	High fiber crackers Protein shake
		Cottage cheese Low sugar yogurt	Low fat cheese
Dinner	Time:	Choose 2	
		Ground turkey	Salad
		Chicken	Veggies
		Fish Lean beef	Beans Chick peas
Dessert		Choose 1]
Optional	Time:	Sugar free fudgesicle	Veggies & Hummu
Οριιστιαι		Sugar free popsicle	voggios & Hullillu
		Sugar free pudding	
		Sugar free Jell-O	
		8-10 Glasses	of Water
Harri Diri Va	Da Tadasa		
How Did You I ate 5 meals today and	Do Today? d drank 8 glasses of water.	!	
	DI 0.01 III II		
I only ate the foods on	my Phase 2 Checklist!		

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

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





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

Cabral's Tip

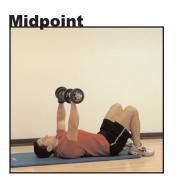
Be careful knees at and alway backwards

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 with your palms facing each other. 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.

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





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

Cabral's Tip
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sure
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Keep your shoulders touching the floor the whole set. Make sure not to lock out your elbows at the top!

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

Dumbbell Dynamic Forward Lunge - Complete 24 reps. Rest 60 seconds.





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

Cabral's Tip
Kee
ders
mak
not g

Keep your chest up and shoulders back. Engage your core & make sure that your knee does not go over your front foot!

How To: Hold 2 weights by your side. Lunge forward with one leg keeping the weight on the front heel and sit back into the hip and glute muscles. Push back off of the front leg to stand back up straight. Alternate legs each repetition.

Daily Nutrition Checklist Day 27 - Phase 2

Fruit Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Brown rice Lean beef Beans or Chick put Snack Time: Choose 1 Nuts Veggies & Humm Fruit High fiber cracker Cottage cheese Low sugar yogurt Cottage cheese Low sugar yogurt Choose 2 Choose 1 Nuts Veggies & Humm Fruit High fiber cracker Cottage cheese Low sugar yogurt Choose 2 Ground turkey Salad Veggies Epish Beans Chicken Veggies Beans Chick put Shake Lean beef Choose 1 Choose 2 Choose 2 Choose 3 Choose 4 Chicken Veggies Beans Chick peas	Breakfast	Time:	Choose 2	
Snack Time: Nuts Fruit Cottage cheese Low sugar yogurt Low fat cheese Cold cuts Fish Fruit Fruit Cold cuts Fish From rice Lean beef Beans or Chick po Snack Time: Choose 1 Nuts Choose 2 Chicken Salad/ Veggies High fiber vracker Fish From rice Beans or Chick po Snack Time: Choose 1 Nuts Fruit Fruit Cottage cheese Low sugar yogurt Low fat cheese Cold cuts High fiber cracker Cold cuts High fiber vracker Cottage cheese Low augar yogurt Low fat cheese Choose 1 Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Choose 1 Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Chick peas Chick peas Chick peas Choose 1 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas Chick peas Chick peas Chick peas Choose 1 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Chick peas C			Low sugar yogurt Cottage cheese	High fiber cereal Veggies
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8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!				
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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!	How Did You D	o Todav?		
I only ate the foods on my Phase 2 Checklist!	I ate 5 meals today and	drank 8 glasses of water!		
	I only ate the foods on I	my Phase 2 Checklist!		

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

Dumbbell Step-Up - Complete 15 reps on each leg. Rest 20 seconds.

Start&Finish



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

Cabral's Tip



Be careful not to lock out your knees at the top of the step-up. Keep your shoulders back & the weight on your heel!

How To: Hold dumbbells by your sides with one leg up and planted on a step that is about knee height. Push through the heel of the foot that is up on the step and stand all the way up straight. Finish all 15 reps on 1 leg and then switch.

Dumbbell 2 Arm Bent Over Row - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish



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

Cabral's Tip

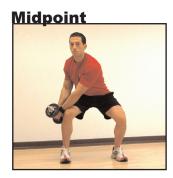


Maintain a flat back and shallow squat the entire set. Remember to never round your upper or lower back!

How To: Hold dumbbells with your palms facing each other. Sit back with your hips into a shallow squat with the weights by your knees. Squeeze your shoulder blades together and row the weights up to your hips. Stay in a shallow squat the entire set.

Dumbbell Diagonal Chops - Complete 15 reps on each side. Rest 60 seconds.





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

Cabral's Tip



Keep your abdominal and back muscles engaged throughout the set and make sure not to over twist!

How To: Hold a weight in both hands over your left shoulder. Chop down with the weight until it reaches the outside of your opposite knee. Keep your back flat and core engaged throughout the entire set making sure not to over twist the lower back.

Daily Nutrition Checklist Day 28 - Phase 2

Fruit High fiber cracker. Cottage cheese Protein shake Low sugar yogurt Low fat cheese Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Brown rice Lean beef Beans or Chick pe	Breakfast	Time:	Choose 2	
Snack Time: Nuts Fruit Cottage cheese Low sugar yogurt Cold cuts Fish Fruit Fruit Cottage cheese Low fact cheese Low sugar yogurt Cold cuts From rice Beans or Chick pe Snack Time: Choose 1 Nuts Choose 2 Chicken Cold cuts Fish Brown rice Beans or Chick pe Snack Time: Choose 1 Nuts Fruit Fruit Fruit Cottage cheese Low sugar yogurt Low fat cheese Cottage cheese Low sugar yogurt Low fat cheese Choose 2 Choose 1 Sugar free fudgesicle Sugar free fudgesicle Sugar free fudgesicle Sugar free fudgesicle Sugar free pudding			Low sugar yogurt Cottage cheese	High fiber cereal Veggies
Nuts Fruit Cottage cheese Low sugar yogurt Cottage cheese Co			Protein shake	Skim milk
Nuts Fruit Cottage cheese Low sugar yogurt Cottage cheese Low fat cheese Choose 2 Cottage cheese Cod cuts High fiber wrap Fish Brown rice Lean beef Beans or Chick per Cottage cheese Cottage chee	Snack	Time:	Choose 1	
Cottage cheese Low sugar yogurt Choose 2 Chicken Salad/ Veggies Cold cuts High fiber wrap Fish Brown rice Lean beef Snack Time: Nuts Fruit Cottage cheese Low sugar yogurt Veggies & Hummi Fruit Cottage cheese Low sugar yogurt Cottage cheese Low sugar yogurt Cottage cheese Cottage cheese Low sugar yogurt Cottage cheese Cottage			Nuts	Veggies & Hummu
Lunch Time: Choose 2 Chicken Cold cuts High fiber wrap Fish Brown rice Lean beef Sanack Time: Choose 1 Nuts Fruit Fruit Fruit Cottage cheese Low sugar yogurt Choose 2 Ground turkey Cottage cheese Low sugar yogurt Choose 2 Ground turkey Chicken Veggies & Humme High fiber cracker Cottage cheese Low sugar yogurt Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Chick peas Choose 1 Ground turkey Chicken Veggies Sugar free popsicle Sugar free popsicle Sugar free popsicle Sugar free pudding Sugar free Jell-O Sugar free Jell-O S-10 Glasses of Water B-10 Glasses of Water				
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Chicken Cold cuts Fish Even beef Choose 1 Nuts Fruit Cottage cheese Low sugar yogurt Choose 2 Ground turkey Chicken Veggies & Humm High fiber cracker Cottage cheese Low fat cheese Choose 2 Ground turkey Chicken Veggies Fish Beans Lean beef Choose 1 Veggies & Humm High fiber cracker Protein shake Low fat cheese Choose 2 Ground turkey Chicken Veggies Fish Beans Chick peas Chick peas Choose 1 Sugar free pouding Sugar free pouding Sugar free pudding Sugar free pudding Sugar free pudding Sugar free Jell-O R-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			Low sugar yogurt	Low lat cheese
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Snack Time: Choose 1 Nuts Pruit Cottage cheese Low sugar yogurt Low fat cheese Dinner Time: Choose 2 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Choose 1 Ground turkey Salad Chicken Veggies Fish Beans Lean beef Choose 1 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 pudding Sugar free Jell-O 8-10 Glasses of Water How Did You Do Today? I ate 5 meals today and drank 8 glasses of water!			1	
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How Did You Do Today? 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!	How Did You F	o Today?		
I only ate the foods on my Phase 2 Checklist!	I ate 5 meals today and	drank 8 glasses of water!		
	I only ate the foods on I	my Phase 2 Checklist!		

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

Fatlossity

Personal Body Composition After 4 Weeks

	Place your "after" photo(s) here
	It's best to take a front, back, and side view photo
Name:	<u>Measurements:</u>
	Neck:
	Upper arm:
•	Chest:
	Waist:
vvalst-to-Hip:	Hips:
Dody rat %:	Thigh:

Calf: _____

7-Point Measurement Total: _____

Fatlossity Certificate of Achievement

4 Weeks Completed

Congratulations! You've completed the most challenging part of the Fatlossity System® - the first 4 weeks! The first four weeks challenge you to break some incredibly old and unhealthy habits and that takes great willpower. You did it and you should be proud of what you've accomplished. I hope you bring the same type of enthusiasm and renewed vigor into the next four weeks.

You'll find that some weeks are easier than others ,but in the end the most challenging weeks in which you are able to persevere through are going to be the most rewarding when you look back on everything you have been able to achieve.

Enjoy every step of the journey!

Committed to your success,

Stephen Cabral, CSCS, CPT, NS

Your name: _____ Your signature: ____