

Fatlossity

Weeks 9 - 12

This is it - the last 4 weeks of the program!

There's no stopping or turning back now. It's time to give it your all and finish strong. No matter how hard you thought you were pushing yourself before, you now need to up the intensity of your workouts and make sure that every day counts with both eating and exercise.

You didn't come this far to begin cheating on meals or missing workouts, so let's make a promise to make this your best 4 weeks yet. Regardless of how much progress you have made up to now, you owe it to yourself to see what more you can push your body to do.

Some people shed the pounds quickly, while other people's genetics dictate that they will lose the weight more gradually over an extended period of time. Don't fight that. Just know that your personal goals are well within reach and attainable with the help of Fatlossity®.

It's only been 8 short weeks, and the best days are still ahead - push on!

Fatlossity Weeks 9 - 12

By now you should feel like a *Fatlossity*[®] pro! Although I probably don't need to reiterate that you should be completing your new 3 exercise warm-up of 1 set before each workout, but I will go ahead and remind you anyway. It's been 4 weeks, so here is the layout you will follow again for this last month:

Just like the previous month, each day's workout and journaling will look like this:

5 Steps to Success - Day 1 Example

Step 1: Complete 3 warm-up exercises (3 minutes)

Step 2: Complete that day's 3 *Fatlossity*[®] exercises (10 - 20 minutes)

Step 3: Complete 3-10 Cabral Conditioning Intervals (3 - 15 minutes)

Step 4: Complete stretches (10 minutes)

Step 5: Complete your daily nutrition checklist

Minimum workout time: 16 minutes

Maximum workout time: 39 minutes

Number of Set to be Completed Each Week for Each Exercise of the Workout:

Week 1: 2 Sets

Week 2: 2-3 Sets (if you were sore from week 1 keep it at 2 sets for this week)

Week 3: 3-4 Sets

Week 4: 4 Sets

Warm-up: Only 1 set every week before you workout

Please begin with Day 57 and fill out both the nutrition and workout sheets daily. This is an extremely important step to creating good habits. It will also help to keep you on track and will serve as a reference journal to look back on.

Also note that you will not get the maximum results out of this program if you skip the warm-up. You will be going directly into an intense workout without warming up with the specific exercises prescribed for that routine. Make sure you do the 3 warm-up exercises before each workout...

At the end of your third 4 week program you will want to retake your measurements and photos to marvel at all the amazing progress you've been able to accomplish in such a short period of time. This will work as a great motivator and keep you on track to achieving even greater goals. Good luck!

Fatlossity Warm-up[©]

Weeks 9-12

Complete all 3 exercises in a row, resting 20 seconds between each set. Then move on to the Weeks 1-4 Workout

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

Start&Finish



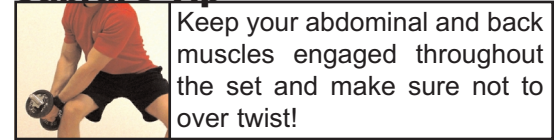
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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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.

Feet Walkouts - Complete 10 -15 reps to failure. Rest 60 seconds.

Start&Finish



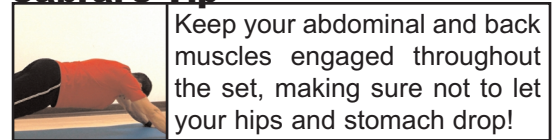
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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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 foot out at a time until you are as outstretched as you can be without letting your hips drop. Reverse the process.

1-Leg Plank/Iso Prone - Complete 30 seconds on each leg. Move on to your workout!

Start&Finish



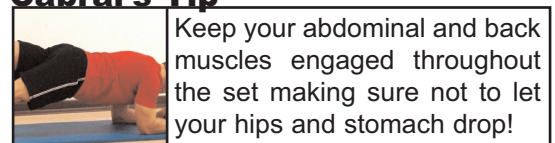
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:		—	—	—
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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: Lie flat on the ground with your elbows directly below your shoulder joints. Slowly prop yourself up on your forearms and on one foot. Raise the other leg up and out straight. Keep your abs pulled in tight to maintain a flat back. Hold still.

Daily Nutrition Checklist

Day 57 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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 found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

Fatlossity Workouts[©]

Day 57

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

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

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Be careful not to let your knees buckle in or go over your toes. Make sure to maintain a flat back and keep your chest up!

How To: Hold a dumbbell above 1 shoulder. Slowly lower that weight as you sit back into a squat. Keep the weight on your heels, not allowing your knees to go over your toes. Press the weight up as you push up through your heels to stand back up.

The "Cabral" - Complete 15 reps on 1 side, then switch. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep your back flat and at a constant 45° angle from the floor. Don't let your front knee come over your toes.

How To: The Cabral is combination of a split lunge & 1 arm row. Hold a dumbbell in 1 arm rowing position. Maintain a flat back at a 45° angle to the floor and a strong stance. Sit back into your opposite hip as you lower your back knee and weight to the floor.

Static Bridging - Complete a 60 second static hold. Rest 60 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



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

How To: Hold your hips off the ground by squeezing your glutes, lower back and hamstring muscles. Do not let your knees come open too wide. Squeeze a towel between your knees if needed. Keep your feet, shoulders and head flat. Hold for 60 seconds.

Daily Nutrition Checklist

Day 58 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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 found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

Fatlossity Workouts[©]

Day 58

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

Box Squat Jumps- Complete 10 reps on each. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep your chest up before and after jumping! Land softly absorbing impact.

How To: Sit down in a chair with your back flat and chest up. Jump straight up raising your arms above your head. Jump as high and as straight as your can. Land softly in a squat absorbing the impact. Sit back down on the chair or box and repeat.

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

Start&Finish



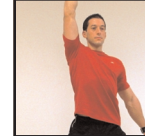
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip

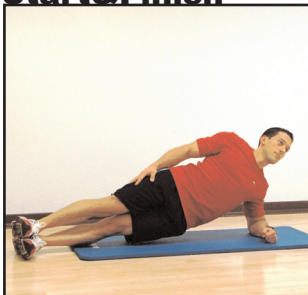


Don't over arch your low back or raise the dumbbell behind your shoulder joint! Keep your core engaged the entire time!

How To: Hold a dumbbell between your legs in a half squat. Stand up swinging the weight up above your head, using your shoulder and hips. Keep your back flat & do not over arch. Allow the weight to swing down & tighten your core, keeping your chest up.

Oblique Bridging/Side Plank - Complete 10 - 15 reps on each side. Rest 60 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep your elbow directly under your shoulder. Remember to keep your head, shoulders, hips, knees & ankles aligned!

How To: Lie on your side and place your bottom elbow directly below your shoulder. Keep your entire body in a straight line and lift your hips off the ground, targeting the core muscles around your waist. Slowly lower your hip 1 inch from the ground. Repeat.

Daily Nutrition Checklist

Day 59 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

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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 found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

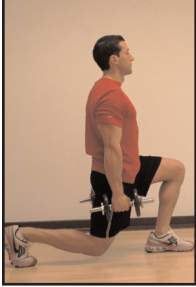
Fatlossity Workouts[©]

Day 59

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

Dumbbell Walking Lunges - Complete 24-30 alternating lunges. Rest 20 seconds.

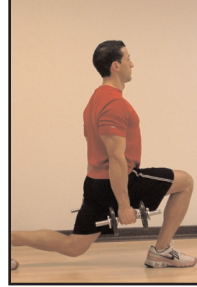
Start&Finish



Midpoint



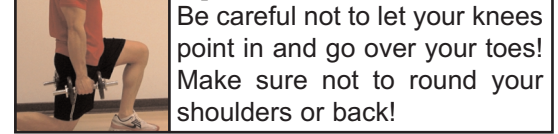
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Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip



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

How To: Hold a pair of dumbbells by your sides. Step forward with your left leg into a lunge. Lower your leg slowly to the ground absorbing impact and sitting back into your hip. Push up and forward through your front heel into a standing position. Alternate legs.

Dumbbell Alternating Chest Press - Complete 30 alternating reps. Rest 20 seconds.

Start&Finish



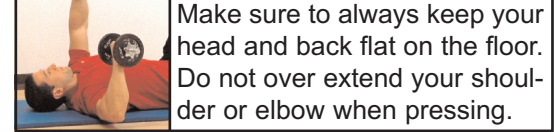
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip



Make sure to always keep your head and back flat on the floor. Do not over extend your shoulder or elbow when pressing.

How To: Lie flat on your back with your left arm pressed over your chest and the other arm lightly touching the floor. Lower your left arm as you press the right arm over your chest. Alternate back & forth on each side maintaining a flat back.

Dumbbell Bent Over Reverse Flys - Complete 15 reps lasting 40 seconds. Rest 60 seconds.

Start&Finish



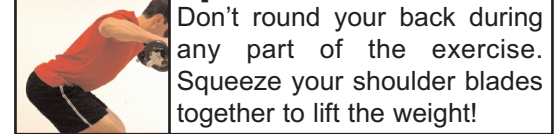
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip



Don't round your back during any part of the exercise. Squeeze your shoulder blades together to lift the weight!

How To: Hold dumbbells with your palms facing each other. Sit back into a shallow squat with a flat back facing the floor and remain there for the exercise. Squeeze your shoulder blades together and pull the weights back up and out at shoulder level.

Daily Nutrition Checklist

Day 60 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

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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 found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

The Complete In-Home Weight Loss Guide

Fatlossity Workouts[®]

Day 60

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 61 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

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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 found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

Fatlossity Workouts[®]

Day 61

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

Dumbbell 1 Leg Reach - Complete 12-15 reps on each side. Rest 20 seconds.

Start&Finish



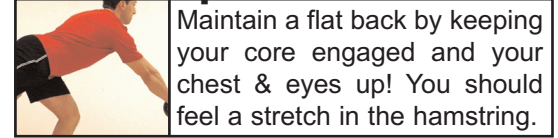
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Maintain a flat back by keeping your core engaged and your chest & eyes up! You should feel a stretch in the hamstring.

How To: Balance on 1 leg with your knee slightly bent. Sit back into your hip and begin to “reach” out the weight. Maintain a flat back keeping your chest & eyes up. Use your hip and back muscles to pull and row the weight back by your side.

Chair Dips - Complete reps to failure lasting 40 seconds. Rest 20 seconds.

Start&Finish



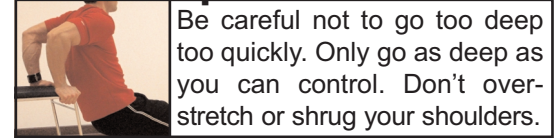
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip



Be careful not to go too deep too quickly. Only go as deep as you can control. Don't overstretch or shrug your shoulders.

How To: Grip an object with your hands shoulder width apart. Keep your elbows lined up with your shoulders and stretch your legs out straight. Slowly lower your hips down until you feel a stretch in your triceps. Use your arms to push you back up straight.

Dumbbell Modified Zercher Squats - Complete 15 reps lasting 40 sec. Rest 60 seconds.

Start&Finish



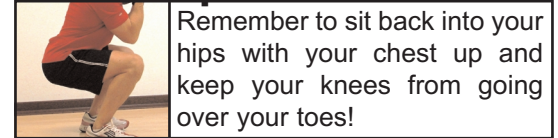
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Remember to sit back into your hips with your chest up and keep your knees from going over your toes!

How To: Hold a weight above your chest with a flat back and slightly bent knees. Slowly sit back into a full squat, keeping your chest and head up. Push back up through your heels to a standing position.

Daily Nutrition Checklist

Day 62 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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 found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

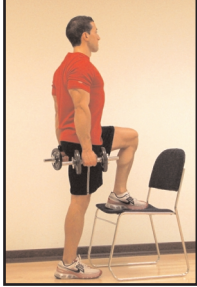
Fatlossity Workouts[®]

Day 62

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

Step-Up - Curl - Press - Complete 10 reps on 1 leg, then switch. Rest 20 seconds.

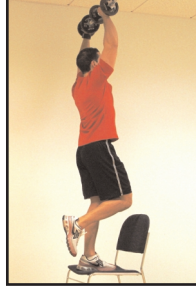
Start&Finish



Midpoint



Top



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep a flat back and maintain your balance as you press over head!

How To: Hold dumbbells by your sides with your left leg up on the step. Step up by pushing through the hip of your left leg while curling the weight up with your biceps. Maintain balance on your left leg and press the weights overhead. Reverse coming down.

Shin Slaps - Complete reps to failure. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Do not strain to pull up with your head or neck! Keep your chin off your chest and your eyes looking up.

How To: Lie flat on your back with your arms & legs outstretched. Squeeze your abs in tight & lift your legs & upper body toward each other. Slap your hands to your shins. Engage your core & slowly lower yourself down to the mat. Repeat without resting.

Superman's - Complete 15 reps lasting 40 seconds. Rest 60 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Do not strain to lift by using your head or neck! Look down at the mat the whole time keeping your spine in alignment.

How To: Lie flat on the mat facing down. Keep your arms, shins and feet off the mat the whole time. Lift from 1 inch off the ground to as high as you can by raising your upper and lower body. Hold for a second and then slowly lower your arms and legs.

Daily Nutrition Checklist

Day 63 - Phase 2

Breakfast Time:

Choose 2

Eggs	Oatmeal
Low sugar yogurt	High fiber cereal
Cottage cheese	Veggies
Protein shake	Skim milk

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Lunch Time:

Choose 2

Chicken	Salad/ Veggies
Cold cuts	High fiber wrap
Fish	Brown rice
Lean beef	Beans or Chick peas

Snack Time:

Choose 1

Nuts	Veggies & Hummus
Fruit	High fiber crackers
Cottage cheese	Protein shake
Low sugar yogurt	Low fat cheese

Dinner Time:

Choose 2

Ground turkey	Salad
Chicken	Veggies
Fish	Beans
Lean beef	Chick peas

Dessert Time:

Optional

Choose 1

Sugar free fudgesicle	Veggies & Hummus
Sugar free popsicle	
Sugar free pudding	
Sugar free <i>Jell-O</i>	

8-10 Glasses of Water

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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 found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!

The Complete In-Home Weight Loss Guide

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Day 63

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!