

Metabolic Lifestyle Kit Instructions & Daily Accountability

MORNING: Upon Waking	BREAKFAST:	LUNCH	DINNER	TRACKED MY FOOD?	Did you get your workout in today?	Followed the 3-2-1 Rule?	Before Bed
<p>☐ BioRes Thermo 7-Sprays</p> <p>☐ FOCUS+: (If desired) Mix contents of Focus+ packet with 8-12 oz. coldwater.</p>	<p>☐ Healthy well-balanced breakfast on Meal Plan</p> <p>☐ Or PRIME SHAKE – (optional add on) Mix or blend contents of PRIME with 8-12 oz. very cold water.</p>	<p>☐ Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.</p> <p>BioRes Thermo 7-Sprays after lunch (immediately or 30-60 min after)</p>	<p>☐ At least 3 Hours Before Bed</p> <p>☐ Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.</p>	<p>Options are to use MyFitnessPal or A basic Write In Journal.</p> <p>This has been proven to Double your results which is why we suggest it. See program details for directions and options.</p>	<p>Suggestions M-W-F 30-60 minutes of Resistance Training Tu-Thu – 20-60 Minutes of Cardio Sat – Mobility, Stretching and Recovery along with some movement. Sunday - Rest</p>	<p>☐ 3 Hours before bed -No more food.</p> <p>☐ 2 Hours Before bed - No more work or anything that would stimulate your brain.</p> <p>☐ 1 Hour Before Bed – No blue lights (phone, computer, tv, ipad, etc.</p>	<p>☐ BioRes Sleep 7 Sprays – 10 minutes Before going to bed</p>
<p>TIPS: Reach out after a few days if you are not feeling anything on the BioRes.</p>	<p>Your results are important to me. I will be following up with you to make sure that you get results. Feel free to also call/text/message me anytime.</p>	<p>Timing is important for optimal results. Be consistent and follow the instructions.</p>	<p>Digestion is important! Let me know if you are not moving waste every day so that we can make the necessary changes.</p>	<p>Drink lots of water everyday!</p> <p>Tip – Drink a glass before and after each meal. Get a nice bottle to bring with you everywhere you go.</p>	<p>Reached Target Water Intake? Water Goal: Half your body Weight in ounces</p> <p style="font-size: 2em;">0000000 0000000</p>	<p>Tip: Order some blue blocker glasses for you to wear when watching TV, on your phone or on your computer before bed.</p>	

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Remember...Nothing tastes as good as fit feels!

IMPORTANT: BODY WEIGHT / 2 = WATER CONSUMPTION GOAL

REMEMBER: “Whether you think you can or you think you can’t, you are exactly right.”