

## Metabolic Lifestyle Kit Instructions & Daily Accountability

<b>MORNING:</b> Upon Waking  <input type="checkbox"/> <b>BioRes Thermo 7-Sprays</b>  <input type="checkbox"/> <b>FOCUS+: (If desired)</b> Mix contents of Focus+ packet with 8-12 oz. coldwater. This can be before working out, mid-morning or mid-afternoon.	<b>BREAKFAST:</b>  <input type="checkbox"/> Healthy well-balanced breakfast on Meal Plan  <input type="checkbox"/> Or <b>PRIME SHAKE – (optional add on)</b> Mix or blend contents of PRIME with 8-12 oz. <b>very cold</b> water.	<b>LUNCH</b>  <input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.  <b>BioRes Thermo 7-Sprays</b> after lunch (immediately or 30-60 min after)	<b>DINNER</b>  <input type="checkbox"/> At least 3 Hours Before Bed  <input type="checkbox"/> Eat sensibly including leafy vegetables, lean proteins such as chicken, fish, eggs, etc. and whole grains.	<b>AFTERNOON</b>  <b>BioRes RELAX 5-Sprays</b>  You can use this anytime you are feeling stress but it's suggested to do it mid-afternoon or late afternoon.	<b>Did you get your workout in today?</b>  <b>Suggestions</b> <b>M-W-F</b> 30-60 minutes of Resistance Training <b>Tu-Thu</b> – 20-60 Minutes of Cardio <b>Sat</b> – Mobility, Stretching and Recovery along with some movement. <b>Sunday</b> - Rest	<b>Followed the 3-2-1 Rule?</b>  <input type="checkbox"/> 3 Hours before bed -No more food.  <input type="checkbox"/> 2 Hours Before bed - No more work or anything that would stimulate your brain.  <input type="checkbox"/> 1 Hour Before Bed – No blue lights (phone, computer, tv, ipad, etc.	<b>Before Bed</b>  <input type="checkbox"/> <b>BioRes Sleep 7 Sprays</b> – 10 minutes Before going to bed
<b>TIPS:</b> Reach out after a few days if you are not feeling anything on the BioRes.	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.	<b>Timing</b> is important for optimal results. Be consistent and follow the instructions.	<b>TRACKED MY FOOD?</b> Options are to use MyFitnessPal or write it in a Journal.  0000000 0000000	<b>Drink lots of water everyday!</b>  <b>Tip</b> – Drink a glass before and after each meal. Get a nice bottle to bring with you everywhere you go.	Reached Target Water Intake? <b>Water Goal:</b> Half your body Weight in ounces  0000000 0000000	<b>Tip:</b> Order some blue blocker glasses for you to wear when watching TV, on your phone or on your computer before bed.	<b>Digestion</b> is important! Let me know if you are not moving waste every day so that we can make the necessary changes.

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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.”**