



FAST TRACK

FIVE WEEK FAT LOSS

PILATES 1901 | [tschool](#)

Table of Contents

INTRODUCTION.....	1
WEEK # 1	
CARDIOVASCULAR FITNESS/NUTRITION.....	2
Treadmill Interval Training.....	2
Cardio Elliptical Interval Training.....	3
The Workouts.....	3
Week#1 Worksheets.....	4
WEEK # 2	
STRENGTH TRAINING/NUTRITION.....	12
The Workouts.....	12
Strength Training Circuit.....	13
Week#2 Worksheets.....	14
WEEK # 3	
HIGH-INTENSITY INTERVAL TRAINING.....	22
Cardio/Strength Intervals.....	22
Cardio Core & Booty Workout.....	23
The Workouts.....	23
Week#3 Worksheets.....	24
WEEK # 4	
MIND BODY BALANCE/NUTRITION.....	32
The Workouts.....	32
Week#4 Worksheets.....	34
WEEK # 5	
FREESTYLE.....	42
Week#5 Worksheets.....	43
RESOURCES.....	51



FAST TRACK

FIVE WEEK FAT LOSS

PILATES 1901 | **t**school

Congratulations!

Your commitment to the Five Week Fast Track Program is just the first step in transforming the way you think about food, movement and the way you take care of yourself.

Good health and looking and feeling great is simple. You feed yourself right, you move your body and you pay attention to the results.

This program provides the guidance and structure to keep it simple, keep on track and keep it going.

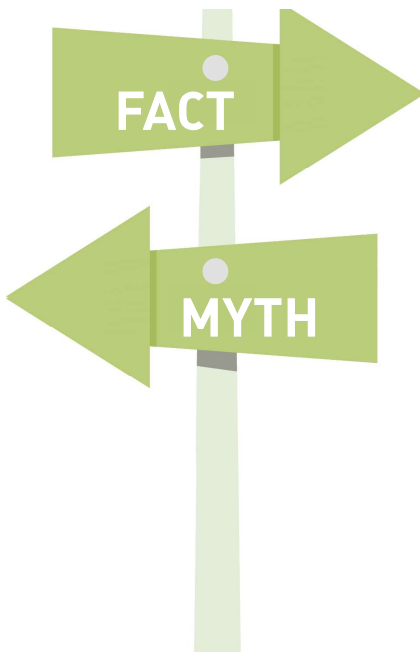
You will be focusing on a different method of training and the nutrition template that best fuels that workout.

Each week you will have a prescribed menu, exercise plan and (optional) supplement schedule to follow. Each day you will have check lists to help you stay focused, accountable and mindful.

This isn't just about losing a few pounds of fat in five weeks; it's about learning what is possible when you harness the combined power of clean eating, intelligent exercise and a supportive community ...ground zero-where it all begins.

GETTING STARTED

1. Pick up your Five Week Program Journal
2. Order optional supplements
3. Get connected to Pilates 1901 via Instagram and Facebook
4. Consider purchasing some private health coaching sessions



The Myth: Cardio is the best and most efficient way to burn fat and calories.

This is only half true. While cardio is an important part of cardiorespiratory health, cardio alone is not the optimal method for burning calories for fat loss and improved body composition.

In fact, what most of us think of a cardio workout (long, slow sustained distance for 45 minutes or more) may actually be hindering, not helping your fat loss goals by increasing cortisol levels and reducing lean body mass. The most effective cardio workouts combine short duration, higher intensity training intervals... pushing hard for less time.

This not only increases our cardiovascular fitness but increases post exercise calorie burn for up to 24 hours after the workout. This is the most effective way to maintain muscle and stoke your metabolism for fat loss.

THE WORKOUTS

Choose to do any of these workouts a minimum of 3 days this week. Record your time and intensity and how you felt during and after the workouts.

TREADMILL INTERVAL TRAINING

CARDIO TREADMILL WORKOUT | 30 MINUTES HIGH-INTENSITY INTERVAL TRAINING (HIIT) WORKOUT

Warm up 4 minutes - Treadmill incline 1% grade

Speed Interval 7 minutes

Alternate your RPE speed between 5 and 7 - alternating one minute fast with one minute recovery

Strength Interval 7 minutes

Alternate your rate of perceived exertion (RPE) between 7 and 9 using incline % - alternating one minute higher and lower incline %

Endurance Interval 7 minutes

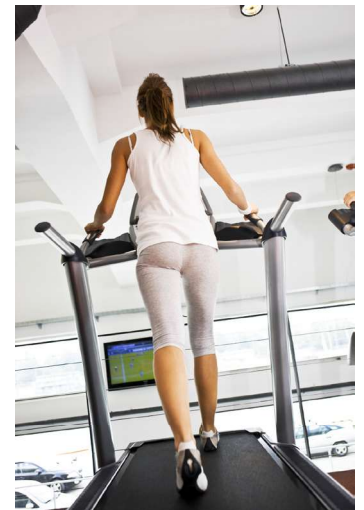
Alternate your RPE by using incline and speed - Alternating between one minute speed and incline with one minute recovery

Cool down 4 minutes - Treadmill at 0% grade

In just 30 minutes, this lineup of speed, strength and endurance work will leave you feeling spent! Once you get off the treadmill safely, spend a few minutes stretching your legs, hit the foam roller, chug some water and make sure you log your session.

Follow these tips while running on the treadmill:

- Keep your chest up and eyes forward. Don't look down at your feet.
- Breathe! Try this pattern: In through your nose and out through your mouth.
- Use your arms. Keep your elbows at 90-degree angles, swinging behind the body.
- Do not hold onto the rails, even when the inclines get tough. Lean forward into the climb.
- Never jump your feet off the belt onto the rails. Always run your intervals down to a walk.



CARDIO ELLIPTICAL INTERVAL TRAINING

CARDIO ELLIPTICAL WORKOUT | ⌚ 30 MINUTES HIIT WORKOUT

Warm up 4 minutes - RPE 5-6

Strength & Endurance Interval 8 minutes

Alternate your RPE speed between 7-9 - alternating one minute of high resistance pedaling backward with one minute of light resistance pedaling forward

Speed Interval 8 minutes

Alternate your RPE between 6 and 8 alternating one minute higher and lower speeds - recovery interval (6) Speed interval (8)

Climb Interval 6 minutes

Alternate your RPE by using incline and resistance- Alternating between one minute incline with high resistance with one minute recovery lower resistance

Cooldown 4 minutes - Slow and easy RPE 3-4

Follow these tips while running on the Elliptical

- Keep your chest up and eyes forward. Don't look down at your feet.
- Relax your shoulders and keep your posture upright and neutral.
- Breathe! Try this pattern: In through your nose and out through your mouth.
- Don't hang out on the machine. Use your hands lightly for connection, not support.
- Connect with your heels and buttocks on the pedal stroke. Don't just fire your quads.



▶ Do Anywhere, Do Anytime Blast Off Cardio HIIT Workout with Stacie



T School DO Anywhere DO Anytime HIIT Blast Off Workout with Stacie

See all video stats
Only visible to you

You can check the video here: <https://vimeo.com/album/3699685>

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)	WORKOUT:
	NUTRITION:
	PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)	1.
	2.
	3.

Reward:



Success Tip:

At first they'll ask why you're doing it. Then they'll ask you how.

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- "AM I AM" PRACTICE
- RANDOM ACT OF KINDNESS
- READING

Daily Inspiration:
"I don't work out because I hate my body, I work out because I love it."

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**
**“Don’t eat less.
 Eat right.”**

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


FRUITS (2) 

PROTEINS (3-4) 

FATS (4) 

STARCHY CARBS/
LEGUMES (2) 

WATER 

SLEEP 

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:


STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- "AM I AM" PRACTICE
- RANDOM ACT OF KINDNESS
- READING

 **Daily Inspiration:**
“Whether you think you can or you think you can’t, you’re right either way.”
– Henry Ford –

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)





FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:


OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**
“No matter how slow you think you are going... you’re still lapping everyone on the couch.”

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/ LEGUMES (2)

WATER

SLEEP

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EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**
“Junk food satisfies for a moment. Being fit satisfies for a lifetime.”

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

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GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

Daily Inspiration:

“Your first ritual that you do during the day is the highest leveraged ritual, by far, because it has the effect of setting your mind, and setting the context, for the rest of your day.”

– Eban Pagan –

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

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OTHER:

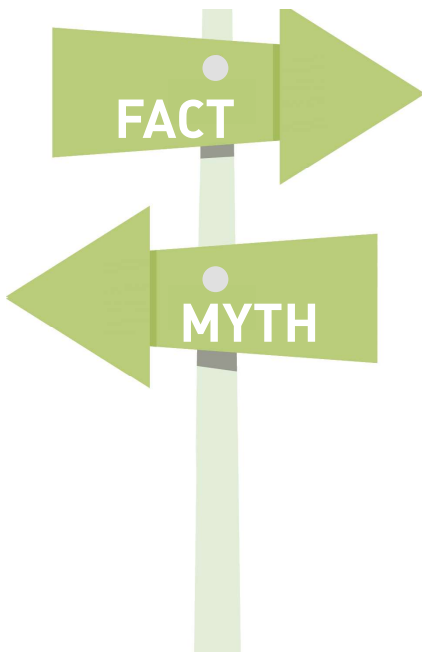
GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

Daily Inspiration:
"You're not going to get the butt you want by sitting on it!"



The Myth: Weight Training is going to make me look big and bulky like a man.

The truth is, most women do not have the muscle mass or anabolic hormones to get bigger via weight training. In fact, resistance training often provides the catalyst for reducing, not increasing our size. As we get leaner, our bodies tone and get smaller simply because muscle is dense and takes up less space than fat mass. So while size does matter, most women can forget about getting bigger with strength training as we are not genetically hardwired for mass.

Strength training increases our lean body mass, metabolism, structural integrity and movement efficiency. Strength training increases energy, muscle tone and posture. While spot reducing is not possible with select exercises, strength training allows us to lose body fat and “wear” the body fat we do have better.

THE WORKOUTS

Choose to do any of these workouts a minimum of 3 days this week. Record your time and intensity and how you felt during and after the workouts.

▶ Do Anywhere, Do Anytime Arms & Ab Workout with Lisa



T School DO Anywhere Do Anytime Arms and Ab Workout with Lisa

See all video stats
Only visible to you

You can check the video here: <https://vimeo.com/album/3699685>

▶ Do Anywhere, Do Anytime Pilates Mat Strength Workout with Cara



T School DO Anytime DO Anywhere Mat and More Workout with Cara

See all video stats
Only visible to you

You can check the video here: <https://vimeo.com/album/3699685>

STRENGTH TRAINING CIRCUIT

🕒 30 MINUTES HIIT WORKOUT

Warm up 3-5 minutes (cardio machine)

Supersets of 15 (free weights) Repeat 3x

- Chest press
- Chest fly
- Pullovers with ab crunch



Supersets of 15 (free weights) Repeat 3x

- One arm row
- Reverse fly
- Push-ups on bench



Cool down 3-5 minutes - Stretch



Supersets of 15 (free weights) Repeat 3x

- Squats
- Alternating back lunges
- Deadlifts

Supersets of 15 (free weights) Repeat 3x

- Triceps push downs
- Alternating bicep curls
- Triceps dips



WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)	WORKOUT:
	NUTRITION:
	PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)	1.
	2.
	3.

Reward:



Success Tip:

“The difference between a goal and a dream is a deadline.”

– Steve Smith –

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8) ■ ■ ■ ■ ■ ■ ■ ■

FRUITS (1) ■

PROTEINS (3-4) ■ ■ ■ ■ ■





FATS (4) ■ ■ ■ ■ ■

STARCHY CARBS/
LEGUMES (2) ■ ■

WATER ■ ■ ■ ■ ■ ■ ■ ■

SLEEP ■ ■ ■ ■ ■ ■ ■ ■

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- "AM I AM" PRACTICE
- RANDOM ACT OF KINDNESS
- READING

 **Daily Inspiration:**

“Do not reward yourself with food. You are not a dog.”

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

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WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

Daily Inspiration:

“Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.”
 – Lou Holtz –

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

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STARCHY CARBS/
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HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

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- READING

 **Daily Inspiration:**
 "Wow, I really regret that workout."
 – Said no one ever –

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


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FATS (4) 

STARCHY CARBS/
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WATER 

SLEEP 

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

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GRATITUDE & GIVING

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- READING

 **Daily Inspiration:**

“What you eat in private, you wear in public.”

FOOD JOURNAL

BREAKFAST:

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LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

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STARCHY CARBS/
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WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

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GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**

**“Discipline creates lifestyle.”
 – Peter Voogd –**

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


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FATS (4) 

STARCHY CARBS/
LEGUMES (2) 

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HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

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- RANDOM ACT OF KINDNESS
- READING

 **Daily Inspiration:**

“Your muscles don’t know what the date on your birth certificate is. They only know whether or not they have been exercised recently.”
– Peter Hanson –

FOOD JOURNAL

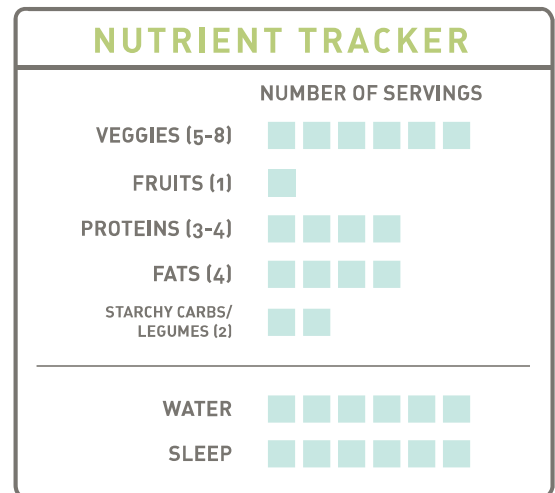
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HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:


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- RANDOM ACT OF KINDNESS
- READING

 **Daily Inspiration:**
 “Eating poorly and doing crunches is like detailing your car and choosing to drive in the mud.”

H HIGH | INTENSITY | INTERVAL T TRAINING

The Myth: I have to workout more than 30 minutes to make my workout worth it.

Unfortunately many people still believe they don't have time to work out regularly. This is because they think spending less than an hour working out is a waste of time. This is simply NOT true. In fact, working out for shorter durations at higher intensities is by far the best way to get fit, lean up and feel better in record time.

All too often, we do the same kind of exercise day in and day out and still expect our bodies to change. They won't change until we give them a new workout to challenge us. This means combining intervals of high-intensity training with less intense movements of recovery; whether it's cardio, strength or a combination of both.

Working out to a RPE (rate of perceived exertion) of 8-9 will feel so challenging that you will not be able to sustain that intensity for longer than 60-90 seconds. That forces a recovery interval which brings your training intensity back down so that you can spike it again for another short intense burst, before recovering, etc. Done this way, 30 minutes is MORE than enough time! You'll see!

THE WORKOUTS

Choose to do any of these workouts a minimum of 3 days this week. Record your time and intensity and how you felt during and after the workouts.

CARDIO/STRENGTH INTERVALS

(cardio machine required)



30 MINUTES HIIT WORKOUT

Repeat 3 times (one minute each exercise)

- * Alternating front lunges
- * Alternate push-up (3x) then hold plank 10 seconds (repeat for a minute)
- * Ab bicycles

Cardio Machine (repeat 3 times)

- * RPE 7-9 for 30-45 seconds
- * Recovery interval 45-60 seconds

Repeat 3 times (one minute each exercise)

- * Squats
- * Triceps dips
- * Ab crunch with legs at table top (right, center, left) repeat

Cool down 3-5 minutes - Stretch



CARDIO CORE & BOOTY WORKOUT

🕒 30 MINUTES HIIT WORKOUT

Warm up 3-5 minutes (cardio machine)

Repeat this interval section 3 times on treadmill grade or elliptical grade and speed/direction

RPE 7-9 45 seconds
Recovery 45-60 seconds



CORE

Hold Front plank 30 seconds
Push up w/ knee to elbow 12 reps
Hold front plank 30 seconds



Repeat this interval section 3 times on treadmill grade or elliptical grade and speed/direction

RPE 7-9 45 seconds
Recovery 45-60 seconds



BOOTY

Squats 60 seconds
Alternating front lunges 60 seconds
Deadlifts 30-60 seconds

Cool down 3-5 minutes - Stretch

DO
INTERVAL
WORKOUT
SERIES TWICE
THROUGH

▶ Do Anywhere, Do Anytime Bootcamp HIIT with Miriam



T School DO Anywhere DO Anytime HIIT Bootcamp Workout with Miriam

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You can check the video here: <https://vimeo.com/album/3699685>

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Reward:



Success Tip:

“The only place success comes before work is in the dictionary.”
– Vince Lombardi –

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**

“An extraordinary life is all about daily, continuous improvements in the areas that matter most.”
– Robin Sharma –

FOOD JOURNAL

BREAKFAST:

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SNACK:

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- READING

 **Daily Inspiration:**

**“Losing weight is hard.
 Being fat is hard.
 Pick your hard.”**

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8) ■ ■ ■ ■ ■ ■ ■ ■

FRUITS (2) ■ ■

PROTEINS (3-4) ■ ■ ■ ■

FATS (4) ■ ■ ■ ■

STARCHY CARBS/
LEGUMES (2) ■ ■

WATER ■ ■ ■ ■ ■ ■ ■ ■

SLEEP ■ ■ ■ ■ ■ ■ ■ ■

HOW DO YOU FEEL TODAY?






EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- "AM I AM" PRACTICE
- RANDOM ACT OF KINDNESS
- READING

 **Daily Inspiration:**

“Just because it’s low in calories doesn’t mean it’s healthy. Just because it’s high in calories, doesn’t mean it’s unhealthy.”

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

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NUMBER OF SERVINGS

VEGGIES (5-8)

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STARCHY CARBS/
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WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

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FLEXIBILITY:

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GRATITUDE & GIVING

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- RANDOM ACT OF KINDNESS
- READING

Daily Inspiration:

“Whatever it is that you write, putting words on the page is a form of therapy that doesn’t cost a dime.”
 – Diana Raab –

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

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EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

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GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

Daily Inspiration:

“Your body keeps an accurate journal, even if you don’t.”

FOOD JOURNAL

BREAKFAST:

SNACK:


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SNACK:


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STARCHY CARBS/
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- READING

 **Daily Inspiration:**

“You are what you eat so don’t be easy, fast, or fake!”

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8) ■ ■ ■ ■ ■ ■ ■ ■

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STARCHY CARBS/
LEGUMES (2) ■ ■

WATER ■ ■ ■ ■ ■ ■ ■ ■

SLEEP ■ ■ ■ ■ ■ ■ ■ ■

HOW DO YOU FEEL TODAY?






EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

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- RANDOM ACT OF KINDNESS
- READING

 **Daily Inspiration:**

“It’s the repetition of affirmations that leads to belief. Once that belief becomes a deep conviction, things begin to happen.”
– Muhammad Ali –



The Myth: I don't have time for recovery days and stretching.

The fact is, you won't achieve your best results unless you schedule in active and passive recovery days. Some say the only way to get faster or stronger is to create an adaptation that the body has to overcome. This is why we recommend high intensity interval training, strength training and cardiovascular interval training. By pushing ourselves beyond what is comfortable, our body seeks to adapt and change. But our bodies also require periods of rest and recovery to reach optimal fitness.

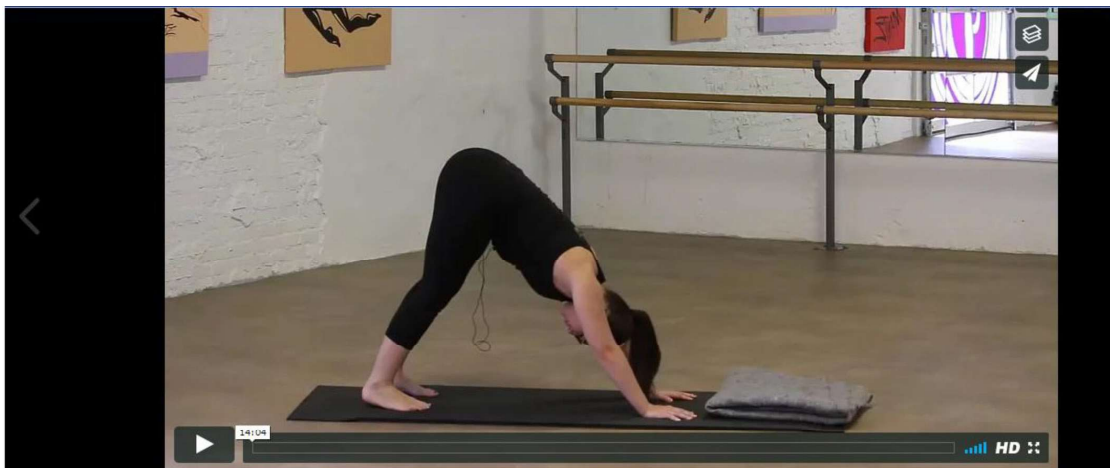
The entire purpose of recovery is to allow the muscle to repair itself and to engage muscles that are tired or sore from a previous day or prior period of time (say, a few weeks of work). Active recovery is around a 30% reduction in the typical training volume and intensity. Scheduling in active recovery workouts and activities is essential to getting your best training results.

In addition to helping heal tired muscles, mind body workouts help us connect to our bodies and our ability to create rather than react. The practice of Pilates, Yoga and/or meditation help reduce stress, worry and feelings of being overwhelmed. The more centered we are, the more productive we are in our workouts, our work, our relationships and in our lives!

THE WORKOUTS

Choose to do any of these workouts a min of 3 days this week. Record your time and intensity and how you felt during and after the workouts.

▶ Do Anywhere, Do Anytime Big Stretch with Kim



T School DO Anytime DO Anywhere Big Stretch Workout with Kim NOT YET RATED

See all video stats
Only visible to you

You can check the video here: <https://vimeo.com/album/3699685>

▶ Do Anywhere, Do Anytime Morning Glory Stretch with Tina



T School DO Anywhere DO Anytime Morning Glory Stretch with Tina

See all video stats
Only visible to you

You can check the video here: <https://vimeo.com/album/3699685>

▶ Do Anywhere, Do Anytime Balance Workout with Chloe



T School DO Anywhere DO Anytime BALANCE Workout with Chloe

NOT YET RATED

See all video stats
Only visible to you

You can check the video here: <https://vimeo.com/album/3699685>

Pilates 1901 Class Options

- Basic Mat, Reformer, Chair
- Slow Flow Yoga
- Restorative Reformer

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Reward:



Success Tip:

One important key to success is self-confidence. An important key to self-confidence is preparation.

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- "AM I AM" PRACTICE
- RANDOM ACT OF KINDNESS
- READING

Daily Inspiration:

“The only exercise most people get is jumping to conclusions, sidestepping responsibility, and pushing their luck.”

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


FRUITS (2) 

PROTEINS (3-4) 

FATS (4) 

STARCHY CARBS/
LEGUMES (2) 

WATER 

SLEEP 

HOW DO YOU FEEL TODAY?

EXERCISE


CARDIO:


STRENGTH:


FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

 "AM I AM" PRACTICE

 RANDOM ACT OF KINDNESS

 READING

 **Daily Inspiration:**

“You don’t have to cook fancy or complicated masterpieces - just good food from fresh ingredients.”
- Julia Child -

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

Daily Inspiration:

“You are the boss of your life. Manage it well.”

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:


OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**
“Limitations are for people that have them and excuses are for people who need them.”

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


FRUITS (2) 

PROTEINS (3-4) 

FATS (4) 

STARCHY CARBS/
LEGUMES (2) 

WATER 

SLEEP 

HOW DO YOU FEEL TODAY?

EXERCISE


CARDIO:


STRENGTH:


FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

 "AM I AM" PRACTICE

 RANDOM ACT OF KINDNESS

 READING

 **Daily Inspiration:**
“Warning: Healthy eating and regular exercise leads to increased awesomeness.”

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- "AM I AM" PRACTICE
- RANDOM ACT OF KINDNESS
- READING

Daily Inspiration:
“Inspiration and genius - one and the same.”
- Victor Hugo -

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


FRUITS (2) 

PROTEINS (3-4) 





FATS (4) 

STARCHY CARBS/
LEGUMES (2) 

WATER 

SLEEP 

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- "AM I AM" PRACTICE
- RANDOM ACT OF KINDNESS
- READING

 **Daily Inspiration:**
“Be strong. You never know who you are inspiring.”

WEEK#5 “FREESTYLE”

Congratulations! You’ve spent the past four weeks rotating between cardio, strength, high intensity and mind body balance workouts and their macro-nutrient templates. Now it is time for you to choose the one (or perhaps a combination of one or two) to use as your FREESTYLE Week.

Why are we asking you to do this? Because real life is full of choices and we’d like you to base those exercise and nutrition choices based on what worked best for you. To help you decide, answer the following questions:

1. I had the most sustained energy during week: _____
2. My hunger and sugar levels felt best during week: _____
3. My body felt the best doing the exercises prescribed during week: _____
4. The intensity of exercise felt best to my body during week: _____

If you need help remembering, go back to that week’s journal and look at your notes. Let your body be your guide. If you feel you do best with a combination of 2 different weeks (ie HIIT and Strength) try varying your workouts to include both. The important thing is that you choose and then assess:

- #1. What you can sustain in the coming weeks to continue your fat loss progress, and
- #2. What you feel provides the best results for your body type and lifestyle

As in previous weeks, set a goal for the week, choose a meal plan and exercise plan and track your progress daily.

For additional online workout resources,click this link: <https://vimeo.com/album/3699685>

For additional help on navigating your FREESTYLE week, join the conversation on our private Facebook page: <https://www.facebook.com/groups/tschoolonline/>

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)	WORKOUT:
	NUTRITION:
	PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)	1.
	2.
	3.

Reward:



Success Tip:

One thing's for sure: nothing will work unless you do.

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


FRUITS (2) 

PROTEINS (3-4) 





FATS (4) 

STARCHY CARBS/
LEGUMES (2) 

WATER 

SLEEP 

HOW DO YOU FEEL TODAY?

EXERCISE


CARDIO:


STRENGTH:


FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

 "AM I AM" PRACTICE

 RANDOM ACT OF KINDNESS

 READING

 **Daily Inspiration:**

“Fat loss is 80% nutrition and 20% exercise. If your diet isn’t clean, you’re not getting lean.”

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:


OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**

“Nothing will ever be attempted if all possible objections must first be overcome.”
– Robert Frost –

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**
 "Sweat is your fat crying.
 Have a good cry today."

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**
 “Train like an athlete, eat like a dietician, sleep like a baby.”

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


FRUITS (2) 

PROTEINS (3-4) 





FATS (4) 

STARCHY CARBS/
LEGUMES (2) 

WATER 

SLEEP 

HOW DO YOU FEEL TODAY?

EXERCISE


CARDIO:


STRENGTH:


FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

 "AM I AM" PRACTICE

 RANDOM ACT OF KINDNESS

 READING

 **Daily Inspiration:**

**“You may delay,
but time will not.”
– Walt Disney –**

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/
LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:


OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING

 **Daily Inspiration:**
 “Columbus traveled the world in a sail boat - I’m pretty sure you can get to the gym.”

FOOD JOURNAL

BREAKFAST:

SNACK:


LUNCH:


SNACK:


DINNER:


NUTRIENT TRACKER


NUMBER OF SERVINGS


VEGGIES (5-8) 


FRUITS (2) 

PROTEINS (3-4) 





FATS (4) 

STARCHY CARBS/
LEGUMES (2) 

WATER 

SLEEP 

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:


STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

- "AM I AM" PRACTICE
- RANDOM ACT OF KINDNESS
- READING

 **Daily Inspiration:**
 “It’s not a diet. It’s not a phase. It’s a permanent lifetime change.”

Resources

RESOURCES

Weekly Meal Plans.....	52
Recipes.....	56
Optional Supplement List and Supplement Schedule.....	71
RPE Chart for HIIT.....	73
The Skinny on Your Assessment Results.....	74
The Power of Practice.....	79
Creating your own AM I AM Practice.....	82
Fast Track Calendar.....	82

Cardio Nutrition Template

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
MONDAY	Walnut & almond milk smoothie recipe		Romaine lettuce leaves w/ 3 oz turkey breast. 2 slices bacon, tomato slices & avocado slices	2 oz. deli turkey & 1 cup raw carrot sticks	4-6 oz. baked chicken, 1 cup roasted cauliflower & carrots and spinach/tomato/mushroom salad
TUESDAY	3 oz breakfast sausage, 2 tbsp guacamole & 1 cup sautéed green veggie of choice		Wild canned salmon w/ chopped avocado, olive slices & lemon juice	1 hard-boiled egg & 1 small orange	Zoodles & marinara beef sauce recipe
WEDNESDAY	2 hard-boiled eggs, 1/2 cup cherry tomato, 1/4 cup avocado, 1 slice bacon & 2 cups spinach		Zoodles & marinara beef sauce recipe	1/4 cup raw nuts & half of small sweet potato	Easy tacos recipe
THURSDAY	Egg frittata recipe served w/ 1/4 avocado, sliced & 2 tbsp salsa		Leftover easy tacos	2 oz. grilled chicken & half of small sweet potato	4 oz. pot roast, 1 cup carrots & cauliflower
FRIDAY	Scrambled eggs w onion, spinach, tomato & 2 tbsp salsa		Pot roast serving, 1-2 cups leftover roasted/steamed veggies	1 serving banana pancakes	4-6 oz. broiled salmon fillet, 1 cup steamed broccoli & carrots, 1/2 tbsp butter
SATURDAY	4 oz. grilled meat slices, 2 cups sautéed or fresh spinach & onion, 1/4 avocado sliced		Romaine lettuce slices w/ 3 oz turkey breast, 2 slices bacon, tomato slices & avocado slices	Smoothie made w/ unsweet almond milk, 1/2 frozen medium banana & 1 scoop vegan protein powder	4 oz. burger in lettuce bun, w 1/3 cup avocado slices, tomato slices, onion slices, salsa, 1/2 cup raw carrots
SUNDAY	2 oz. sausage scrambled with 2 eggs & 1-2 cups of sautéed veggies		4 oz burger in lettuce bun, w 1/3 cup avocado slices, tomato slices, onion slices, salsa, 1/2 cup raw carrots	1/2 cup roasted butternut squash & 1 hard-boiled egg	Broiled salmon fillet, 1 cup steamed broccoli & carrots

Strength Nutrition Template

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
MONDAY	Omelet: 2-3 eggs, 1 green onion stalk, 1/3 cup mushroom, 1/3 cup spinach, & 1/3 avocado		4 oz. grilled meat, leafy green salad w 1/2 cup cucumber, 1/2 cup carrots & 1-2 tbsp. balsamic vinaigrette	1 oz. beef/turkey jerky & 1 small green apple	4-6 oz. salmon fillet, 1 cup roasted mushrooms & green beans
TUESDAY	4 oz sausage patties (approx 2), 1 cup steamed broccoli, 1/2 tbsp ghee, 1/2 cup fresh berries		5 oz albacore tuna w/ mustard, avocado, onion, cherry tomatoes, 2 stalks celery & 1/3 cup cucumber	1/4 cup baby carrots & 1/4 cup cucumber, 1 oz turkey/beef jerky	Thai beef salad recipe
WEDNESDAY	4 oz any meat, 2 cups sautéed spinach & onion, 1/2 cup tomato slices		Thai beef salad recipe	2 oz. turkey slices, 1/2 cup bell pepper slices	1 halibut fillet, 1/2 cup cauliflower rice, 1/2 cup steamed carrots with 1/2 tbsp. ghee, 2 tbsp. salsa
THURSDAY	Cocoa almond milk smoothie recipe		5 oz albacore tuna w/ mustard, avocado, onion, cherry tomatoes, 2 stalks celery & 1/3 cup cucumber	2 tbsp. raw nuts & 1 hard-boiled egg	Skirt steak & veggie stir-fry serving
FRIDAY	Salad: 2 hard-boiled eggs, 1/2 cup cherry tomato, 1/4 avocado, 1 slice bacon & 2 cups spinach		Skirt steak & veggie stir-fry serving	2 tbsp. almond butter 2 stalks celery	4-6 oz. chicken breast, 1 cup roasted carrots & broccoli
SATURDAY	2 oz. sausage scrambled with 2 eggs & 1-2 cups of sautéed veggies		Chicken lettuce wraps: lettuce, 4 oz chicken slices, 1/4 cup avocado 4 mini sweet peppers sliced & 1-2 tbsp clean dressing	2 oz. turkey slices, 1/2 cup bell pepper slices	4-6 oz. broiled salmon, 2 cup spinach salad, & 1 cup cooked green beans
SUNDAY	Omelet: 2-3 eggs, 1 green onion stalk, 1/3 cup mushroom, 1/3 cup spinach, & 1/3 avocado		1 cup steamed veggies, 4 oz buffalo burger & 2 tbsp guacamole or 1/3 avocado	Smoothie made w/ unsweet almond milk, 1 cup ice, 1 scoop vegan protein powder	4-6 oz. grilled meat, 1 cup roasted cauliflower & green salad serving

High Intensity Interval Training Nutrition Template

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
MONDAY	Walnut & almond milk smoothie recipe		Romaine lettuce leaves w/ 3 oz turkey breast. 2 slices bacon, tomato slices & avocado slices	2 oz. deli turkey & 1 cup raw carrot sticks	4-6 oz. baked chicken, 1 cup roasted cauliflower & carrots and spinach/tomato/mushroom salad
TUESDAY	3 oz breakfast sausage, 2 tbsp guacamole & 1 cup sautéed green veggie of choice		Wild canned salmon w/ chopped avocado, olive slices & lemon juice	1 hard-boiled egg & 1 small orange	Zoodles & marinara beef sauce recipe
WEDNESDAY	2 hard-boiled eggs, 1/2 cup cherry tomato, 1/4 cup avocado, 1 slice bacon & 2 cups spinach		Zoodles & marinara beef sauce recipe	1/4 cup raw nuts & half of small sweet potato	Easy tacos recipe
THURSDAY	Egg frittata recipe served w/ 1/4 avocado, sliced & 2 tbsp salsa		Leftover easy tacos	2 oz. grilled chicken & half of small sweet potato	4 oz. pot roast, 1 cup carrots & cauliflower
FRIDAY	Scrambled eggs w onion, spinach, tomato & 2 tbsp salsa		Pot roast serving, 1-2 cups leftover roasted/steamed veggies	1 serving banana pancakes	4-6 oz. broiled salmon fillet, 1 cup steamed broccoli & carrots, 1/2 tbsp butter
SATURDAY	4 oz. grilled meat slices, 2 cups sautéed or fresh spinach & onion, 1/4 avocado sliced		Romaine lettuce slices w/ 3 oz turkey breast, 2 slices bacon, tomato slices & avocado slices	Smoothie made w/ unsweet almond milk, 1/2 frozen medium banana & 1 scoop vegan protein powder	4 oz. burger in lettuce bun, w 1/3 cup avocado slices, tomato slices, onion slices, salsa, 1/2 cup raw carrots
SUNDAY	2 oz. sausage scrambled with 2 eggs & 1-2 cups of sautéed veggies		4 oz burger in lettuce bun, w 1/3 cup avocado slices, tomato slices, onion slices, salsa, 1/2 cup raw carrots	1/2 cup roasted butternut squash & 1 hard-boiled egg	Broiled salmon fillet, 1 cup steamed broccoli & carrots

Mind Body Balance Nutrition Template

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
MONDAY	2 scrambled eggs w/ diced onion, kale & mushroom and 1/3 slice avocado		Mixed green salad w/ grilled chicken, tomato, onion, radishes, avocado & vinegar/olive oil dressing	1 serving pineapple, 1/4 cup raw nuts	4 oz. broiled salmon & asparagus
TUESDAY	2-3 oz breakfast sausage, 2 eggs any style, steamed broccoli w/ butter		1 can wild salmon with 5 olives, 1/4 avocado, lemon juice & olive oil (1 tbsp) & 1 small tomato sliced over 2 cup green salad	1 serving cantaloupe, 1/4 cup raw nuts	4 oz. rotisserie chicken, 1/2 cup cauli-rice & 1/2 cup roasted butternut squash
WEDNESDAY	Mixed berry smoothie recipe		4 oz. rotisserie chicken, 1/2 cup cauli-rice & 1/2 cup roasted butternut squash	1 hard boiled egg, 1/4 cup raw nuts	Pork tenderloin w/ 2 cups spinach, 1/3 cup cucumber & 1/3 cup carrots w 2 tbsp olive oil/lemon dressing
THURSDAY	Sausage & eggs scrambled with onion, broccoli & asparagus, topped with 1/3 avocado (sliced)		Pork tenderloin w/ 2 cups spinach, 1/3 cup cucumber & 1/3 cup carrots w 2 tbsp olive oil/lemon dressing	*Green vegetable juice drink	Skirt steak & veggie stir fry recipe
FRIDAY	Green detox smoothie recipe		Skirt steak & veggie stir fry serving	Beef jerky serving, 1 green apple	1 serving vegetable beef soup
SATURDAY	1/2 cup hot quinoa cereal w/ 1 scoop vegan protein powder, 1/2 cup berries & 1/4 cup walnuts or pecans		1 serving vegetable beef soup	1 cup raw carrots & celery sticks w/ 2 tbsp guacamole or hummus	4 oz. tuna, bison or beef burger topped w/ onion slices, avocado slices & w/1 cup roasted carrots/cauliflower/broccoli mix
SUNDAY	Paleo avocado "toast" & 2 eggs any style		Six-minute salmon bowl recipe	*Green vegetable juice drink	4 oz. grilled chicken & 2 cup mixed green salad w/ colorful veggies



A VERY GOOD VEGETABLE BEEF SOUP

PREP TIME: 25 minutes COOK TIME: 4-10 hours YIELDS: 8 servings



INGREDIENTS:

3 tablespoons coconut oil
 2 pounds beef stew meat
 1 teaspoon fine sea salt
 1/2 teaspoon ground black pepper
 1 yellow onion, chopped
 4 cloves garlic, minced
 1 1/2 cups peeled and diced carrots
 1 1/2 cups diced celery (4 stalks)
 6 ounces green beans, cut into 1 inch pieces.
 (about 1 1/2 cups)

1 1/2 pounds russet potatoes, diced. (about 4 small potatoes)
 1 28 ounce can diced tomatoes with juice
 8 cups beef broth
 2 bay leaves
 1 tbsp fresh lemon juice (about 1/2 small lemon)
 1/4 cup finely chopped fresh flat-leaf parsley

DIRECTIONS:

1. Melt 1 tablespoon of the coconut oil in a large saute' pan or frying pan over high heat. While the coconut oil is melting season the stew meat with the salt and pepper, then divide into three batches. When the oil has stopped bubbling, add the first third of the meat. Cook 1-2 minutes, until it has a nice brown color on two sides. Spoon the cooked meat out of the pan, blot up any liquid remaining with a paper towel, and repeat the process with the remaining 2 tbsp of oil, and remaining two batches of meat.

2. Place the browned meat, and the rest of the ingredients, except for the lemon juice and parsley, in a slow cooker. Add enough broth to cover the meat and vegetables. Cook on high for 4-6 hours, or on low for 8-10 hours, until the meat is tender.

3. Before serving, taste the soup. If it needs acid, add the lemon juice and if salt, add more salt to taste. Serve warm, garnished with parsley.

FOR QUICKER, STOVETOP OPTION...

• To make this soup on the stovetop, brown the meat as described in Step 1 in a soup pot or other large heavy-bottomed pot. Then add all the rest of the ingredients, bring to a simmer over medium heat, and continue to simmer with the lid on for at least 1 hour, until the meat is tender.

Leftovers will keep for up to 4 days refrigerated, or freeze for up to 5 months.

Recipe from Fed & Fit cookbook by Cassy Joy Garcia



BANANA EGG PANCAKES



INGREDIENTS:

1 medium green-tipped banana
2 whole eggs
1/2-1 tsp vanilla extract
1/2 tsp baking powder
sprinkle of cinnamon

DIRECTIONS:

1. Preheat griddle to Med/High temp
2. Put all ingredients in blender and blend on high for at least 20 seconds
3. Pour 1/4 cup per pancake onto heated griddle prepared with coconut oil.
4. Flip once there are visible bubbles on top of the pancakes.
5. They easily burn, so keep an eye on them.
6. Serve with butter or almond butter on top!



BEEF & VEGGIE STIR FRY

PREP TIME: 15 minutes COOK TIME: 10 minutes YIELDS: 4 servings



INGREDIENTS:

2 pounds skirt steak
 2 tablespoons coconut oil
 1 cup thinly sliced red onions
 1 cup chopped broccoli
 1 cup string beans, ends trimmed
 1 cup sliced bell peppers, any color

For serving: (optional)

1/4 cup water chestnuts
 2 tablespoons chopped green onions
 (scallions)
 1 tbsp sesame seeds, raw or toasted

Stir-Fry Sauce

2 tablespoons coconut amigos
 3 drops of fish sauce (optional)
 2 tbsp warm water
 2 cloves of garlic, minced or grated
 1/4 teaspoon minced or grated fresh ginger

DIRECTIONS:

1. Spread the skirt steak across a large cutting board and cut it into sections about 4 inches long, cutting against the grain of the meat. Then cut against the grain to slice each section into 1/4-inch-thick strips.
2. Place a large skillet over medium-high heat. When it's hot, melt the coconut oil in the skillet. Add the steak and allow it to brown on both sides, 1 to 2 minutes per side. Remove steak from skillet and set aside.
3. Place the onions, broccoli, string beans and bell pepper in the pan. Cook for about minutes, until fork-tender.
4. While the vegetables cook, combine the sauce ingredients and mix well.
5. Add the meat back to the pan, followed by the sauce, and heat through for about 2 minutes.
6. Plate the stir-fry and top with water chestnuts, green onion and sesame seeds.



COCOA ALMOND SMOOTHIE



INGREDIENTS:

- 1 cup unsweetened vanilla flavor almond milk
- 1 small frozen banana
- 1/4 of a medium avocado
- 1 serving raw cacao powder
- 1 serving Great Lakes Collagen Hydrolysate powder, and/or
- 1 serving clean ingredient protein powder
- 1 tbsp raw almond butter
- Ice cubes

DIRECTIONS:

1. Mix all in blender to desired consistency.
2. Add more ice for a milkshake type consistency.



EASY TACOS RECIPE

PREP TIME: 15 minutes COOK TIME: 10 minutes YIELDS: 4 servings



INGREDIENTS:

1 tablespoon extra-virgin olive oil
 1 pound ground beef, chicken or turkey
 2 tablespoons taco seasoning mix
 2 teaspoons apple cider vinegar

For Serving:

1 head iceberg or butter lettuce, leaves separated
 1/2 cup sliced purple cabbage
 1/4 cup diced red onion
 1 avocado, sliced
 1/4 cup fresh cilantro leaves
 1 lime, cut into wedges
 Salsa (2 tbsp per serving)

DIRECTIONS:

1. Melt the olive oil in a large skillet over medium heat. Add the ground meat and seasoning, and cook for about 5 minutes, until the meat is cooked about halfway through. Using a wooden spoon to break up the meat as it cooks.
2. Add the apple cider vinegar to the skillet, reduce the heat to low, and continue to cook until the meat is fully cooked through, about 6 minutes.
3. To serve, spoon some of the meat mixture into a lettuce leaf and top with cabbage, red onion, avocado, cilantro, lime juice and salsa as desired. Enjoy!

Adapted from Practical Paleo cookbook by Diane Sanfilippo



GREEN DETOX SMOOTHIE RECIPE



INGREDIENTS:

- 1/2 of a frozen medium banana, cut into chunks (about 1/2 cup)
- 1 packed cup kale leaves
- 1 packed cup spinach leaves
- 1/4 avocado
- 1/4 cup fresh cilantro or parsley leaves and stems
- 1 teaspoon ginger powder
- 2 tablespoons fresh lemon juice (about 1 small lemon)
- 1/2 cup cold water
- 2 tablespoons collagen hydrolysate powder (optional)

DIRECTIONS:

1. Place all ingredients in a blender. Blend for 2 minutes, or until entirely smooth. Add 1/4 cup ice cubes, if prefer colder.
2. Enjoy!



MIXED BERRY SMOOTHIE



INGREDIENTS:

- 1 cup unsweetened almond milk
- 2 tbsp Great Lakes Collagen Hydrolysate powder (optional)
(green label, non gelatin forming) AND/OR
- 1 scoop vegan protein powder (such as Vega All-In-One)
- 1 packed cup spinach or kale
- 1/2—1 cup frozen mixed berries
- 1/4-1/2 of an avocado
- 1/2 cup ice cubes if desired

DIRECTIONS:

1. Place all ingredients in high powered blender.
2. Blend until smooth.
3. Add ice if desired for colder smoothie.



PALEO AVOCADO TOAST

PREP TIME: 5 minutes COOK TIME: 35 minutes SERVING: 1 (2 pieces "toast")



INGREDIENTS:

- 1 small sweet potato
- 1 teaspoon extra-virgin olive oil
- 1/2 of a medium avocado, sliced (1/4 avocado per "toast")
- Sea salt and black pepper
- 2 eggs, cooked any style

OTHER TOPPING SUGGESTIONS

- Top with salt, pepper, and hot sauce
- Top the avocado with smoked salmon (2 ounces per "toast"), salt, pepper, sliced red onion, capers, and chopped fresh dill
- Top the avocado with sliced cucumber, smoked salmon (2 ounces per "toast"), salt, pepper, and sliced fresh chives
- Top the avocado with sliced tomatoes, crispy fried bacon (2 to 3 slices per "toast"), and sliced green onions

DIRECTIONS:

1. Preheat the oven to 400F. Line a rimmed baking sheet with parchment paper.
2. Using the center portion of each potato (to create the largest toasts possible), slice potato lengthwise into two 1/8-inch-thick planks, for a total of 2 slices, reserving the ends for another use. Toss with the olive oil so that each potato slice is lightly coated.
3. Place the potato slices on the prepared baking sheet. Bake for 30 to 35 minutes, until the "toasts" are crispy and golden brown.
4. Lay the avocado slices on the "toasts" and mash the avocado with a fork, then season with salt and pepper to taste. Add 1 cooked egg to each "toast". Also try any of the topping combinations listed above.

MAKE-AHEAD TIP

Instead of baking the "toasts" until fully golden brown, underbake them so that they're just lightly browned, 25 to 30 minutes, then store in the refrigerator for up to a week. Reheat the potatoes in a toaster oven on a medium setting right before you're ready to top them.

Adapted from Practical Paleo cookbook by Diane Sanfilippo



SIX MINUTE SALMON BOWLS

PREP TIME: 5 minutes COOK TIME: 6-8 minutes SERVING: 1



INGREDIENTS:

- 1 wild salmon fillet (6 ounce)
- Sea salt & black pepper
- 1 teaspoon
- 1 cup arugula
- 1 cup cauli-rice
- 1/4 lemon (wedge)

FOR SERVING

- 1/2 tablespoon coconut aminos
- 1/4 of an avocado (sliced)
- sesame seeds OR try Trader Joe's Everything But the Bagel seasoning blend!

DIRECTIONS:

1. Heat a late oven-safe skillet, preferably cast-iron, over high heat
2. Place an oven rack in the top position. Turn on the oven to the broil setting
3. Use a paper towel to pat the salmon dry on both sides. Lightly season the skin side of the salmon with salt and pepper and season the other side generously with the seasoning blend if desired.
4. Place the salmon skin side down in the preheated dry skillet and sear for 2 minutes. Then place the skillet under the broiler for 4 minutes, until the salmon is opaque in the center or cooked to your liking.
5. Serve the salmon over a bed of arugula and cauliflower rice. Squeeze some fresh lemon juice over the fish.
6. Dress the bowls with the coconut aminos and top with the avocado slices & sesame seeds or Trader Joe's seasoning blend, if using.

Adapted from Practical Paleo cookbook by Diane Sanfilippo



THAI BEEF SALAD RECIPE

PREP TIME: 25 minutes COOK TIME: 8 minutes SERVING: 2-3



INGREDIENTS:

butter, salted 1 tbsp.
 Beef sirloin 8 oz.
 fine sea salt 3/4 tsp.
 ground black pepper 1/4 tsp.
 mixed greens 2 cup
 cherry tomatoes, halved 1/4 cup

red onion, thinly sliced 1/4 cup
 cucumber, thinly sliced 1/2 cup
 cilantro, fresh & coarsely chopped 1/2 cup
 mint, fresh & coarsely chopped 1/2 cup
 almonds, raw chopped 1 tbsp.

DIRECTIONS:

1. Place butter in a small sauce or frying pan over high heat. While the butter is melting, season both sides of the steak with the salt and pepper. When the butter has finished bubbling, it's ready for the steak. Using tongs, lay the steak in the frying pan and set your timer for 2 minutes per side for rare, 3 minutes per side for medium rare, or 4 minutes per side for well done. When the steak is cooked, remove from the heat and set on a plate to rest for 5 minutes.
2. While the steak is resting, whisk together all of the Zesty Lime Dressing ingredients in a small bowl. Set aside.
3. In a large bowl, toss the rest of the salad ingredients together, then pile them on two plates,.
4. Thinly slice the steak against the grain and lay the slices on top of the plated salad. Top with the almonds, cilantro and mint. Drizzle with the dressing and serve immediately.



VEGGIE FRITTATA

PREP TIME: 15 minutes COOK TIME: 15 minutes SERVING: 3-4



INGREDIENTS:

- ½ medium yellow onion, finely chopped
- ½ red bell pepper, finely chopped
- 1 ½ cups mushrooms, thinly sliced
- 2 cups fresh kale, chopped
- 2 cups fresh spinach, chopped
- 8 eggs, beaten
- 1 Tbsp butter or coconut oil

DIRECTIONS:

1. Heat an oven proof skillet (I like to use my cast iron frying pan) over medium high heat and turn on broiler (on high) to preheat oven.
2. Add oil to pan. Add onion, pepper and mushroom and sauté, stirring occasionally, until vegetables are starting to soften (3-4 minutes).
3. Add kale and continue to sauté, until all vegetables are cooked (8-10 minutes).
4. Add spinach, and stir until spinach is wilted.
5. Add beaten eggs. Let cook on stove top 1-2 minutes, stirring a couple of times.
6. Place skillet in oven and broil until eggs are completely cooked, puffed up and starting to brown on top. Serve and enjoy!



WALNUT AND ALMOND MILK SMOOTHIE

SERVINGS: 1



INGREDIENTS:

1cup unsweetened almond milk
1/8 cup raw walnuts
1 small banana, cut into chunks and frozen
1/4 avocado
1/2 tsp. alcohol-free almond extract
Crushed ice to thicken

DIRECTIONS:

1. Place all ingredients in a blender and process until smooth.
2. Pour and enjoy.

Flexible & Fast Track friendly recipe



WEEKNIGHT POT ROAST

PREP TIME: 5 minutes COOK TIME: 15 minutes YIELD: 4 servings



INGREDIENTS:

1 tablespoon bacon fat or coconut oil
 1 1/2 pounds beef pot roast, brisket,
 or stew meat
 2 teaspoons salt
 1 teaspoon black pepper
 1 teaspoon garlic powder
 2 medium onions
 4-6 cloves garlic

8 small potatoes* – for 21DSD use 4 large
 carrots, roughly chopped
 13.5 ounces diced tomatoes (no salt added)
 1/4 cup water
 1/4 cup red wine* – for 21DSD,
 use balsamic vinegar
 1 teaspoon oregano

DIRECTIONS:

1. In a large cast iron skillet over medium high heat, melt the cooking fat and allow the pan to heat up while you prepare the meat. Season all sides of the meat generously with salt, pepper, and garlic. When the pan is hot, sear the meat for 1-2 minutes per side or until it begins to brown slightly.
2. While the meat browns, roughly chop the onions and smash the garlic. If you're using carrots instead of the potatoes (or in addition to, if you like), peel and roughly chop them now.
3. Place all of the vegetables into the slow cooker, then once the meat has finished browning on each side, place it on top of the vegetables.
4. Top the meat and vegetables with the tomatoes, water, and wine. Add the remaining salt, pepper, garlic, and oregano.
5. Set the slow cooker to low and cook 6-8 hours. Finish it on high for an hour with the lid slightly open if you prefer to reduce the braising liquid before serving.



ZESTY LIME DRESSING

PREP TIME: 5 minutes COOK TIME: 15 minutes YIELD: 4 servings



INGREDIENTS:

- 1/2 hot red chili pepper, thinly sliced
- 1/4 teaspoon fine sea salt
- 2 tablespoons fish sauce
- 1/4 cup fresh lime juice
- 1 tablespoon extra-virgin olive oil

DIRECTIONS:

1. Whisk all ingredients together and then drizzle over salad!



ZOODLES AND MARINARA SAUCE



INGREDIENTS:

2 medium or 3 small zucchini, spiralized
4 oz sliced Baby Bella mushrooms
1 jar organic marinara sauce (at least 16 oz.)

OPTIONAL INGREDIENTS:

1 lb. browned, organic ground beef (85% lean)
1/3-1/2 of a small onion diced and sautéed

DIRECTIONS:

1. In a large skillet over medium heat, add the zucchini, mushrooms and marinara sauce, and heat through!
2. If using, add the browned ground beef and sautéed onion at the same time as well.

Optional Supplement Offerings

via *Aspire Health*
frontdesk@aspirehealthkc.com



BCAA Powder

\$47.30

Branch Chain Amino Acids – Helps coax your body to burn fat instead of muscle. Maintaining Muscle mass is essential to metabolic health and fat loss.

Green Tea Extract

\$41.90

This strong antioxidant helps speed up metabolism without caffeine



Weight Loss Energizer

\$43.98

This combination of proven weight loss herbal stimulants helps facilitate optimal fat loss.



Optional GI cleanse bonus:

Yeast Formula--1 cap at night
Probiotic Pearls--1 cap in the morning until gone

Optional Supplement Schedule

Protocol:

WEEK 1	1 weight loss energizer in the morning, 3 green tea pills at noon, 3000 mg BCAA's 20 min before a workout
WEEK 2	2 weight loss energizers in the morning, 3 green tea pills at noon, 2000 mg BCAA's 20 min before a workout and immediately after the workout
WEEK 3	3 weight loss energizers in the morning, 2 green tea pills at noon, 3000 mg BCAA's 20 min before a workout
WEEK 4	3 weight loss energizers in the morning, 2 green tea pills at noon, 3000 mg BCAA's 20 min before a workout
WEEK 5	2 weight loss energizers in the morning, 3 green tea pills at noon, 2000 mg BCAA's 20 before a workout and immediately after the workout



RPE SCALE

(Rate of Perceived Exertion)

1	Very Light Activity (anything other than complete rest)
2-3	Light Activity (feels like you can maintain for hours, easy to breathe and carry on a conversation)
4-5	Moderate Activity (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	Vigorous Activity (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	Very Hard Activity (difficult to maintain exercise intensity, hard to speak more than a single word)
10	Max Effort (feels impossible to continue, completely out of breath, unable to talk)

The [RPE scale](#) is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (very, very heavy) is how you feel at the end of an exercise stress test or after a very difficult activity.

When doing high intensity interval training you will alternate between high intensity intervals (RPE 6-9) and recovery intervals, (RPE 3-5) to jumpstart your metabolism, increase post exercise calorie consumption, energy, fitness and endurance.

By using the RPE, you are able to push yourself to your personal threshold and maximize your workout time investment and results!

Better results! Half the time! What could be better?

The Skinny on your Assessment Results

Congratulations on keeping it real with your T School Fat Loss Assessment. This primer is to explain the assessment tests and put your personal results into context.

Although some people can measure their weight loss by the way they feel and look: firmer thighs, a smaller waist, jiggle-free arms, to define your goals and see progress, we need to look for more concrete milestones by which to track our progress.

There are many measurements to go by (pounds, pant size, inches), but not all are created equal. So, which figures say the most about your own figure?

If you are someone who gasps when the scale shows a one or two pound weight gain (“I haven’t cheated at all. How could I be gaining?”), then learning about body composition will help you see real, measurable results.

Body Composition

We hear a lot about it... but what exactly is it? Well, to be considered “fit,” you have to meet minimum standards in 5 different areas, known as the Components of Fitness.

Body Composition is one of them (in addition to flexibility, muscular strength, muscular endurance, and aerobic fitness).



Body composition itself deals with four areas:

1. Weight

Your total body mass. We’re all too familiar with this one, in most cases. But weight alone doesn’t tell you the whole truth about your progress or fitness level. For example, it doesn’t tell you how much fat you carry. People generically want to lose “weight.” You could start lifting weights and actually gain weight...but that doesn’t necessarily mean you are tipping the scales towards obesity.

How to use it: Forget your preconceptions about the number on the scale. Knowing your weight is good, but not crucial—you want to lose fat, not necessarily weight. If you must weigh yourself, don’t make it a daily habit. Weight tends to fluctuate throughout the day, and from day-to-day, by as much as 5 pounds or so. Most of these regular changes are due to food and water. If weight is an important record to you, then do it under the same circumstances (no clothes or shoes, first thing in the morning before eating, etc) and no more than every 1-2 weeks.

2. Fat Mass

Usually referred to as body fat percentage. This number tells you how much of your total body weight is actual fat. Men and women go by different minimums and healthy ranges of fat. For example, men need about 3%-5% essential fat at the lowest levels, whereas women need at least 12%-15% to be considered healthy and be able to sustain a menstrual cycle (and numbers this low could be considered underweight). A standard height and weight chart cannot accurately tell you if you are overweight, but body fat percentage, on the other hand, can.

Track your progress: Observing change in body fat is the best way to measure “weight” loss. There are user-friendly formulas that can estimate your body fat percentage, but the most accurate readings come from a qualified fitness professional. To see a trend, reassess your body fat every four to six weeks.

3. Lean Mass

This is everything else that makes up your weight. It includes muscle, bones, organs, water, and all non-fatty tissues. Again, there is a gender difference. Thanks to much higher levels of testosterone, men have a greater amount of muscle mass than women. One pound of muscle takes up much less space than one pound of fat. So, as you exercise consistently and build up strength, your total body weight may actually increase. This can be confusing (and sometimes scary), but you are gaining muscle, while maintaining or even losing fat.

Look for gains: Your lean mass can be calculated by subtracting your total fat (as a percentage or in actual pounds) from your total weight. This number will probably be relatively stable, or increase over time, as long as you are exercising. Gains in muscle mass will increase your metabolism, thus enabling you to burn more calories during every activity—even sitting! So, while you do want to lose fat, setting a goal of increasing your muscle mass will help you get there.

4. Fat Distribution

Ever notice how some people can have big bellies but lean legs? Women store most of their fat in their thighs, hips, and butt. These are examples of fat distribution, which refers to where your body typically stores the fat that you have. This is important because where you store fat can be a predictor of health risk. “Apple” shapes (fat storage around the belly) have been shown to have a higher risk of certain cardiovascular diseases, whereas storing fat in your lower half, known as a “Pear” shape, is actually a healthier site for fat accumulation.

Room for improvement: Changes in fat distribution happen when you are losing fat and building muscle. Typically, the body burns fat all over, and just as typically, fat in the stomach is usually the last to go. There are no exercises you can do to speed up fat burn in any particular area. Cardio activity, utilizing large muscle groups, burns fat all over the body. So, don’t waste your time doing lots of crunches to lose the belly fat, or boxing to lose your arm jiggle. You can measure these changes with a simple tape measure, or just by how your clothes look and feel.

Whatever your fitness goal, measuring body composition will help you track your progress, not to mention leave little doubt that all those little (and sometimes big) changes you’ve made are moving you in the right direction.

Bottom line: If your goal is fat loss, then measure progress by decreases in body fat percentage, and possibly improved fat distribution. If your aim is to increase strength, then lean body mass will tell you how much muscle you have gained. Breathe a sigh of relief, number-crunchers. These are the only numbers you need to help you meet your goals.

BODY COMPOSITION & HEALTH



Classification	Women (% Fat)	Men (% Fat)
Under Fat	10 - 12%	2 - 4%
Athletes	14 - 20 %	6 - 13%
Healthy	21 - 24%	14 - 17%
Over Fat	25 - 31%	18 - 25%
Obese	> 32%	> 25%

Body Mass Index

What it is: Body Mass Index (BMI) is a quick and easy way to determine, in general terms, if one's weight is appropriate for one's height. It has recently been used to quantify an individual's obesity level.

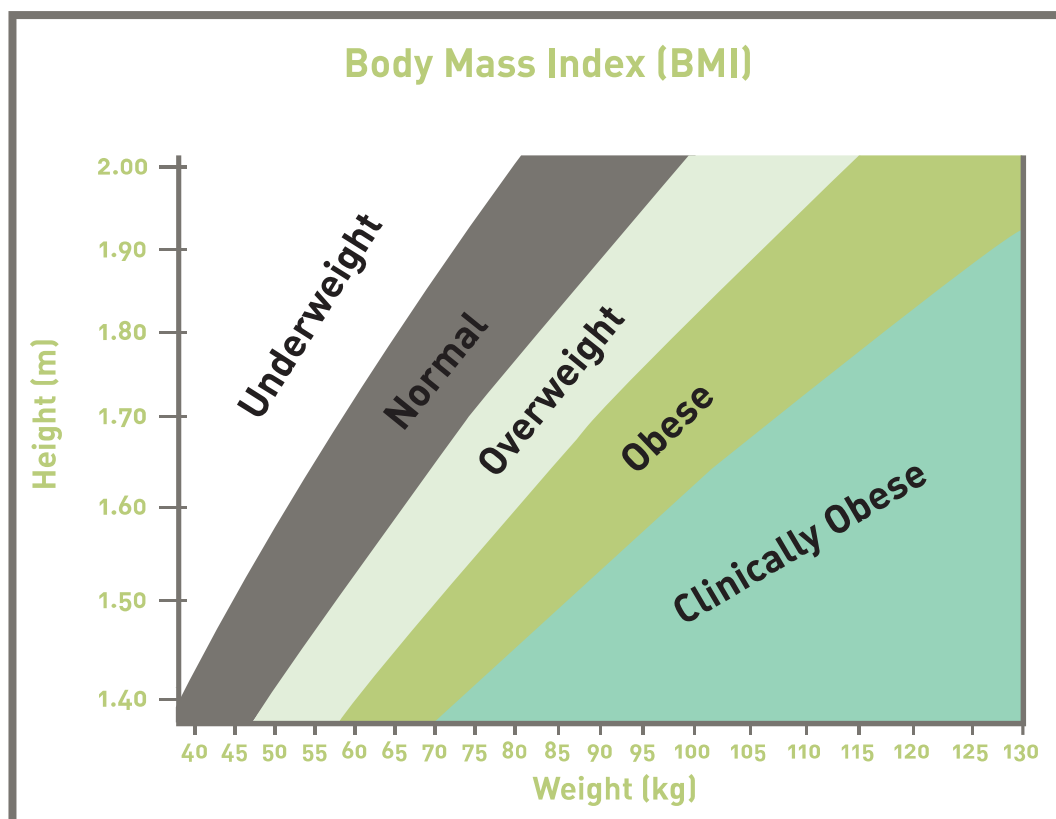
What it measures: Like it says above, BMI helps determine if a person's weight is within an appropriate range for their height and frame size. It does NOT measure one's body fat level.

How it works: The equation for BMI is weight (in kilograms) divided by height squared (in meters). To convert pounds to kilograms, divide by 2.2. To convert inches to meters, multiply by .0254. A "healthy" BMI ranges from 18.5 to 24.9.

Where to find it: BMI is commonly used in doctor's offices, in gyms, and in many weight loss programs. You can use our BMI calculator to find out where you stand.

Accuracy: Since only an individual's height and weight are used, BMI does not provide a differentiation of fat and lean muscle weight. For most adults, however, there is a clear correlation between higher BMI and negative health consequences.

Limitations: BMI is an average that is based on population studies. Because it does not differentiate between fat and nonfat weight, it may overestimate body fat in athletes and others who have a muscular build. In the same way, it may underestimate body fat in older persons and others who have lost muscle mass.



Girth Measurements

What they are: The use of girth and length measurements is a quick, easy and inexpensive method to estimate body composition or describe body proportions. These measures are based on the assumption that body fat tends to be distributed at various sites on the body, such as the waist, neck and thighs, so that is where measurements are often taken. (Muscle tissue, on the other hand, is usually located in places such as the biceps, forearm and calves, which tend to store very little fat.)

What they measure: Some girth measurements use the circumference of various sites on the body to estimate one's true body fat percentage. Other girth measurements (such as the waist-to-hip ratio) estimate one's health risk based on these measures.

How they work: Using a cloth tape, girth and length measurements are taken from specific points on the body, such as those described above. The waist-to-hip ratio is one of the most commonly used values to reflect the degree of abdominal obesity.

What is my Waist to Hip Ratio? To calculate your waist-to-hip ratio, use a measuring tape to measure the circumference of your hips at the widest part of your buttocks. Then measure your waist at the smaller circumference of your natural waist, usually just above the belly button. To determine the ratio, divide your waist measurement by your hip measurement.

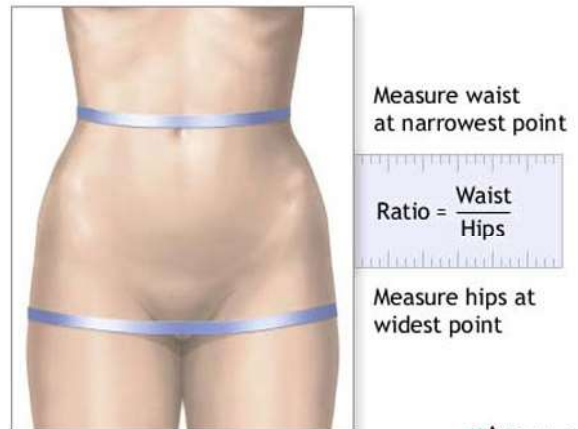
Waist to Hip Ratio → WHR

Waist girth → G_w

Hip girth → G_h

$$WHR = \frac{G_w}{G_h}$$

You can use any units for the measurements (e.g. cm or inches), as it is only the ratio that is important.



ADAM.

The Waist to Hip Ratio table gives general guidelines for acceptable levels for hip and waist ratio.

→	acceptable		unacceptable		
→	excellent	good	average	high	extreme
male	< 0.85	0.85 - 0.90	0.90 - 0.95	0.95 - 1.00	> 1.00
female	< 0.75	0.75 - 0.80	0.80 - 0.85	0.85 - 0.90	> 0.90

The Power of Practice




“You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously.” - Steve Maraboli

Why are you here?

What are your intentions?

What’s your personal path?

What is your practice?



“ To practice any art,
no matter how well or
badly, is a way to make
your soul grow. So do it. ”

— KURT VONNEGUT

A practice is a habit. Habits are behaviors that you repeat over and over again, which means they are also behaviors that you start over and over again.

We don't practice to gain perfection, we practice to provide daily consistency of habits to achieve the transformation we desire.

Every single successful person has some sort of daily practice that has led to their transformation.

The Benefits of Practice

- Practice brings meaning and purpose to our lives.
- Practice brings intention to our day.
- Practice can be simple and doesn't necessary take very much time.
- Practice provides a conscious and secure foundation for navigating life's ups and downs.
- Practice helps reduce unnecessary distractions, stress and mental chatter.
- Practice brings focus, personal accountability and enjoyment to achieving goals.

4 Ways to Create a Powerful Practice:

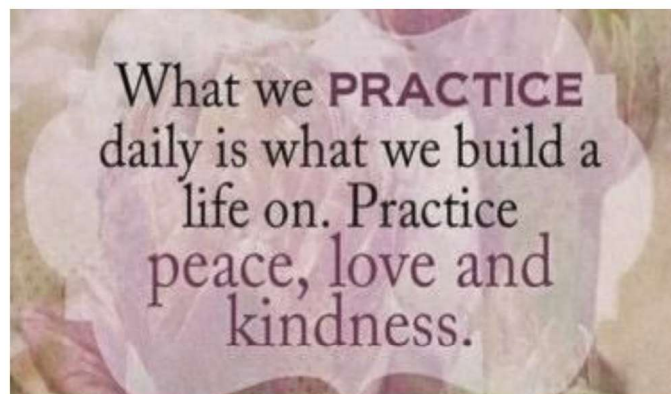
1. Keep it as consistent as you can
2. Do it on a regular day and time
3. Make it a lifestyle, rather than a 1-off experience
4. Make it enjoyable and meaningful for you

List of common daily practices:

Morning or nightly practice of:

- Journaling
- Meditation
- Reading/Writing your goals
- Intention setting/envisioning the day

- Gratitude practices
- Reading
- Exercise/stretching/Breathing exercises
- Grocery shopping
- Traveling to / from work
- Coffee break
- Doing the dishes, laundry, cleaning the house
- Daily hygiene, brushing teeth, showering
- Bathing and cleansing away the old
- Tucking the kids into bed
- Walking the dog/walking in nature
- Rising from night's sleep saying "Thank you for this day....."
- Dining - Evening meal with family at dinner table/appreciation for food
- Drinking herbal tea to prepare for bed
- Relaxing and reflecting on the day, being grateful and letting go of the day
- Blessing people in your life



Add your own ritual _____
 Add your own ritual _____
 Add your own ritual _____

Circle the 2-5 daily practices you can put in place to help build a strong and enjoyable habit and transform your health and life?



"Sometimes it's the smallest decisions that can change your life forever." Keri Russell

My Daily RAK - Random Act of Kindness.

What can you do each day to remind yourself of the power of kindness and presence? Try it for 30 days and watch how it transforms your world and mindfulness.

Creating Your Personal AM I AM Practice

We've been talking about setting aside time in your day to develop a personal practice. Even if you have your doubts, please do this on **FAITH** alone as I assure you taking a few minutes each day to create rather than react to your life truly is transforming. Based on the book, *Miracle Morning*, by Hal Elrod, we recommend your making time each day (preferably in the morning) to do the following:

1. **S** - Silence (or Meditation)
2. **A** - Affirmations (positive statements)
3. **V** - Visualization
4. **E** - Exercise
5. **R** - Reading
6. **S** - Scribe (journaling)

If you can't make more than 6 minutes, try doing a minute of each. If that's still too daunting, try choosing one of the practices daily and giving it 5 minutes.

When I started, I pretended like it was my "job," because it was. It is totally my job to put myself at the center of my world to take full responsibility for creating the life, happiness and health that I say that I want. It begins with our thoughts. Then we take action.



NUTRITION



FITNESS



PRACTICE

Explore our T School Resources for Practice.

www.tschoolonline.com/practice-resources

- *Oprah and Deepak Guided Meditation App*
- *Mind Valley Academy – Learning to Meditate*
- *Think UP Positive Affirmation App*
- *Head Space Meditation App*