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| 6 – Week Reboot Plan | | | | | |
| WEEK 4 | | | | | |
| MONDAY – Fats, Exercise, Spine, Brain. | | | | | |
| Breakfast | | **Lunch** | | **Dinner** | |
| Choose your own breakfast using Key Principles, or  Choose from the six breakfast ideas listed.  Mark your choice below. | | Choose your own lunch using Key Principles, or  Choose from the six lunch ideas listed.  Mark your choice below. | | Choose your own dinner using Key Principles, or  Choose from the twenty-seven lunch ideas listed.  Mark your choice below. | |
|  | |  | |  | |
| Exercise | **Spinal Strength** | | **Gut Reboot** | | **Brain** |
| 20 minutes (minimum) - ……. minutes of R&C DTI effort, whatever you like! [Walk, Run, X-Trainer, Stepper, Cycling, Swim]  List your choice. | 2 Sets of 10 (15 seconds rest)  List your ‘starting’ level (1-5) | | List if you choose 1 of the 10 gut balance superstars (listed). | | PZIZZ ‘NAP’ to be used, if, you’re; tired, slept poorly, feeling cranky, craving sugar, or feeling a little fluey.  PZIZZ ‘FOCUS’ to be used if you need a brain amp up.  Mark if you used PZIZZ today. |
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| TUESDAY – Fats. | | | | | |
| Breakfast | | **Lunch** | | **Dinner** | |
| Choose your own breakfast using Key Principles, or  Choose from the six breakfast ideas listed.  Mark your choice below. | | Choose your own lunch using Key Principles, or  Choose from the six lunch ideas listed.  Mark your choice below. | | Choose your own dinner using Key Principles, or  Choose from the twenty-seven lunch ideas listed.  Mark your choice below. | |
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| Exercise | **Spinal Strength** | | **Gut Reboot** | | **Brain** |
| Rest, or, R&C of your interest.  List your choice. | Rest, or, SS set.  Mark your commitment. | | List if you choose 1 of the 10 gut balance superstars (listed). | | PZIZZ ‘NAP’ to be used, if, you’re; tired, slept poorly, feeling cranky, craving sugar, or feeling a little fluey.  PZIZZ ‘FOCUS’ to be used if you need a brain amp up.  Mark if you used PZIZZ today. |
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| WEDNESDAY – Fats, Exercise, Spine, Brain. | | | | | |
| Breakfast | | **Lunch** | | **Dinner** | |
| Choose your own breakfast using Key Principles, or  Choose from the six breakfast ideas listed.  Mark your choice below. | | Choose your own lunch using Key Principles, or  Choose from the six lunch ideas listed.  Mark your choice below. | | Choose your own dinner using Key Principles, or  Choose from the twenty-seven lunch ideas listed.  Mark your choice below. | |
|  | |  | |  | |
| Exercise | **Spinal Strength** | | **Gut Reboot** | | **Brain** |
| 20 minutes (minimum) - ……. minutes of R&C, whatever you like!  List your choice. | 2 Sets of 10 (15 seconds rest)  List your ‘starting’ level (1-5) | | List if you choose 1 of the 10 gut balance superstars (listed). | | PZIZZ ‘NAP’ to be used, if, you’re; tired, slept poorly, feeling cranky, craving sugar, or feeling a little fluey.  PZIZZ ‘FOCUS’ to be used if you need a brain amp up.  Mark if you used PZIZZ today. |
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| THURSDAY – Fats. | | | | | |
| Breakfast | | **Lunch** | | **Dinner** | |
| Choose your own breakfast using Key Principles, or  Choose from the six breakfast ideas listed.  Mark your choice below. | | Choose your own lunch using Key Principles, or  Choose from the six lunch ideas listed.  Mark your choice below. | | Choose your own dinner using Key Principles, or  Choose from the twenty-seven lunch ideas listed.  Mark your choice below. | |
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| FRIDAY – Fats, Exercise (?), Spine, Brain. | | | | | |
| Breakfast | | **Lunch** | | **Dinner** | |
| Choose your own breakfast using Key Principles, or  Choose from the six breakfast ideas listed.  Mark your choice below. | | Choose your own lunch using Key Principles, or  Choose from the six lunch ideas listed.  Mark your choice below. | | Choose your own dinner using Key Principles, or  Choose from the twenty-seven lunch ideas listed.  Mark your choice below. | |
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| Exercise | **Spinal Strength** | | **Gut Reboot** | | **Brain** |
| Rest, or 20 minutes (minimum) - ……. minutes of R&C, whatever you like!  List your choice. | 2 Sets of 10 (15 seconds rest)  List your ‘starting’ level (1-5) | | List if you choose 1 of the 10 gut balance superstars (listed). | | PZIZZ ‘NAP’ to be used, if, you’re; tired, slept poorly, feeling cranky, craving sugar, or feeling a little fluey.  PZIZZ ‘FOCUS’ to be used if you need a brain amp up.  Mark if you used PZIZZ today. |
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| SATURDAY – Fats, Exercise, Spine, Brain. | | | | | |
| Breakfast | | **Lunch** | | **Dinner** | |
| Choose your own breakfast using Key Principles, or  Choose from the six breakfast ideas listed.  Mark your choice below. | | Choose your own lunch using Key Principles, or  Choose from the six lunch ideas listed.  Mark your choice below. | | Choose your own dinner using Key Principles, or  Choose from the twenty-seven lunch ideas listed.  Mark your choice below. | |
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| Exercise | **Spinal Strength** | | **Gut Reboot** | | **Brain** |
| Rest, or 40 minutes (minimum) - ……. minutes of R&C, whatever you like!  List your choice. | 3 Sets of 10 (15 seconds rest)  List your ‘starting’ level (1-5) | | List if you choose 1 of the 10 gut balance superstars (listed). | | Shouldn’t need it. |
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| SATURDAY – Fats. | | | | | |
| Breakfast | | **Lunch** | | **Dinner** | |
| Choose your own breakfast using Key Principles, or  Choose from the six breakfast ideas listed.  Mark your choice below. | | Choose your own lunch using Key Principles, or  Choose from the six lunch ideas listed.  Mark your choice below. | | Choose your own dinner using Key Principles, or  Choose from the twenty-seven lunch ideas listed.  Mark your choice below. | |
|  | |  | |  | |
| Exercise | **Spinal Strength** | | **Gut Reboot** | | **Brain** |
| Rest, or R&C of whatever you like!  List your choice. | Rest | | List if you choose 1 of the 10 gut balance superstars (listed). | | Shouldn’t need it. |
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