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.

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.

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.

WEDNESDAY – Fats, Exercise, Spine, Brain.

Breakfast		Lur	nch		Dinner
Choose your own breakfast using Ke Principles, or Choose from the six breakfast ideas Mark your choice below.	-	Choose your own lunch Choose from the six lun Mark your choice below	ch ideas listed.	Principles Choose fi listed.	our own dinner using Key s, or rom the twenty-seven lunch ideas r choice below.
Exercise	Sn	inal Strength	Gut Reboo	t	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.

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.

FRIDAY – Fats, Exercise (?), Spine, Brain.

Breakfast	Lunch	Dinner
Choose your own breakfast using Key Principles, or	Choose your own lunch using Key Principles, or Choose from the six lunch ideas listed.	Choose your own dinner using Key Principles, or
Choose from the six breakfast ideas listed.	Mark your choice below.	Choose from the twenty-seven lunch ideas
Mark your choice below.		listed. Mark your choice below.
		Mark your choice below.

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.

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.

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.

SATI	URD	AY –	Fats.
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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 Reboo	t	Brain
Rest, or R&C of whatever you like! List your choice.	Rest	_	List if you choose 1 of the balance superstars (list	_	Shouldn't need it.