

DAY 1

YOUR ASSESSMENT

THE MAN OR WOMAN IN YOUR MIRROR

"Wherever you go, there you are."
-Author Unknown

Circle if you have any of these complaints

- Headaches
- Low energy
- Sleep problems
- Brain fog
- Joint or muscle pain
- Digestive problems
- Menstrual problems
- Sick often
- Allergies
- Depression
- High blood pressure
- Acid reflux

What medications are you currently taking?

Do you have any other health complaints or issues?

Mandatory 1st step:

Get an accountability partner. Twice the help equals twice the results. It can be your spouse, co-worker or friend. Write down your goals you want to achieve for the challenge and exchange them with your partner.

Eating Plan

Breakfast: 2 eggs 4 pieces of turkey bacon

Snack: Handful of nuts

Lunch: Chicken breast, black beans, and salsa

Snack: Celery and hummus

Dinner: Turkey burger, sautéed mushrooms, onions, spinach

Height in Feet and Inches	Weight in Pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Underweight
 Healthy Weight
 Overweight
 Obese

NOTE: This chart is for adults (≥ 20 years old)

BMI (Body Mass Index): _____

Weight: _____

Measurements: Chest _____ Arm _____

Waist _____ Thigh _____

Please check any of the statements below if they apply to you:

- I have seen disease processes affect my family members
- I used to be in great shape in college and high school, but I've let myself go.
- I struggle with my health because of my poor choices
- I know what to do with my nutrition, but I just don't do it.
- I am the number-one person responsible for my health.
- I am sick and tired of feeling sick and tired, and I don't have the same energy.
- I feel like I just don't know what to do anymore.

If you checked any of the above, you are qualified to reap the benefits of the TFM Challenge!

DAY 2

Today's Tip

Read food (and gum) labels and eliminate all artificial sweeteners, including aspartame and sucralose and switch to stevia or xylitol.

Eating Plan:

Breakfast: Yogurt, fresh berries with coconut

Snack: Berry smoothie

Lunch: Boiled egg salad

Snack: Dilled salmon, asparagus

Dinner: Grass-fed steak, broccoli and cauliflower

Got MaxT3? Do this workout:

Superfast Workout 2 – Lower Body

DAY 3

Today's Tip

Think about **why**. There is a big reason why you are on this challenge. Something incredibly meaningful to you. What is it? Take this time to remember and let it fuel you.

Eating Plan

Breakfast: Spinach, mushroom, feta cheese omelet

Snack: Celery with almond butter

Lunch: Greek chicken salad

Snack: ½ cup walnuts

Dinner: Zucchini casserole

Got MaxT3? Do this workout:

Superfast Workout 3 - Core

DAY 4

Today's Tip

Switch to extra virgin olive oil and/or coconut oil. Throw out foods containing hydrogenated or partially hydrogenated oils, including corn oil, canola oil, vegetable oil, soybean oil and safflower oil, (salad dressings etc.)

Eating Plan

Breakfast: Smoothie

Snack: ½ cup pumpkin seeds

Lunch: Buffalo burger taco salad

Snack: Veggie sticks with guacamole

Dinner: Chili

Got MaxT3? Do this workout:

Superfast Workout 4 – Surge

DAY 5

Today's Tip

People are motivated by pleasure or pain. Decide which one you are! Create an action step for reaching your goal, either give yourself something amazing for your efforts i.e. a vacation or spa day. Or force yourself to do something that scares you, i.e. Run a marathon.

Eating Plan

Breakfast: Turkey bacon and cheese omelet

Snack: Veggie sticks with ranch dressing

Lunch: Antipasto salad

Snack: Eggnog

Dinner: Chicken stir-fry

Got MaxT3? Do this workout:

Superfast Workout 5 – Upper Body

DAY 6

Today's Tip

Don't forget to journal everything you eat from here forward. Physically writing everything you've eaten makes it easier to hold yourself accountable.

Eating Plan

Breakfast: Smoothie

Snack: ½ cup almonds

Lunch: Chicken Salad

Snack: 1 coconut macaroon

Dinner: SW Tilapia, mashed faux-potatoes, green salad

Got MaxT3? Do this workout:

Superfast Workout 6 – Lower Body

DAY 7

Today's Tip

Preparation! Preparation! Preparation! If you fail to plan, you are planning to fail! Prepare your meals for the week on Saturday or Sunday and know exactly when you are exercising!

Eating Plan

Breakfast: Turkey bacon and cheese omelet

Snack: Vanilla shake

Lunch: Watercress almond salad

Snack: ½ cup almonds

Dinner: Teriyaki salmon, broccoli

Rest Today

DAY 8

Today's Tip

Clean water equals clean body! Switch your bottled water to distilled or reverse osmosis. You can also buy a water filter for your house. We recommend reverse osmosis or a good carbon block filter.

Eating Plan:

Breakfast: Blueberry pancakes

Snack: Handful of nuts

Lunch: Chicken and broccoli casserole

Snack: Celery and hummus

Dinner: Pot roast with sauerkraut

Got MaxT3? Do this workout:

Fast Workout 7 – Upper Body

DAY 9

Today's Tip

Boost your glutathione levels. Glutathione is your body's best defense against the toxins that bombard you each day. You can boost glutathione levels by eating cruciferous vegetables like broccoli and Brussels sprouts. Adding un-denatured protein (like Maximized Living's Perfect Protein) to your smoothies is an even better way to decrease your risk of toxicity-induced disease.

Eating Plan:

Breakfast: Smoothie

Snack: Boiled egg

Lunch: Chilli

Snack: Nuts and seeds

Dinner: Grilled steak with bernaise sauce sautéed spinach, kale, or broccoli

Got MaxT3? Do this workout:

Fast Workout 8 – Lower Body

DAY 10

Today's Tip

If you feel that you have no time to exercise, REMEMBER it's only 12 minutes! In the time it takes to park your car at Starbucks, stand in line, order your latte and get back in your car, you could be DONE with your exercise for the week that turned your body into a fat-burning machine.

Eating Plan

Breakfast: Veggie omelet, turkey bacon

Snack: Celery with almond butter

Lunch: Chicken salad

Snack: ½ cup walnuts

Dinner: Black bean soup

Got MaxT3? Do this workout:

Fast Workout 9 – Core

DAY 11

Today's Tip

If you've messed up, focus on bouncing back. A single slip-up does not cancel out all of your successes.

You are not on a diet.

You are making healthy choices every day and you should be proud of the changes you made this far. The fact that you are reading this means that you are doing better than you think you are.

Eating Plan:

Breakfast: Smoothie

Snack: ½ cup pumpkin seeds

Lunch: Leftover Black Bean Soup

Snack: Veggie sticks with guacamole

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Dinner: Chicken almond stir-fry

Got MaxT3? Do this workout:
Fast Workout 10 – Surge

DAY 12

Today's Tip

Don't go shopping when you are hungry, somehow your favorite snack ends up in the cart. You'll be surprised at the healthier choices you make when you shop when you are satisfied.

Eating Plan

Breakfast: Yogurt and blueberries

Snack: Veggie sticks w/ ranch dressing

Lunch: Greek salad w/ salmon or chicken

Snack: Celery sticks with hummus

Dinner: Shepherd's pie

Got MaxT3? Do this workout:
Fast Workout 11 – Upper Body

DAY 13

Today's Tip

At some point, you've probably thought, "I know I shouldn't eat this, but I just don't care." While you might not care at that moment, you will care next time you step on the scale or midway through your next workout. Remember how bad food makes you feel.

Eating Plan

Breakfast: Smoothie

Snack: ½ cup almonds

Lunch: Leftover shepherd's pie

Snack: Veggie sticks with guacamole

Dinner: Baked tilapia, mashed faux-tatoes, green salad

Got MaxT3? Do this workout:
Fast Workout 12 – Lower Body

DAY 14

Today's Tip

Failing to plan is planning to fail. Get your shopping done today!

Eating Plan

Breakfast: Turkey bacon and cheese omelet

Snack: Vanilla shake

Lunch: Taco salad

Snack: ½ cup almonds

Dinner: Chicken coconut curry

Rest Today

DAY 15

Today's Tip

Stay on track! At this point you may think that you don't need to schedule meals, but sticking to your schedule frees you from emotional eating.

Eating Plan

Breakfast: Yogurt, fresh berries with coconut

Snack: Berry smoothie

Lunch: Boiled egg salad

Snack: Dilled salmon, asparagus

Dinner: Grass-fed steak, broccoli and cauliflower

Got MaxT3? Do this workout:
Superfast Workout 2 – Lower Body

DAY 16

Today's Tip

Spend 5 minutes picturing yourself at the end of this challenge. Is it getting more real to you now? You are well on your way to achieving your vision- keep up the good work.

Eating Plan

Breakfast: 2 eggs 4 pieces of turkey bacon

Snack: Handful of nuts

Lunch: Chicken breast, black beans, and salsa

Snack: Celery and hummus

DAY 17

Today's Tip

You are starting to see results so stay positive. Dwelling on unhappiness causes unhealthy choices.

Be happy with your results now and continue to make good choices.

Eating Plan

Breakfast: Spinach, mushroom, feta cheese omelet

Snack: Celery with almond butter

Lunch: Greek chicken salad

Snack: ½ cup walnuts

Dinner: Zucchini casserole

Got MaxT3? Do this workout:

Superfast Workout 3 – Core

Lunch: Antipasto salad

Snack: Eggnog

Dinner: Chicken stir-fry

Got MaxT3? Do this workout:

Superfast Workout 5 – Upper Body

DAY 20

Today's Tip

If you are cooking with butter, make sure it's organic so that you aren't ingesting any of the antibiotics or hormones used in dairy processing.

Eating Plan

Breakfast: Smoothie

Snack: ½ cup almonds

Lunch: Chicken Salad

Snack: 1 coconut macaroon

Dinner: Southwest Tilapia, mashed faux-potatoes, salad

Got MaxT3? Do this workout:

Superfast Workout 6 – Lower Body

DAY 18

Today's Tip

Repeat this to yourself any time you feel tempted to slip back to your old ways, especially if you are rationalizing or feeling sorry for yourself: "My commitment must be stronger than my emotions are at this moment." The pain of discipline is temporary but the pain of regret is permanent.

Eating Plan:

Breakfast: Smoothie

Snack: ½ cup pumpkin seeds

Lunch: Buffalo burger taco salad

Snack: Veggie sticks with guacamole

Dinner: Chili

Got MaxT3? Do this workout:

Superfast Workout 4 – Surge

Today's Tip

Remember the old adage, "Failing to plan is planning to fail." It's a shopping and planning day. This is the most important step to making sure your week is a success.

Eating Plan:

Breakfast: Turkey bacon and cheese omelet

Snack: Vanilla shake

Lunch: Watercress almond salad

Snack: ½ cup almonds

Dinner: Teriyaki salmon, broccoli

Rest Today

DAY 19

Today's Tip

Eliminate all Teflon cookware....danger! Switch to stainless steel, cast iron or micro-ceramic cookware.

Eating Plan:

Breakfast: Turkey bacon and cheese omelet

Snack: Veggie sticks with ranch dressing

"If you think you can or think you can't, you're right."

-Henry Ford

DAY 22

Today's Tip

Do something to celebrate your progress so far. If you've lost inches, go buy a new pair of pants that you couldn't have fit in before. Sign up for a competition you never would have considered in the past. Go for a hike that you couldn't do before. It feels good to see what all of your hard work has gotten you!

Eating Plan:

Breakfast: Blueberry pancakes

Snack: Handful of nuts

Lunch: Chicken and broccoli casserole

Snack: Celery and hummus

Dinner: Pot roast with sauerkraut

Got MaxT3? Do this workout:

Fast Workout 7 – Upper Body

DAY 23

Today's Tip

Read food labels and eliminate food additives and preservatives like MSG or aka's such as hydrolyzed vegetable protein, yeast extract, autolyzed yeast or sodium caseinate.

Eating Plan

Breakfast: Smoothie

Snack: Boiled egg

Lunch: Chili

Snack: Nuts and seeds

Dinner: Grilled steak with bernaise sauce sautéed spinach, kale, or broccoli

Got MaxT3? Do this workout:

Fast Workout 8 – Lower Body

DAY 24

Today's Tip

Pay it forward. Choose your favorite tip from this challenge and help someone else with it. Email a coworker a recipe. Show a family member how to cut down their exercise time. The best way to ensure your own success is to help someone else succeed.

Eating Plan

Breakfast: Veggie omelet, turkey bacon

Snack: Celery with almond butter

Lunch: Chicken salad

Snack: ½ cup walnuts

Dinner: Black bean soup

Got MaxT3? Do this workout:

Fast Workout 9 – Core

DAY 25

Today's Tip

Review your goals and see that you are almost at the finish line. Look at all the healthy habits you have created and the lifestyle changes you've made.

Eating Plan

Breakfast: Smoothie

Snack: ½ cup pumpkin seeds

Lunch: Leftover black bean soup

Snack: Veggie sticks with guacamole

Dinner: Chicken almond stir-fry

Got MaxT3? Do this workout:

Fast Workout 10 – Surge

DAY 26

Today's Tip

The best body moisturizers are oils, like jojoba, almond, or coconut oil.

Eating Plan

Breakfast: Yogurt and blueberries

Snack: Veggie sticks w/ ranch dressing

Lunch: Greek salad w/ salmon or chicken

Snack: Celery sticks with hummus

Dinner: Shepherd's pie

Got MaxT3? Do this workout:

Fast Workout 11 – Upper Body

DAY 27

Today's Tip

Bill Cosby said, "I don't know the key to success, but the key to failure is trying to please everybody." Don't pay attention to people who are trying to pull you down. Surround yourself with people who lift you up!

Eating Plan

Breakfast: Smoothie

Snack: ½ cup almonds

Lunch: Leftover shepherd's pie

Snack: Veggie sticks with guacamole

Dinner: Baked tilapia, mashed faux-potatoes, green salad

Got MaxT3? Do this workout:

Fast Workout 12 – Lower Body

DAY 28

Today's Tip

The best all natural cleaner is equal part water and vinegar in spray bottle for an intense cleaning solution for countertops, sinks and bathtubs.

Eating Plan:

Breakfast: Turkey bacon and cheese omelet

Snack: Vanilla shake

Lunch: Taco salad

Snack: ½ cup almonds

Dinner: Chicken coconut curry

Rest Today

DAY 29

Today's Tip

When buying organic, remember to "start at the top of the food chain," specifically with animal products. You may spend less buying grass-fed meat from a local farmer than from a grocery store.

Eating Plan:

Breakfast: Eggs Florentine

Snack: Nuts and seeds

Lunch: Chicken artichoke salad

Snack: Celery with almond butter

Dinner: Stuffed peppers

Got MaxT3? Do this workout:

Fast Workout 9 – Core

DAY 30

Today's Tip

You did it! Look back on this month and all of the progress you have made. Don't forget to attend the next event at your clinic, so that you can share your success and celebrate with friends and family in your community!

Eating Plan

Breakfast: Veggie omelet, turkey bacon

Snack: Veggie sticks with ranch dressing

Lunch: Raspberry pecan summer salad

Snack: Simple berry dessert

Dinner: Fancy salmon

Celebrate!

