

6 – Week Reboot Plan

WEEK 1

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	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.

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 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 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.

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.