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

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. Mark your choice below.	Breakfast	Lunch	Dinner
	Choose from the six breakfast ideas listed.	Choose from the six lunch ideas listed.	Choose from the twenty-seven lunch ideas listed.

whatever you like! List your 'starting' level (1-5) superstars (listed). poorly, feeling cranky, craving sugar, or feeling a little fluey. PZIZZ 'FOCUS' to be used if you need a bamp up.	Exercise	Spinal Strength	Gut Reboot	Brain
Mark II you used PZIZZ today.	whatever you like!			feeling a little fluey. PZIZZ 'FOCUS' to be used if you need a brain

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, Brai	٦.

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

Exercise	Sı	oinal Strength	Gut Reboot		Brain
Rest, or 40 minutes (minimum) minutes of R&C, whatever you like! List your choice.	3 Sets of 10 (1 List your 'starti	5 seconds rest) ngʻ level (1-5)	List if you choose 1 of the 10 g superstars (listed).	ut balance	Shouldn't need it.
			AY – Fats.		
Breakfast		Lur	nch		Dinner
Choose your own breakfast using Key Principle Choose from the six breakfast ideas listed. Mark your choice below.	s, or	Choose your own lunch using k Choose from the six lunch idea Mark your choice below.			own dinner using Key Principles, or the twenty-seven lunch ideas listed. pice below.
Exercise	S	oinal Strength	Gut Reboot		Brain
Rest, or R&C of whatever you like! List your choice.	Rest	-	List if you choose 1 of the 10 g superstars (listed).	ut balance	Shouldn't need it.