



ALUMNI BENEFITS

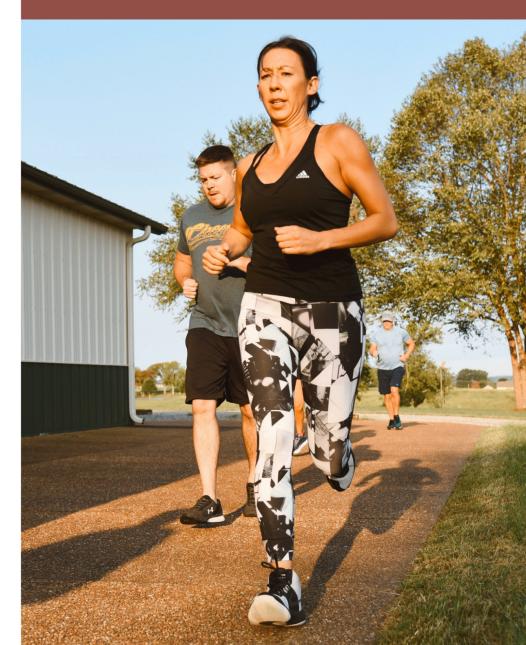
Welcome to the Fit Farm at Rock Springs Alumni Family! We hope you have found your experience to be fulfilling and are on your way to achieving your set goals.

We encourage you to continue to find ways to care for yourself. We would love to be a continued part of your wellness journey by offering you these Alumni Benefits.

- 10% discount on future stays
- Fit Farm's Aftercare Program
- \$250.00 referral bonus or share
 your Alumni Discount with a friend
- Advance invitation to special events
- Alumni Rock Out Benefits based on number of total weeks stayed



FITNESS JOURNAL



EXERCISES BY MUSCLE GROUP

OUR MISSION

A COMMITMENT TO AWAKEN TO INSPIRE TO YOU

DELTOIDS

(Shoulder Muscles)

Push Ups

BICEPS

Short Head)

 Barbell Curls Chin Ups

- Shoulder Press
- Dumbbell Front Raises

• Seated/Standing Military Press



SIDE ABS

(Obliques)

(Brachialis, Longhead,

• Concentration Curls

- Russian Twists
- Wood Chop

QUADRICEPS

- Barbell Full Squat
- Leg Extension
- Leg Press

TIBIALIS ANTERIOR

FOREARMS

• Farmer's Walk

Towel Pull Up

(Brachioradialis, Flexor

carpi, Extensor carpi)

Ta Raises

NOTES

TRACK YOUR PROGRESS



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N O

- Illegal substances/abusing legal substances
- Theft
- Harassment
- Destruction of property
- Trespassing beyond Fit Farm's property
- Misuse of exercise equipment
- Use of Fit Farm's heavy machinery
- Visitors staying overnight in cabins
- Unwanted physical contact
- Using Fit Farm's amenities after hours
- Swimming in the Fishin' Hole
- Using the pool or spa without clothes/streaking

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80/100 increase of RMR (Example: increase muscle mass by 5 pounds It's important to understand your successes and calculate your journey. Every individual has a unique metabolic formula and we are here to help you understand how to work your body MATH. *1 pound of Muscle= 400 increase in RMR).



AMENITIES

- Lodge Open from 6 am 10 pm (Staffed from 7 am 7 pm)
 - General Store
 - Private Movie Theater
 - Complimentary movies are available behind the door in the General Store or stream your favorite shows.
 - Billiards
 - Game Room Downstairs in the Lodge next to the movie theater.
 - Board Games (Ask staff)
 - Massage Chair
 - Complimentary, 2nd floor of the Lodge outside the spa.
 - Business Center (Downstairs in Lodge)
 - Library
 - Sauna
- Swimming Pool & Hot Tub Open from 6 am 10 pm

ADDITIONAL SERVICES

Available at an additional cost

- Cooking Classes
- · Life Coaching
- Nutritionist Consultation
- Personal Training
- Spa Services
 - Massages, Facials, Foot Detox
- Chiropractor



THE POWER OF A REASON

DID YOU KNOW?

- 25% of all deaths in America are heart disease-related.
- Only 1 in 3 adults receive the recommended amount of physical activity each week.
- Children are spending more than 7.5 hours a day in front of a screen or some type of device.
- 1/3 of all Americans get almost 50% of their calories from what is considered junk food.
- Americans are the biggest consumer of weight loss products in the world, yet still, lead in obesity.
- The cost of obesity in the US is \$147 billion dollars and the cost of treating obesity linked to disease is over \$1 trillion dollars.

WHAT'S YOUR WHIPPY, YOUR REASON, YOUR WHY?

Everyone has their own personal reason for coming to Fit Farm at Rock Springs. During your stay, you may even share your story with your new friends. Whatever your reason is, we encourage you to spend time each day reflecting on your journey, recommitting to yourself, and working towards your goals.

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Tonight, your first night on the farm, take a few moments to write a letter to yourself about where you are today, what you want to accomplish, and the commitment you have to yourself to get there.

Whippy Trails ahead!

Dear Me,		



WHAT TO EXPECT

BREAKTHROUGHS

Having a breakthrough is the silver lining of a breakdown. You will do things you never thought you could do while at Fit Farm. Whether that's one push-up or 100, you'll never forget the moment you surpassed your own expectations.

BREAKDOWNS

It's pretty much guaranteed you'll hit a wall while you're here. (Not literally, we hope!) But hey, we're all human. The first week is the hardest-as your body is going through so many changes, sometimes it takes your brain a little longer to catch up (or vice-versa!) It's okay to put your headphones on and take a walk down the driveway by yourself. We encourage you to take the time you need to recharge mentally (our personal favorite is a massage!

NEW HABITS

You'll notice yourself picking up little healthful habits during your journey here. Whether stretching before bed, better posture, or just remembering to floss every day, be proud of yourself!

SUPPORT

Turns out we love to party- give us a reason! We will celebrate the small wins just as hard as the big ones. If you feel like one of your goals isn't working out the way you thought, tell us and we will work out a plan together and support you as a team.

SORENESS

It's normal to be sore for the first few days you are here. Rest assured, it will ease up and you'll become much more acclimated to the increase in activity. Make sure you take hot-cold-hot showers, NSAIDs, and BCAAs to help in your recovery process.

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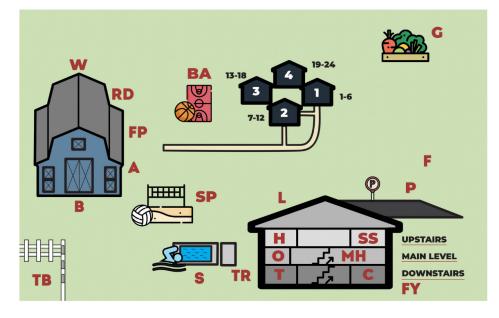
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FIT FARM MAP



A Side Rooms face the pond (West)
B Side Rooms face away from the pond (East)

A: Arena G: Garden S: Swimming Hole

B: Brawl Box H: Hay Loft SS: Sore Slab

BA: Basketball L: Lodge SP: Sand Pit

C: Corral MH: Mess Hall T: Trainers' Office

F: Fire Pit O: Office TB: Tackle Box

FP: Fit Pit P: Parking/Check-in TR: Terrace

FY: Farm Yard RD: Rodeo W: Whippy Barn

BODY FAT TESTING



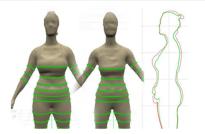
BMI (BODY MASS INDEX)

- Military metric for pilots.
- Muscular people can be considered obese
- Doesn't account for body composition



THE SCALE*

- Only considers weight and not body composition
- Practical for progress and weight-loss goals



STYKU*

- 600 data points for measuring size, composition
- Avatar image of YOUR body to show YOUR measurements
- Algorithm based on age, height



HYDROSTATIC DUNK TANK*

- Measures lean muscle, fat underwater by using water displacement
- Ultra-accurate 10-minute process in your bathing suit
- Available at Fit Farm as an A la Carte

*Offered at Fit Farm

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NOTES

TRACK YOUR PROGRESS





R M R

RMR VS. METABOLISM

We all hear about our metabolism but very few are familiar with the resting metabolic rate (RMR). Knowing your RMR is an important element in understanding how these two topics impact your body.

- Metabolism = the conversion of food to energy
- Resting Metabolic Rate the measure of how much food (energy) is required to
 maintain basic body functions such as heartbeat, breathing, and maintenance of
 body heat while you are in a state of rest. That energy is expressed in calories per
 day. In other words, RMR shows how many calories you burn at rest, doing nothing
 more than sitting in a chair.

LOW TECH SOLUTION

Male Equation: 66 + (6.2 * weight) + (12.7 * inches) - (6.76 * age) = RMR Female Equation: 655.1 + (4.35 * weight) + (4.7 * inches) - (4.7 * age) = RMR

HIGH TECH: METACHECK - RMR TESTING

Accurate within 3% (2.85% Standard Deviation). There is a direct correlation between oxygen consumed and calories burned (4.813 calories for every mL of oxygen consumed), an accurate measurement of oxygen consumption is an effective measurement of calorie consumption.

Data Points

- RMR: Idle state of your body
- Lifestyle & Activity: Basic living based on algorithm
- Light:30 exercise
- Time to reach goal weight (RMR + Life) / adding :30 exercise
- Comparison to 'normal' / low-tech method
- Calorie Target Zones: Maintenance/Weight Loss/Medical(!!)

Learnings

- 1lb of muscle = 80-100 calories.
- RMR may go down as you lose weight
- · RMR may go up as you gain lean muscle
- Strength training sustains bone density and prevents osteoporosis

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FITNESS TRACKER FITBIT, APPLE, GARMIN, OR OTHER

WHY DO YOU NEED ONE?

A fitness tracker lets you watch and record your heart rate, daily burned calories, step counts, and so much more.

Self-tracking allows you to stick to a healthier diet, exercise more, and sleep better. Regular use of a fitness tracker boosts your daily workouts and makes them achievable. We'll start your new habit while you're here at the farm through our daily round-up.

Although we prefer Fitbit, any fitness tracker that tracks heart rate and calories will work (ie Apple Watch or Garmin).

SETUP YOUR FITBIT

Before you put on your Fitbit tracker and get moving, you must pair (connect) it to your mobile device or computer. Pairing your tracker makes sure it can transfer data back and forth with Fitbit (known as syncing). Your tracker data syncs to your Fitbit dashboard, which is where you can see your stats, analyze historical trends, set goals, review your exercise history, log food and water, challenge friends, and much more.

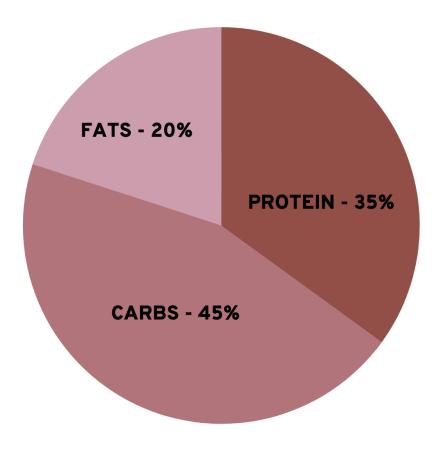
- 1. Find the Fitbit app in one of these locations, depending on your device:
- 2. The Apple App Store for iOS devices such as iPhones and iPads.
- The Google Play Store for Android devices such as the Samsung Galaxy S5 and Motorola Droid Turbo.
- 4. The Windows Store for Windows 10 mobile devices such as the Lumia phone or Surface tablet.
- 5.Install the app. Note that you'll need an account with the applicable store before you can download even a free app such as Fitbit.
- 6. When the app is installed, open it and tap Join Fitbit to get started. You'll be guided through the process of creating a Fitbit account and connecting ("pairing") your tracker to your mobile device. Pairing makes sure the tracker and mobile device can communicate with one another (sync their data).
- 7. Note that the personal information you're asked for during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. The information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

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Studies have shown the number one nutritional problem in the US is portion control. Second, extreme dieting and exercise. The body will find a way to return to baseline within 6 months. Treat your body well, it is the only one you get. We have provided guidance to help you maintain and enjoy your culinary experience.



WORKING WITH A NUTRITIONIST

DAILY RECORD

A Nutritionist can be a great resource as you work through your wellness journey. They can give you advice on specific food and eating to make sure you have a healthy, nutritious diet to keep your digestive system and body running smoothly. Mindful eating can be an emotional journey so not only do they provide you with information for your dietary needs but also the support needed to make the changes you want in your life.

NOT SURE IF A NUTRITIONIST COULD HELP? ASK YOURSELF THE FOLLOWING:

Impagular with havel may an anta

Yes	No	Irregular with bowel movements
Yes	No	Tried "Every" diet out there
Yes	No	Food allergies (nuts, dairy, shellfish, etc.)
Yes	No	Food allergy intolerances
Yes	No	Recent medical diagnosis with food restrictions
Yes	No	Vegetarian, gluten free, or vegan dietary restrictions
Yes	No	Take vitamins, protein powders or other supplements regularly
Yes	No	Eat due to emotions, stress or boredom
Yes	No	Serious changes to hunger levels
Yes	No	Diagnosed with high cholesterol, high blood pressure or type
		2 diabetes
Yes	No	Feel nauseas when consuming food prior to exercise
Yes	No	Training for an upcoming event and need specific meal plan
Yes	No	New season in life has me off track
Yes	No	Prone to injuries or stress fractures
Yes	No	Constantly think about food (yes, call me obsessed!)
Yes	No	Want to have a child or recently had a child.
Yes	No	Feel a lack of energy during the day regardless of activity
Yes	No	Eat fast food/pre-cooked meals at least 3 x's per week

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WORKING WITH A PERSONAL TRAINER

Working with a personal trainer can be a benefit whether you are just starting your fitness journey or trying to reach new heights. A personal trainer provides ongoing education, motivation, accountability, a personalized plan, challenges, a variety of workouts, goal setting, and better results.

NOT SURE IF A PERSONAL TRAINER COULD HELP? ASK YOURSELF THE FOLLOWING:

Yes No	Are you motivated on your own to work ou	t?
--------	--	----

Yes No How likely are you to continue what you've done here on the farm at a gym or your own house?

Yes No Do you feel that you work harder if there is someone to push you?

Yes No Do you feel confident enough to build a workout by yourself that will

help you to continue your goals?

Yes No Would it be better for your time management to have a scheduled

workout with a personal trainer?

Yes No Do you feel a personal trainer will help you reach your goals faster?

QUESTIONS TO ASK A PERSONAL TRAINER

- 1.
- 2.
- 3.
- 4.

If you have any concerns, check with Fit Farm's trainer for recommended next steps.

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THE JOURNEY BEGINS

WHAT SEEMS
IMPOSSIBLE
WILL ONE DAY
BE YOUR
WARM UP

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NUTRITION

Blend your food to ensure longer energy and a balanced approach to healthy nutrition. Real food for real life is key to sustainable change. Enjoy your wellness journey, any diet should not be extreme. Your body requires nourishment and consistency.

Your RMR increases by 80 calories with every pound of muscle you develop.

MACROS	TYPE	MEAL PLAN	SIZE	GRAMS
		1250	3/4C	~30
PROTEIN	MEAT/FISH	1500	1C	~35-40
		POWER UP	1C	~40

You need protein to build muscle. Red meat will be higher in protein and fat, 95% lean ground meat, Mix in egg whites when possible. Plain Greek yogurt is a great substitute for sour cream and creamy dressings - use extracts to flavor.

		1250	3/4C	~20*
CARBS	STARCHY CARBS	1500	3/4C	~30*
		POWER UP	1C	~40*

You need carbs for energy and brainpower. Quinoa and couscous have more protein (~3.5 grams) per 1/2c, brown rice & sweet potatoes are higher carbs w/ less protein.

CARBS	FRUITS	ALL	1/2C	~10*
CARDO		ALL	1/20	10

Change out and balance with starchy carbs. Freeze fruit and add to shakes or yogurt.

CARBS VEGGIES ALL 1C	~ 5
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Carrots, onions, string beans, beets etc. are all a bit higher in carbs. The sweeter the veg, the more likely it is higher in carbs.

Quick Note: Carbohydrates provide quick energy but only take ~30 minutes to break down. Protein synthesis burns calories during the process and takes ~ 60 minutes to break down, you will feel fuller longer. Your body requires protein to ensure you do not use your muscle for energy.



DAILY RECORD

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MACROS PER MEAL/SNACK

	RED	CAL	FAT	CARBS	PROTEIN
	BREAKFAST	315	7	35	27
0	LUNCH	315	7	35	27
1250	SNACK	150	4	17	13
RED -	DINNER	315	7	35	27
R	SNACK	150	4	17	13
	TOTAL	1245	29	139	107
	YELLOW	CAL	FAT	CARBS	PROTEIN
	BREAKFAST	401.5	12	44	32.5
500	LUNCH	401.5	12	44	32.5
۷ - 1	SNACK	150	4	17	13
LOV	DINNER	401.5	12	44	32.5
YELLOW - 1500	SNACK	150	4	17	13
	TOTAL	1500	44	166	123.5
	POWER-UP	CAL	FAT	CARBS	PROTEIN
	BREAKFAST	485	11	54	42
Ы	LUNCH	485	11	54	42
-R-L	SNACK	150	4	17	13
POWER-UP	DINNER	485	11	54	42
P	SNACK	150	4	17	13
	TOTAL	1755	41	196	152

"No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying." —Tony Robbins

STANDARD SERVING SIZES

DAILY RECORD

*Not all restaurants have the same serving sizes. Learning portion sizes compared to common items will help you control your portions.

FOOD ITEM	SERVING SIZE	COMPARE TO
DAIRY		
Yogurt / Cottage Cheese	8 oz or 1 cup	Tennis Ball
Cheese	1.5 - 2 oz	Two Domino Pieces
Ice Cream	4 oz or 1/2 cup	1/2 Baseball
MEAT/PROTEIN		
Chicken, Fish or other Meat	3 oz	1 Deck or Playing Cards
Peanut Butter	2 tbsp	One Golf Ball
Egg	1 whole or 3 oz scrambled	
Beans	1/2 cup	1/2 Baseball
GRAINS		
Potato	1 med baked or 1/2 cup	Computer Mouse or Small Fist
Rice	1/2 cup	Cupcake Wrapper
Pasta (alone)	4 oz or 1/2 cup	Computer Mouse or Small Fist
Cereal	3/4 cup (granola 1/2 cup)	1/2 a Soup Bowl
Hot Cereal	1 cup	Baseball
SALADS		
Specialty Salad of the Week	1 oz (side)	3 oz Fills Bowl
	8 oz (entree)	8 oz Fills 9" Plate
SALADS		
Raw	1 cup or medium sized	Baseball
Steamed	1/2 cup	Bulb Part of Light Bulb
Stir-Fry	6 oz	Fills 1/2 or 9" Plate
FRUIT		
Canned	1/2 cup	Bulb Part of Light Bulb
Raw	Medium Sized	Baseball
MISC		
Wraps/Prep. Sandwiches	1 Portion as Prepared	
French Fries/Potato Wedges	3 oz	Bar of Soap or 1/4 of 9" Plate
Soup	6 oz	1 Soup Bowl
Casserole, Mixed Entree or	8 oz or 1 cup	Baseball
Blended Pasta		
Salad Dressing	2 Tbsp	Golf Ball
BEVERAGES		
Pop, Milk	8 oz or 1 cup	Fills Dining Room Cup - 1"
Hot Beverage	4 oz	Fills Dining Room Coffee Cup
Juice	6 oz or 3/4 cup	Fills Dining Room Glass 2/3 Full

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CARBS, PROTEIN, AND FAT

CALORIES PER GRAM

CARBS = 4

PROTEIN = 4

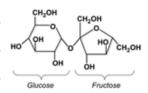
FAT = 9

Sucrose, a disaccharide

It takes a reduction of 3500 calories to lose one pound of fat. The reduction can be obtained through diet, exercise, or a combination of both. Fat loss is not associated with a reduction in any one macronutrient, but an overall reduction in calories.

CARBOHYDRATES

- 4 calories per gram
- Composed of carbon, hydrogen, and oxygen
- Simple carbohydrates/sugars found in fruits, juice, milk, yogurt, candy, soda, bread
- Complex carbohydrates found in pasta, vegetables, legumes
- Carbohydrates are a source of fuel, vitamins, minerals, and fiber



The Committee on Dietary Reference Intakes AMDR (acceptable macronutrient distribution range) for carbohydrates is 45% to 65% of your dietary calories.

PROTEIN

- 4 calories per gram
- Composed of carbon, hydrogen, oxygen, and nitrogen
- Building blocks of proteins are called amino acids
- Food sources include meat, fish, poultry, eggs, milk, legumes, nuts, seeds, and even grains and vegetables
- Used by the body to build and repair tissues, making antibodies, enzymes, hemoglobin, and as a source of energy

FATS

- 9 calories per gram
- Composed of Carbon, Hydrogen, and Oxygen
- Building blocks are fatty acids (much more complex than complex carbohydrates)
- Saturated Fats (found in animal fats, tropical oils) are usually solid at room temperature.
- Unsaturated fats are liquid at room temperature.
- Polyunsaturated fat sources are vegetable and fish oils.
- Monounsaturated fat sources are olive oil, nuts, and seeds.
- Trans-fats are unsaturated fats that have been hydrogenated to behave like saturated fats in food preparation. Real saturated fats are healthier.
- Fats are used in the body as a source of fuel, cell membranes, hormones, insulation of nerve fibers, and are necessary to absorb fat-soluble vitamins (A, D, E, and K.)



MINDFUL EATING

DAILY RECORD

HOW HUNGRY AM 1?

Rate your hunger on a scale of 1-10 before you eat anything. Am I physically hungry for food? Is it food I need right now? Have a tool to manage your trigger moments. Is there an activity you enjoy that takes 10-15 minutes to challenge the desire to eat out of emotions? Take a bath, walk your dog, journal, etc.

BE ATTENTIVE

Do you eat in the car, at your desk, in front of the TV, or while doing other things? If so, this can cause you to be on autopilot. When possible sit somewhere quiet and give 100% to enjoying your food. Make sure it is a peaceful area.

BE AWARE OF YOUR THOUGHTS

Be present and aware of the thoughts you are having, without judgment. Negative thoughts can trigger overeating or shift into autopilot. Do you have self-sabotaging thoughts? If so remember this is conditioned thinking. Change a negative thought into a positive thought. "I have been eating crappy all day - I might as well keep eating."

THINK OF FOOD AS NUTRITIONAL

Instead of thinking of Food as Good or Bad - consider as nutritional or non-nutritional. Think of Food as Fuel.

KNOW YOUR PITFALLS

The Meal Stuffer – eats to excess at meal times, cleans plate, takes second helpings, frequently feels uncomfortably full.
The Snack Grazer – reaches for convenience foods throughout the day, more out of habit.
The Party Binger – loses track of how much they've eaten in a high-distraction environment.
The Restaurant Indulger – frequently goes to restaurants, often on an expense account, affluent gourmet.
The Desktop/Dashboard Diner – speed eats while multitasking.

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DIFFUSING YOUR DIET DANGER ZONES

MINDFUL STRATEGIES TO OVERCOME YOUR PITFALLS

THE MEAL STUFFER

- Pre-plate your food in the kitchen
- Don't take seconds
- Use smaller plates and taller glasses
- · Slow down
- Fraction plate approach: ½ vegetables, ¼ protein, ¼ starch (low GI)
- Less variety in each meal (Thanksgiving dangers!)
- Don't clean your plate (compost)
- · Fruit as dessert

THE PARTY BINGER

- Move away from the food (buffet table/snack bowls) while talking.
- Put only two items on your plate per trip to the table
- Eat healthy foods first, or before you arrive.
- Arrive late/leave early
- Distract yourself with good conversation, put people first and food second
- Pre-plan activities/conversations

THE SNACK GRAZER

- Never eat directly from a package (use plates!)
- Eat at the table make time for yourself!
- De-convenience convenience foods: keep them at the back of the cupboard/fridge
- Keep healthy foods in sight and unhealthy foods out of sight (or out of home!)
- Find healthy substitutes for the six C's (chips, cookies, chocolate, candy, cake, ice cream)
- Distract before snacking (maybe you're just bored)

THE RESTAURANT INDULGER

- · Ask for the breadbasket to be removed
- Use rule of two: entrée and appetizer, drink, OR dessert
- Order to share: split an entrée, or split a dessert
- Ask for half the entrée to be put in a to-go box before it arrives at the table, appetizer, or child-size entree
- · Sit with the slowest eater
- Undress everything or use sauces that are "free" (lemon juice, hot sauce, mustard)
- Choose healthy options

THE DESKTOP / DASHBOARD DIVER

- Brown bag your meals with healthy options
- Pack balanced (protein/carb) snacks
- · Chew gum
- Make food less accessible.

- Don't multi-task, give meals your attention
- Create food policies and trade-offs for yourself
- · Replace high-calorie drinks with water



HEART RATE ZONES

DAILY RECORD

TARGET HEART RATE ZONES

- The biggest mistake people make when doing their own cardio!
- What gets your Heart Rate elevated in Week 1 will not get your Heart Rate elevated in Week 2!

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TS	ZON	E 2 (MOS	T EF	FICI	ENT	BUR	NIN	G FA	T FC	R Fl	JEL
BEATS	70%	140	137	133	130	126	123	119	116	112	109	105
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BODY FAT

BODY FAT PERCENTAGE (BFP)

The body fat percentage (BFP) of a human or other living being is the total mass of fat divided by total body mass, multiplied by 100; body fat includes essential body fat and storage body fat. Essential body fat is necessary to maintain life and reproductive functions. The percentage of essential body fat for women is greater than that for men, due to the demands of childbearing and other hormonal functions. Storage body fat consists of fat accumulation in adipose tissue, part of which protects internal organs in the chest and abdomen. A number of methods are available for determining body fat percentage, such as measurement with calipers or through the use of bioelectrical impedance analysis.

The body fat percentage is a measure of fitness level, since it is the only body measurement which directly calculates a person's relative body composition without regard to height or weight. The widely used body mass index (BMI) provides a measure that allows the comparison of the adiposity of individuals of different heights and weights. While BMI largely increases as adiposity increases, due to differences in body composition, other indicators of body fat give more accurate results; for example, individuals with greater muscle mass or larger bones will have higher BMIs. As such, BMI is a useful indicator of overall fitness for a large group of people, but a poor tool for determining the health of an individual.

Source: https://en.wikipedia.org/wiki/Body_fat_percentage

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1	[21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
Ι.	_ [26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
6	4 [31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.4	25.5	26.3	27.0	27.5	28.0
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1	l	51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
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	21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
l	26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
ΙШ	31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	28.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
<u>ල</u>	36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
	41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
◀	46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
	51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
	56 & up	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
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Setting



Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



You goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



How will you measure your goal? Measurement will give you specific feedback and hold you accountable.



Goals should push you, but it is important that they are achievable. Are your goals attainable?



Is your **goal and timeframe realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.

WHAT IS YOUR SMART GOAL?

Does it meet the SMART goal requirements?

INCREASE THE LIKELIHOOD OF STICKING TO YOUR GOALS BY:

- · Write it down!
 - Goals
 - Action Steps
- Tell Someone!
- · Have an Accountability Partner

AT HOME WEEK 2

IF SOMETHING
STANDS BETWEEN
YOU AND YOUR
SUCCESS, MOVE IT.
NEVER BE DENIED.

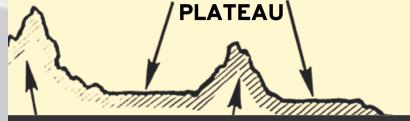
DWAYNE 'THE ROCK' JOHNSON

24

NOTES

TRACK YOUR PROGRESS





PLATEAUS, PITFALLS, & PROACTIVITY

How do you reach a weight loss plateau?

• Calories in = calories out

How do you break a weight loss plateau?

• Change something up!

WHY DO YOU DROP OUT OF YOUR EXERCISE ROUTINE?

Use the list below to help you identify the reason why you drop out of our exercise and healthy eating routine.

- 1. Cross off any items on the list that are not struggles for you.
- 2. Think of the ways you have overcome those things that are or have been realistic obstacles to your success in the past.
- 3. Work together as a group to come up with other ideas or resources for overcoming your obstacles (life coach, accountability partner, etc.).

Ultimately, you have to own your solutions and master your own obstacles, but let's make a plan so that you can plan to win!

PROBLEM

SOLUTION

- 1. Not enough time
- 2. Lack of energy
- 3. Friends & family don't exercise
- 4. Boredom, lack of enjoyment
- 5. Lack of motivation
- 6. Lack of childcare
- 7. Lack of safe places
- 8. Lack of support
- 9. Lack of transportation
- 10. Insufficient programs
- 11. Work demands
- 12. Family demands
- 13. End of sports season
- 14. Bad weather
- 15.Stress

TIPS & TRICKS TO WORK INTO YOUR DAY

Take the stairs

Park far away

Carry groceries in multiple trips

CORE FIT FARM CLASS STYLES

DAILY RECORD

HIIT(High-intensity interval training):

Designed to keep heart rate high during certain intervals, then bring back down into aerobic zone. Think cardio movement followed by a strength movement.

AMRAP(As many rounds or reps as possible):

This workout will have a certain number of reps assigned and you will do as many rounds from top to bottom as you can as many times as you can. This can include a cardio style or strength style workout.

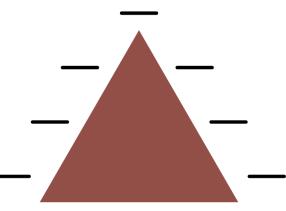
TABATA:

Traditional Tabata is each exercise is done for 20 secs on/10 secs off(rest) for 8 rounds totaling 4:00 minutes of work per exercise. The time can be increased up to a work effort time of one minute on. This can include cardio style or strength style workout. Heart rate will most likely be in the aerobic zone. Generally, pick 5-8 movements.

PYRAMID:

This workout has a pyramid diagram with lines going up and down to represent the number of reps for each exercise. You are to start at the bottom of one side, work your way to the top, then work back down the opposite side to complete. There may be movements writing in between the lines.

Starting at the bottom, the weights will be lighter as the rep count is lower. As rep counts build near the top, weights can decrease. Work down the opposite side in the same fashion. Generally 5-8 exercises are chosen for this type of workout. Strength style is most often used with cardio movements added in between the rounds, and also at the top and bottom of the pyramid. Heart rate can fluctuate between aerobic and anaerobic.



TOTAL WORKOUT TIME: CALORIES BURNED: CHALLENGED ENERGY EN JOYED HIT GOAL 自事 争争 多 事事 **NOTES WORKOUT**



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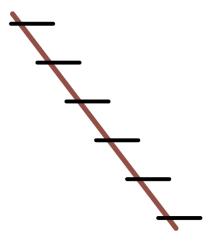


CORE FIT FARM CLASS STYLES

BAVARIAN:

This workout has a ladder diagram with rungs that represent the number of reps for each exercise. You can start at the top or the bottom, but only go one direction to complete. There may be extra movements written in between the rungs of the ladder or also at the top and bottom of the ladder.

Descend the ladder and increase weights as rep counts decrease. Ascend the ladder and decrease weights as the rep counts increase. Generally 5-8 exercises are chosen for this type of workout. Strength style is most often used with cardio movements added in between the rungs. Heart rate can fluctuate between aerobic and anaerobic.



NOTES:



COMPONENTS OF FITNESS

DAILY RECORD

TYPE	DEFINITION/EXAMPLE
Cardiorespiratory	The ability of your cardiovascular and respiratory systems to deliver oxygen to your muscles during prolonged exercise. Examples:
Muscular Strength	The ability to carry out work against a resistance; the maximal force you can apply against a load. Examples:
Muscular Endurance	The ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time. Examples:
Flexibility	The ability to move your joints through their full range of motion, unimpeded by excess tissue or neuromuscular tension. Examples:
Power	The ability to exert maximal force in as short a time as possible. Related to strength, in that it is proportional to the speed which you can apply the maximal force against a load. Examples:
Speed	The ability to move the body in one direction as fast as possible. Examples:
Agility	The ability to accelerate, decelerate, stabilize, and quickly change positions with proper posture. Examples:
Quickness	The ability to react and change position with a maximum rate of force production. (Speed + Agility) Examples:
Coordination	The ability to move two or more body parts under control, smoothly, and efficiently. Examples:
Accuracy	The ability to hit a target (ball, hole, pocket, pin, etc.) Examples:
Stability	The ability to utilize the body's structures in safe, efficient positional relationships for the functional demands imposed upon it. Examples:
Balance	Closely related to stability and coordination; the ability to stay upright and/or in control of bodily movement. Examples:

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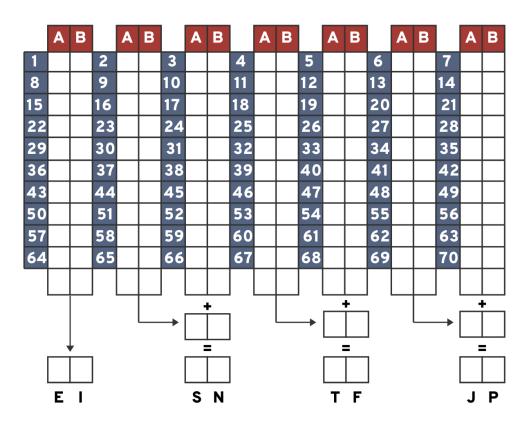
5 LOVE LANGUAGES - YOUR LOVE TANK

	WHAT IS IT	HOW TO EXPRESS	AFTER CONFLICT
WORDS OF AFFIRMATION Your Score:	Verbal compliments that express your love and appreciation	Brag to others about your spouse, write love letters	Speak words that build security and initiate a sincere apology
ACTS OF SERVICE Your Score:	Any act that eases the burden of responsibility	Wash the dishes, pamper your spouse, offer "let me do that for you:"	Make behavior changes requested through conflict
QUALITY TIME Your Score:	Focused and undivided attention spent together	Turn off electronics, go for a walk, plan date nights, start a hobby together	Make eye contact, active listening with empathy, don't interrupt
GIVING GIFTS Your Score:	Tangible symbols that reflect your thoughtfulness and effort	Make birthdays and anniversaries special, surprise them with their favorite treat	Give a small token of your love and an apology note
PHYSICAL TOUCH	A non-sexual touch that reinforces your presence	Long hugs, gentle caressing, kssing, massages, hand holding	Hold each other without saying a word, cuddle together in the bed

Your Score:

MEYERS BRIGGS ANSWER SHEET

DAILY RECORD



DIRECTIONS FOR SCORING

- 1. Add down so that the total number of "A" answers is written in the box at the bottom of each column. Do the same for the "B" answers you have checked.
 Each of the 14 boxes should have a number in it.
- 2. <u>Bring down</u> each box as indicated by the arrows. Now add all the pairs of numbers and enter the total in the boxes at the bottom of the answer sheet.
- 3. Now you have four pairs of numbers. Circle the letter below the larger number of each pair. If the two numbers of any pair are equal, then circle neither, but put a large X below them.

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DAILY RECORD

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MEYERS BRIGGS PERSONALITY TYPES

MY TYPE:

The Myers-Briggs Type Indicator is an introspective self-report questionnaire indicating differing psychological preferences in how people perceive the world and make decisions. The original versions of the MBTI were constructed by two Americans, Katharine Cook Briggs and her daughter Isabel Briggs Myers.

INTERACTION WITH WORLD

ABSORPTION OF INFORMATION

Sensors are realistic people who

details, and apply common sense

and past experience to come up with practical solutions to

like to focus on the facts and

- Introverts often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.
- E Extroverts are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.
- Intuitives prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative

solutions to problems.

DECISION MAKING

Thinkers tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.

Feelers tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.

ORGANIZATION

- Judgers tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.
- Perceivers prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

NOTES: LUNCH & LEARN





DAILY RECORD

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NOTES: LUNCH & LEARN

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NOTES: LUNCH & LEARN





DAILY RECORD

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DAILY RECORD

NOTES: LUNCH & LEARN

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NOTES: LUNCH & LEARN

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DAILY RECORD

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WORKOUT - BASE LINE

Due each exercise for designated time	and see how many you can do:	
Push-ups (1 min)	Jump Jacks (2 mins)	Russian Twists (1 min)
Bodyweight Squats (2 mins)	Mountain Climbers (1 min)	Burpees (1 min)
Sit-Ups (1 min)	Dips (1 min)	

WORKOUT - CARDIO BLAST / INTERVALS

EQUIPMENT NEEDED: Treadmill

ROUTINE: To start choose a speed you feel comfortable running at for approximately 5 mins. Then proceed to add at least 1.5-2.5mph to your speed on the treadmill after 10 rounds. REPEAT

EXERCISE	SPEED	TIME ON	TIME OFF
10 Rounds	Start	30	30
10 Rounds	+ 1.5 to 2.5	20	20
10 Rounds	+ 1.5 to 2./5	10	10



DAILY RECORD

TODAY I FELT	ENERGY LEVEL				
DIETARY RESTRICTION _					
LAST NIGHT I SLEPT	WATER INTAKE				
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Today's Goal					

14 DAY PLAN

"YOUR BODY HOLDS DEEP WISDOM. TRUST IN IT. LEARN FROM IT. NOURISH IT. WATCH YOUR LIFE TRANSFORM AND BE HEALTHY."

14 DAY PLAN

DAILY RECORD

Some tips to work your grocery store, shop Amazon Prime, identify meals and snacks, and friendly restaurant/food delivery services.

TWO WEEK MEAL PLAN Build Two Week Meal Plan If You Don't Plan to Fix Meals, Find Local Food Delivery Set-up Ordering on Amazon Prime for Food Delivery Look Up Local Restaurants for "Out to Eat" Plan Quick Buy Cheat Sheet When You Arrive Home

Daily exercises that you can do at home or on the road, gym memberships & personal training sessions pre-booked.

AT HOME, THE GYM, & PERSONAL TRAINI	NG
Choose One 50 Minute Workout Per Day	
Call Local Gym and Sign-up for Membership	
Schedule 2 PT Sessions Per Week for 2 Weeks	
Sign-up for a Local 5k/10k Event	

WORKOUT - BASELINE: 1 MILE RUN

Record your time for your weekly 1 mile run.

WORKOUT - PYRAMID

Do cardio for designated distance, then complete each exercise the number of times listed for each round. Repeat. $\,\,_5$

 Cardio: Run .25 mile on treadmill or elliptical; or 0.50 mile on stationary/recumbent bike

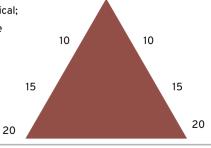
• Push-ups

Jump Squats

• Band Pull Apart

• Glute Bridge

• Mountain Climbers



DAILY RECORD

TODAY FELT	ENERGY LEVEL				
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LAST NIGHT I SLEPT	WATER INTAKE				
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14 DAY PLAN

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RECOMMENDED ITEMS TO WORK WITH WHILE **CONTINUING YOUR JOURNEY AT HOME**

ITEMS FOR PURCHASE & DELIVERY				
ITEM	DESCRIPTION	GENERAL STORE		
TRX Cables	Suspension Cables	Yes		
Aria Scale	Scale that syncs with your FitBit	Yes		
Food Scale	Exact measurements of your protein carbs	Yes		
Whippy Cards	For travel or with family and friends	Yes		
Roller	Foam roller for stretching	No		
Bands	Resistance training with no weights	Yes		
Whippy Sticks	Jenga for a family workout tradition	Yes		
Dumbbells	Two sets for at home workouts	No		
Yoga Mat	If you don't have carpet in your home	No		
Yoga Ball	Focus on abs and core	Yes		

Whether a spouse, family member, friend or colleague, it's critical you make a commitment and find your 'person' to keep you on the plan, workout with you or both.

YOUR ACCOUNTABILITY PARTNER(S)			
NAME	PHONE	ROLE	





TYPES OF WORKOUTS & GYMS

TRACK YOUR PROGRESS

WORKOUTS	GYMS

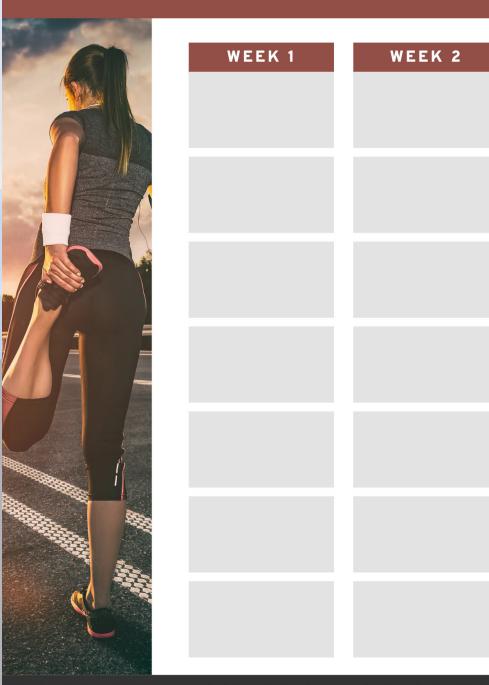
	1 MILE	PUSH-UPS	SQUATS	SIT-UPS	JUMPING JACKS	MTN CLIMBERS	DIPS	RUSSIAN TWISTS	BURPEES
WK 1									
WK 2									
WK 3									
WK 4									
MONTH TOTAL									
WK 5									
WK 6									
WK 7									
WK 8									
MONTH TOTAL									
WK 9									
WK 10									
WK 11									
WK 12									
MONTH TOTAL									
Q TOTAL									

AT HOME WEEK 1

ACTION IS THE
FOUNDATIONAL
KEY TO ALL
SUCCESS

PABLO PICASSO

14 DAY PLAN - FITNESS



NOTES





FIT FARM AFTERBURN PROGRAM

GETTING STARTED

Step 1 - During 14 Day Plan

• Choose your program: 3-week segments

- Choose your trainer
- Liability form

Step 2 - Arriving Home, 1st Call

- Set up weekly schedule
- Blood test (in journal)
- Meal planning for week (in journal)
- Baseline assessment (in journal)
- Questionnaire for trainer
- Letter to yourself

SAMPLE SCHEDULE

SEGMENT	WEEK	NUTRITION	LIFE COACHING
	1	Portions, Meal Prep	Consistency
1	2	Dining Out, Meal Choices	SMART Goals, Setting Expectations
	3	Macro's, Supplements	Habits, Test
	4	What's Your Food Weakness	Fear, Worst Enemy
2 5		Sugar Dependency	The Why Behind the Fear
	6	Eat This Not That	Action Steps
3	7 - 9	Personalized to Fit Your Journey	Happiness, Achieve Purpose
4	10 - 12	Personalized to Fit Your Journey	6 Month Plan
5	12 - 15	Personalized to Fit Your Journey	1 - 3 Year Plan
6	16	Personalized to Fit Your Journey	Wrap-up Week

The Fitness plan is based on the client's goals. Workouts, Nutrition, Life Coaching, and check-ins will be customized per client to ensure individual journeys are successful. This is a continuation of your Fit Farm experience. This is your journey and we can only assist and help you through the stages. Your commitment and dedication will ultimately lead to your new lifestyle and goals.

"A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power." – Brian Tracy



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FIT FARM AFTERBURN PROGRAM

FIT FARM MENU

Fit Farm Aftercare has been designed to provide ongoing assistance and coaching as you leave the Farm. We understand your journey is not complete and the next phase is often the most difficult.

Arriving home includes many challenges, having confidence in the next step is our goal.

Our certified trainers will help you navigate challenges and help you build great habits. Every week they will focus on; nutrition, life coaching, and fitness goals.

WHAT TO EXPECT

There is a weekly 50-minute call; approximately 20 minutes of nutrition and food planning, 20 minutes of life coaching, and 10 minutes of fitness. There are set topics for each area while also understanding and adjusting to meet you where you are in your personal journey.

- Monday: Work out with your trainer: (10-minute HITT class)
- · Wednesday: Accountability check-in, show and tell.
- Friday: Accountability check-in, preparing for the weekend.
- 3 week assessment: Winners know the score (in journal)

PROGRAMS

We offer three durations of the program. The program is broken into 3-week increments to ensure there are milestones and progression topics and goals.

WEEKS	PROGRAM
3	Create Great Habits
6	Navigate the Road
16	Change Your Life

Recommended items to work with while continuing your journey at home.

DAY	BREAKFAST	LUNCH	DINNER
		WEEK 1	
SUNDAY	Pancakes	Cranberry Walnut Turkey Wrap	BBQ Kabobs
MONDAY	Fritatta	Turkey Tacos	Cod, Green Beans, Couscous
TUESDAY	Yogurt, Muffin, Fruit	French Dip Sandwiches	Spicy Zucchini & Beef Chili
WEDNESDAY	Mexican Breakfast Wrap	Penne Pesto Pasta	Meatloaf, Sweet Potatoes and Beans
THURSDAY	Breakfast Sandwich	Sandwich	Parmesan Chicken
FRIDAY	Huevos Rancheros	Lemon Garlic Shrimp with Asparagus	Grilled Ginger Salmon
SATURDAY	Breakfast Sandwich	Stuffed Peppers	Pork Tenderloin with Bokchoy

	WEEK 2							
SUNDAY	Coconut and Apple French Toast	Chicken Pot Pie Soup	Adobo Sirloin					
MONDAY	Avocado Egg Sandwich	Greek Pita Pizza	Chili Relleno Casserole					
TUESDAY	Eggs Benedict	Taco Salad	Curry Chicken					
WEDNESDAY	Egg & Tomato Melt	Pat's Burgers	Plum Glazed Pork Chops					
THURSDAY	Breakfast Sandwich	Sandwich	Lemon Cod					
FRIDAY	English Muffin and Eggs	Tuna Melt	Stir Fry					
SATURDAY	Quiche	Classic Cobb Salad	Muffalata with Olive Salad					

COMMON FOODS - MACROS

SHOPPING LIST

Recommended items to work with while continuing your journey at home.

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
PROTEINS - BEEF, PORK, FIS	H DOINTDY				
Chicken Breast, boneless/skinless	1 oz	47	7.09	0	1.9
Chicken Thigh, boneless/skinless	1 oz	37.5	5	0	2
Ground Turkey, breast	1 oz	32.5	6.75	0	0.375
Ground Turkey	1 oz	42.5	5.25	0	2
Turkey Bacon	1 slice	45	5	1	2.5
Sirloin Steak	1 oz	35	6.41	0	0.85
Ground Beef, 85%	1 oz	60	5.2	0	4.2
Pork Tenderloin	3 oz	102	17.85	0	0.91
Canadian Bacon	1 piece	43	9	0	1.94
GRAINS AND PASTA	1.0				
White Rice	1/2 c	102	2	22	0.22
	1/2 c 1/2 c	102	2	22 35	0.22 1.5
White Rice	<u> </u>		<u>-</u>		
White Rice Brown Rice	1/2 c	160	4	35	1.5
White Rice Brown Rice Quinoa	1/2 c 1/4 c	160 56	4 2	35 9.8	1.5
White Rice Brown Rice Quinoa Couscous	1/2 c 1/4 c 1/4 c	160 56 60	4 2 2	35 9.8 12	1.5 1 0
White Rice Brown Rice Quinoa Couscous Pasta, whole grain	1/2 c 1/4 c 1/4 c 1/3 c	160 56 60 100	4 2 2 5	35 9.8 12 20	1.5 1 0
White Rice Brown Rice Quinoa Couscous Pasta, whole grain Oatmeal	1/2 c 1/4 c 1/4 c 1/3 c 1/2 c	160 56 60 100 72.5	4 2 2 5 3.03	35 9.8 12 20 28	1.5 1 0 1 3
White Rice Brown Rice Quinoa Couscous Pasta, whole grain Oatmeal English Muffin, multi-grain	1/2 c 1/4 c 1/4 c 1/3 c 1/2 c 1 whole	160 56 60 100 72.5	4 2 2 5 3.03 5	35 9.8 12 20 28 20	1.5 1 0 1 3
White Rice Brown Rice Quinoa Couscous Pasta, whole grain Oatmeal English Muffin, multi-grain Pita Bread	1/2 c 1/4 c 1/4 c 1/3 c 1/2 c 1 whole	160 56 60 100 72.5 100	4 2 2 5 3.03 5	35 9.8 12 20 28 20 10	1.5 1 0 1 3 1

QTY	ITEM	NOTES

NOTES ABOUT FIT FARM MEALS

COMMON FOODS - MACROS

	MEALS	NOTES
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		

INSPIRATION

Recommended items to work with while continuing your journey at home.

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
DAIRY AND EGGS					
Almond Milk, unsweetened	1/4 c	8	0.2	0.2	0.6
Almond Milk, unsweetened vanilla	1/4 c	7.5	0.25	0.25	0.625
Milk, 2%	1/4 c	30	2	3	1.25
Yogurt, low-fat, plain Greek	5.3 oz	80	15	6	0
Yogurt, low-fat, vanilla Greek	5.3 oz	120	15	14	0
Cottage Cheese, low-fat, 2%	1/4 c	40	5.5	1.5	1.25
Cottage Cheese, 1%	1/4 c	40.74	7	1.53	0.6
Cheddar Cheese	1 tbs	37	2.29	0.12	3.04
Mozzarella Cheese	1 tbs	21	2	0.27	1
Feta Cheese	1 tbs	45	2.42	0.7	3.26
Parmesan Cheese	1 tsp	10	2	0	0.75
Pepper Jack Cheese	1/4 c	52.5	3.5	0.25	4.25
Egg, large whole	1 whole	74	6.29	0.38	4.37
Egg, 50/50 whole and white	1/4 c	25	5	1	0
Sour Cream, lite	1 tbs	20	2	1	0
Sour Cream, Greek yogurt	2 tbs	20	3	1	0.5
BEANS AND LEGUMES					
Black Beans	1/4 c	54	3.5	10	0.4
Garbanzo Beans (Chickpeas)	1/4 c	60	3	10	2
Pinto Beans	1/4 c	51	0.5	9.5	0.5
Kidney Beans	1/4 c	76.75	5.5	14	0.3
Black-Eyed Peas	1/4 c	40	2.5	7.5	0
NUTS					
Almonds	20 whole	116	4	4	9.2
Walnuts	1 tbs	25	0.5	0.5	2.5
Pine Nuts	2 oz	380	8	7	38
Pistachios	1/4 c	180	6	8	14

"The difference between the impossible and the possible lies in a person's determination." — Tommy Lasorda

COMMON FOODS - MACROS

COMMON FOODS - MACROS

Recommended items to work with while continuing your journey at home.

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
FRUITS AND VEGETABLES					
Apple	1 slice	15	0.07	4	0.05
Asparagus	1/4 c	13	1.5	2.6	0.08
Avocado	1 tbs	23	0.25	1.25	2
Banana	x-small	72	0.9	18.5	0.3
Bell Pepper	1 med	30	1	7	0
Blackberry	1/4 c	15.25	0.5	3.45	0.157
Blueberry	1/4 c	20.5	0.25	5.25	0.125
Bok Choy	1/4 c	2.5	0.25	0.5	0
Broccoli	1/4 c	6	0.3	0.9	0.1
Cantaloupe	1/4 c	21.45	0.6	4.8	0.055
Carrots	1/4 c	13	0.03	3	0.1
Coconut, unsweetened shredded	1 tbs	70	0	3	2.5
Corn	1/4 c	36	1.25	8.55	0.3
Cucumber	1 c	16	0.68	3.6	0.12
Eggplant	1/4 c	5	0.2	1.15	0.04
Green Beans	1/4 c	8.5	0.5	2	0.03
Mushroom, white	1/4 c	3.75	0.54	057	0.06
Onions	1/4 c	16.75	0.37	4	0.03
Pineapple	1 slice	80	0.46	22	0.2
Potatoes, red	1/4 c	27	0.7	5.5	0.5
Potatoes, sweet	1/4 c	57	1	1.3	0.035
Spinach	1/2 c	7	0	1	0.8
Squash	1/4 c	5	0.2	1.15	0.04
Strawberry	1/4 c	18.9	0.4	4.2	0
Tomato	1/4 c	8	0	1.75	0.04
Watermelon	1/4 c	160	2	42	0
Zuccinni	1/4 c	5	0.04	1.15	0.2

Recommended items to work with while continuing your journey at home.

FOOD	PORTION	CAL	PROTEIN	CARBS	FAT
HEALTHY SNACK OPTIONS					
Skinny Popcorn	1 pkg	100	1	9	6
Low-Fat String Cheese	1 stick	50	6	0	2.5
Oikos Triple, Vanilla	5.3 oz	120	15	14	0
Hummus	1 tbs	27	0.73	3.02	1.29
PB Fit Peanut Butter	2 tbs	50	6	4	1.5
Whole Wheat Crackers	1 piece	15	0.5	3	0
Whole Grain Pita Pockets	1 whole	70	6	10	2
Hard Boiled Eggs	1 whole	7	6.26	0.56	5.28
Almonds (20)	20 pcs	116	4	4	9.2
Edamame - shelled	3/4 c	140	12	11	5
Raisins-Craisins	1 tsp	8	0	2.2	0
Foil Pouches - Tuna and Salmon	1 pouch	70	17	0	0.5
Bell Peppers	1 medium	30	1	7	0
Carrots	1/4 c	13	0.03	3	0.1
Snap Peas	3/4 c	30	1	4	0
Baby Spinach	1/2 c	7	0	1	0.8
Fruit, Mix	1/2 c	40	0	10	0
Beef Jerky (low sodium/fat)	2 pcs	160	13	4.5	10
Cottage Cheese	1/2 c	90	13	5	2.5
Fit Farm Shake	1 serving	145	15.3	17.3	2.6
Quest Bar, Mixed Berry Bliss	1 bar	200	20	22	8
Pure Protein Bar, Choco Deluxe	1 bar	180	4.5	178	21
Rice Cakes	1 large	35	1	7	0