

FIND THE NEW *you*



fit ³™



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Exercise is not without its risks and this or any other exercise program may result in injury. Consult your physician and follow all safety instructions before beginning Fit3™ or any other exercise program and nutritional plan. As with any exercise program, if at any point during your program you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. Results will vary depending on starting point as well as effort. Consistent exercise and a proper diet are necessary to get fit, feel fit and stay fit.

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Reliv's Fit3 Nutrition Guidelines

The recipes provided herein contain ingredients that may cause allergic reaction in some individuals. These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician. Disclaimer: By downloading the Nutrition Guidelines, you accept and are bound by these terms and conditions without limitation, qualification or change. You represent that you have read and agreed to these terms and conditions at all times while using this program. You must be at least 18 years of age to access the material contained on reliv.com without adult supervision. Any application of the recommendations set forth in this website and program from Reliv International, Inc., reliv.com, or in any personal consultation by phone, email, in-person, or otherwise, is at the reader's discretion and sole risk. The information offered is intended for people in good health. Anyone with medical problems of any nature should see and consult a doctor before starting any diet or exercise program. Even if you have no known health problems, it is advisable to consult your doctor(s) before making major changes in your lifestyle. The material contained on reliv.com and in the Fit3 Nutrition Guidelines, is provided for educational and informational purposes only and is not intended as medical advice. The information contained in these guidelines should not be used to diagnose or treat any illness. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease, metabolic disorder or health problems. We cannot and do not give you medical advice. You should seek prompt medical care for any specific health issues and consult your physician before purchasing any product(s). By downloading these guidelines you agree that you will consult your doctor, physician or health care provider before beginning the nutrition or exercise program or taking into practice any and all tips from Reliv International, Inc. Use of the programs, advice, and information contained in this is at the sole choice and risk of the reader. You understand and agree that you will indemnify, defend and hold us and our affiliates harmless from any liability, loss, claim and expense, including reasonable attorney's fees, arising from your use of our website and program, or your violation of these terms and conditions.

Author's Disclaimer

The authors of Reliv's Fit3 Nutrition Guidelines are not doctors. The advice the authors provide herein, is based on years of practical application, dealing with the needs of their own health and physique as well as the needs of others. Any recommendations the authors may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor(s) to ensure protection for client and Reliv International, Inc.



WHAT'S *your* WHY?

*A journey of a thousand miles begins
with a single step.*

— Lao Tzu

Joining the Fit3 program was the first step in your journey. But now it's time for the most important step – understanding WHY you joined Fit3 in the first place. Of course, you want to be healthier, but WHY? How will improving your health improve your life? How will you measure your success? It isn't likely that your success will be strictly measured by the number of pounds that you lose or strength that you gain. Your success will be measured by things that you must define.

Let's get real

Along with taking your before pictures, this may be one of the most uncomfortable parts about getting started with Fit3. This is where you have to get personal, real and honest with yourself. This is where you have to come to terms with your weaknesses, face your fears and embrace the vulnerability. Because if you don't know WHY you are really here, every nutrition choice you have to make will be agonizing. Every minute of exercise will feel like punishment and resentment will outweigh the rewards.

Write a letter to yourself

During the first week of your Fit3 journey, you are going to write a letter to yourself. It will symbolize the commitment you have made to yourself and your investment in better health through Fit3. Take your time and really give this letter some thought. Answer the questions below and identify what will inspire you to keep going when you want to quit.

Sign and date the letter, and then have your Fit3 coach, a friend or family member read and sign it too. Make copies and keep the letter with you to help you through the tough moments.

Not every day with Fit3 is awesome. In the beginning, you may have more challenges than you have victories. But as you progress and embrace new habits, the better days start to outnumber the difficult days. And before you know it, you don't even recognize the person you used to be.

The What's My Why worksheet on the following page will give you some things to think about and help you get started on your letter.

WHAT'S *my* WHY WORKSHEET



Answer the following questions as honestly as possible.

- What do you want to change?
- Why do you want to change?
- How do you want to feel?
- What is distracting you?
- What scares you?
- What really motivates you?

Check all the boxes that most closely relate to your health and fitness goals.

Get Fit.

Whether it's been a few months or several years, you want to get back on track and start exercising and eating smart.

- ☐ I want more energy.
- ☐ I want to live longer.
- ☐ I want to climb stairs without getting winded.
- ☐ I want to play sports again or be more active.
- ☐ I want to walk or run a 5k or other race.
- ☐ Other _____.

Feel Fit.

Shopping used to be easier, but your clothes just don't fit right anymore. You're ready to feel better about yourself.

- ☐ I want to fit into my skinny jeans.
- ☐ I want my muscles to be more toned.
- ☐ I want to feel more confident in my clothes.
- ☐ I want to feel younger.
- ☐ Other _____.

Stay Fit.

You've tried the fad diets and gimmicks and you're tired of starting over. You want a realistic fitness and weight loss plan you can maintain for life.

- ☐ I want to lose a few pounds/inches without starving or spending hours at the gym.
- ☐ I want to learn how I can still eat my favorite foods and maintain a healthy body composition.
- ☐ I want to age gracefully.
- ☐ I want to avoid getting sick and prevent health problems in the future.
- ☐ I want to support my immune system.
- ☐ Other _____.

BEFORE & AFTER *photos*

Fit3 Photo Requirements

Before you break a sweat, strike a pose! Take your before photo now so that when you look back at yourself after 90 days you can say "Wow, look at the new me!" We've even got some photo tips to help you out.

Before You Snap That Photo...

- Wear workout clothing in solids or simple patterns with no logo or a minimal logo.
- Have a plain background – ideally outside with natural daylight (indoor flash usually makes for bad shadows!).
- Recruit a friend or family member to take high-resolution photos with a good camera or even on your smartphone – just turn it sideways.
- Email your photos in "actual size" so they are high-resolution to sharemystory@relivinc.com.

Suggested poses: Face and shoulders – not smiling and smiling



Full body – Front, side, back, and an extra to show some personality!



Reliv Products

All Reliv products are approved for use with the Fit3 program. Visit reliv.com to learn more.

Protein 15-20 gr. (serving size 3 oz./size of your palm)

Chicken Breast
Turkey Breast
Salmon
Lean Beef
Tofu
Tuna
Pork Loin
Cottage Cheese (1 cup low fat)
Shellfish
Greek Yogurt (1 cup plain)
Egg Whites (3)
Dairy Milk/Soy milk (8 oz. = ½ serving)



Fruit about 75 cal/serving (maximum serving size 1 cup/fist size)

Apples
Berries
Watermelon
Cantaloupe
Oranges
Tangerine
Apricots
Grapefruit
Cherries
Grapes
Kiwi
Mango
Peach
Nectarine
Pear
Pineapple
Banana
Papaya
Figs
Unsweetened Dried Fruit (1 oz., ¼ cup)



Vegetables about 50 cal/serving (minimum serving size 1 cup/fist size)

Artichokes
Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green Beans
Mushrooms
Onion
Peppers
Pumpkin
Radishes
Romaine
Spinach
Squash
Tomatoes
Zucchini



Complex Carbohydrates, Grains & Starchy Vegetables about 100 cal/serving (serving size ½ cup cooked)

Sweet Potatoes
Quinoa
Rice
Oats – rolled or steel cut
Potatoes
Peas
Beans
Lentils
Barley
Buckwheat
Amaranth
Pasta (whole grain)
Bread (whole grain) – 1-2 slices
Tortilla (whole grain) – 10" tortilla



Healthy Fats Nuts/Seeds/Cheese/Fats 100-150 cal/serving (weigh or measure serving!)

Avocado – ½ fresh 100 cal
Almonds – 1 oz., 24 nuts 160 cal
Peanuts – 1 oz., 39 pcs. 170 cal
Pecans – 1 oz., ¼ cup 210 cal
Walnuts – 1 oz. – ¼ cup 200 cal
Sunflower Seeds – 1 oz., ¼ cup 190 cal
Pumpkin Seeds – 1 oz., ¼ cup 190 cal
Chia Seeds – 1 oz., 1 Tablespoon 137 cal
Flax Seeds – 1 oz., 2 Tablespoons 150 cal
Peanut Butter – 2 Tablespoons 190 cal
Almond Butter – 2 Tablespoons 190 cal
Cheese (1 oz., Cheddar, Mozzarella, Provolone, Monterey Jack) 115 cal
Olive Oil – 1 Tablespoon 120 cal
Coconut Oil – 1 Tablespoon 120 cal
Butter – 1 Tablespoon 102 cal
Salad Dressing – 2 Tablespoons (varies)
Hummus – 2 Tablespoons 60 cal
Whole Eggs (2) – 140 cal



*The Fit3 program emphasizes vegetables, fruits, whole grains, dairy products and lean sources of protein, including lean meats, poultry, fish, beans, eggs, and nuts. Foods containing saturated and trans fats, sodium, and added sugars are limited. This list is not inclusive of ALL of foods that complement the Fit3 program.

Fit3 Nutrition Guidelines:

- Protein is your priority at every meal/snack.
- Spread protein intake throughout the day.
- Always combine carbs with a protein or healthy fat.
- Weigh or measure healthy fats/nuts/seeds/cheese.
- Don't obsess over calories – it's not an exact science and there's room for flexibility.

WOMEN DAILY INTAKE

Level	Reliv Shake 50-70 cal*	Protein 15-20 gr. 100-150 cal	Vegetable about 50 cal	Fruit about 75 cal	Complex Carbs about 100 cal	Healthy Fats Nuts/Seeds/ Cheese/Fats calories vary	Flexible Calories
1 <120 lbs. 1200–1500 cal	2	3	4	2	2	2-3	240
2 121–180 lbs. 1500–1800 cal	2	4	5	2	3	2-3	300
3 >180 lbs. 1800 – 2100 cal	2	5	6	2	4	2-3	360

MEN DAILY INTAKE

Level	Reliv Shake 50-70 cal*	Protein 15-20 gr. 100-150 cal	Vegetable about 50 cal	Fruit about 75 cal	Complex Carbs about 100 cal	Healthy Fats Nuts/Seeds/ Cheese/Fats calories vary	Flexible Calories
1 <170 lbs. 1500–1800 cal	2	4	5	2	3	2-3	300
2 171-220 lbs. 1800–2100 cal	2	5	6	2	3	3-4	360
3 >220 lbs. 2100 – 2400 cal	2	6	6	3	4	3-4	420

*Reliv products in excess of 200 calories/day should be accounted for in other categories or flexible calories.



Very Berry Cherry Powerhouse

- 1 scoop Active
- 1 scoop 24K
- 1 cup milk or almond milk
- ½ cup frozen cherries
- ½ cup frozen berries
- ½ cup Greek yogurt



Blueberry Muffin Smoothie

- ½ cup milk ½ cup Greek yogurt – plain or vanilla
 - ½ cup frozen blueberries
 - ½ frozen banana
 - ¼ cup raw uncooked oats
 - 1 teaspoon vanilla extract
 - 1 teaspoon sweetener or to taste
 - ½ cup ice
 - 1 scoop Reliv Now, Active or ProVantage
- Combine all ingredients and blend for 1 minute.



Mama Mia Vanilla Chia

- ½ cup milk
 - ½ cup vanilla Greek yogurt
 - 1 scoop SoySentials
 - 1 tsp vanilla extract
 - 1 Tbsp chia seeds
- Crushed ice
- Blend and enjoy!
- Optional garnish: Whipped topping and a sprinkle of cinnamon

**Try any of these Reliv products: Reliv Now®, Reliv Classic®, Active, ProVantage®, SoySentials®.*

Find more recipes at reliv.com/recipes.



Active PB Cookies

Yields 18 Servings

1 cup whole wheat flour

2 scoops Active

½ teaspoon baking soda

¼ teaspoon salt

½ cup peanut butter

1 egg

1 ½ tablespoons unsweetened almond milk

2 tablespoons honey

Preheat oven to 350 degrees.

Mix together dry ingredients in a medium-sized bowl.

Add peanut butter, egg, almond milk and honey and stir until combined. May need to add more liquid if still crumbly.

Scoop 1 inch balls or use a cookie press.

Bake for 7-10 minutes until golden.



Active Chia Seed Pancakes

Yields 1 Serving

½ mashed banana

2 egg whites

1 scoop Active

2 tsp. chia seeds

1/8 tsp. vanilla extract

½ tsp. baking powder

1 Tbs. whole wheat flour or gluten-free alternative

1 Tbs. almond milk

Directions: Mash the banana, mix in all the other ingredients. Heat a small drop of coconut oil in a large skillet pan over medium-low heat. Pour to make small pancakes like above or one large pancake. When bubbles start to surface, flip! Keep an eye on the other side — when it's golden you are done! Serve.

Flavors: Add a spoonful of powdered peanut butter or a dash of cinnamon for a different flavor! Don't like chia seeds? Just remove them from the recipe!

Toppings: Drizzle with a bit of honey, pure maple syrup, unsweetened plain Greek yogurt, or top with lots of fruit!



WEEKLY MEAL PLAN

women's level 1

WEEK OF _____

<120 LBS., 1200-1500 CALORIES

B = BREAKFAST

S = SNACK

L = LUNCH

D = DINNER

MONDAY	B	PROTEIN 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	RELIV SHAKE 2	<input type="checkbox"/> <input type="checkbox"/>	VEGETABLE 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	S	FRUIT 2	<input type="checkbox"/> <input type="checkbox"/>	COMPLEX CARBS 2	<input type="checkbox"/> <input type="checkbox"/>	HEALTHY FATS 2-3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	L	WATER 60 OZ.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FLEX CAL 240	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
	S	1 box = 8 oz. water					
	D						

TUESDAY	B	PROTEIN 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	RELIV SHAKE 2	<input type="checkbox"/> <input type="checkbox"/>	VEGETABLE 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	S	FRUIT 2	<input type="checkbox"/> <input type="checkbox"/>	COMPLEX CARBS 2	<input type="checkbox"/> <input type="checkbox"/>	HEALTHY FATS 2-3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	L	WATER 60 OZ.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FLEX CAL 240	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
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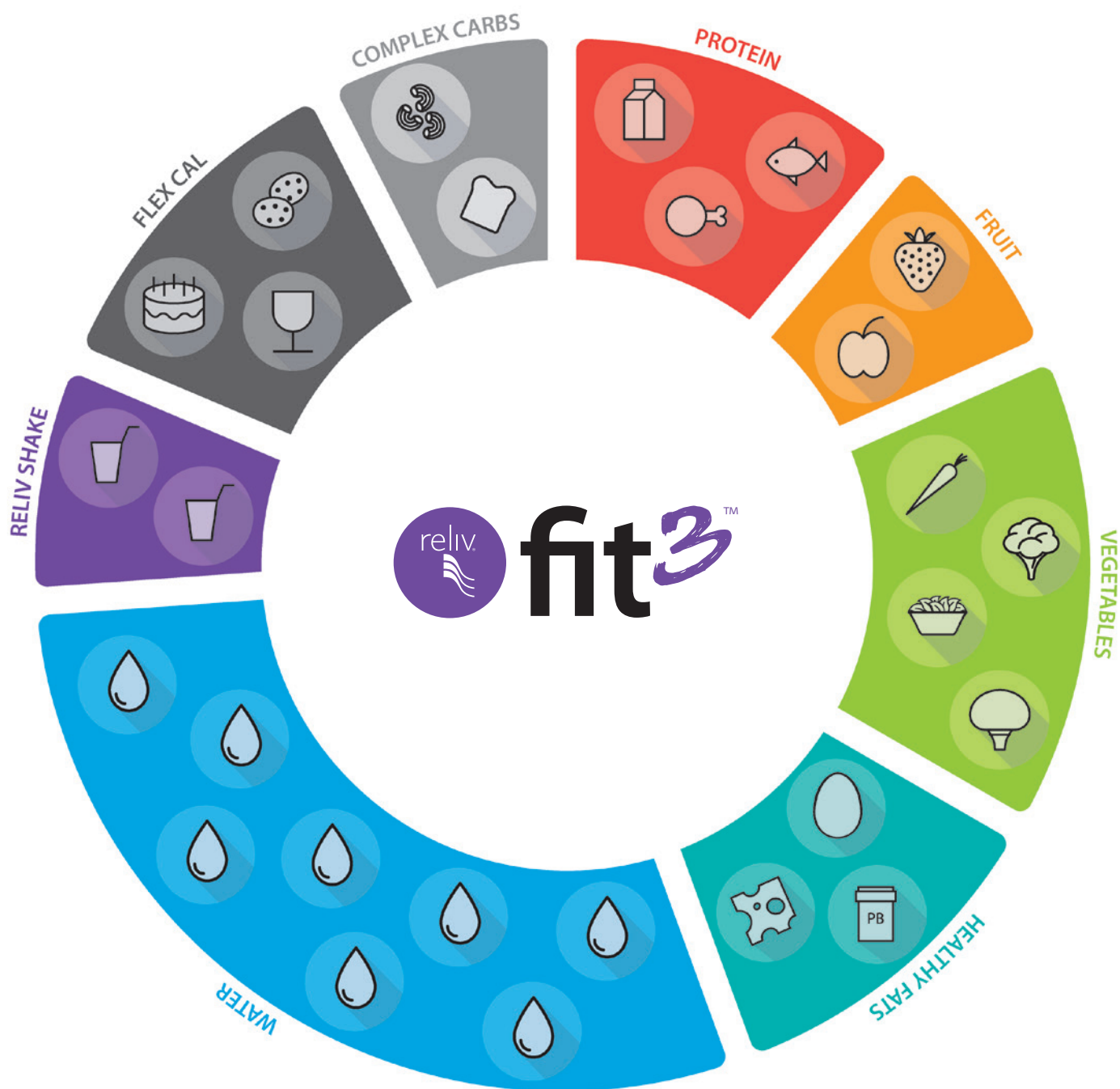
WEDNESDAY	B	PROTEIN 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	RELIV SHAKE 2	<input type="checkbox"/> <input type="checkbox"/>	VEGETABLE 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	S	FRUIT 2	<input type="checkbox"/> <input type="checkbox"/>	COMPLEX CARBS 2	<input type="checkbox"/> <input type="checkbox"/>	HEALTHY FATS 2-3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	L	WATER 60 OZ.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FLEX CAL 240	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
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THURSDAY	B	PROTEIN 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	RELIV SHAKE 2	<input type="checkbox"/> <input type="checkbox"/>	VEGETABLE 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	S	FRUIT 2	<input type="checkbox"/> <input type="checkbox"/>	COMPLEX CARBS 2	<input type="checkbox"/> <input type="checkbox"/>	HEALTHY FATS 2-3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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FRIDAY	B	PROTEIN 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	RELIV SHAKE 2	<input type="checkbox"/> <input type="checkbox"/>	VEGETABLE 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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SATURDAY	B	PROTEIN 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	RELIV SHAKE 2	<input type="checkbox"/> <input type="checkbox"/>	VEGETABLE 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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SUNDAY	B	PROTEIN 3	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	RELIV SHAKE 2	<input type="checkbox"/> <input type="checkbox"/>	VEGETABLE 4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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	S	1 box = 8 oz. water					
	D						





WEEKLY MEAL PLAN

women's level 2

WEEK OF _____

121-180 LBS., 1500-1800 CALORIES

B = BREAKFAST

S = SNACK

L = LUNCH

D = DINNER

MONDAY	B		PROTEIN 4	<div><div></div><div></div><div></div></div>	RELIV SHAKE 2	<div><div></div><div></div></div>	VEGETABLE 5	<div><div></div><div></div><div></div><div></div><div></div></div>
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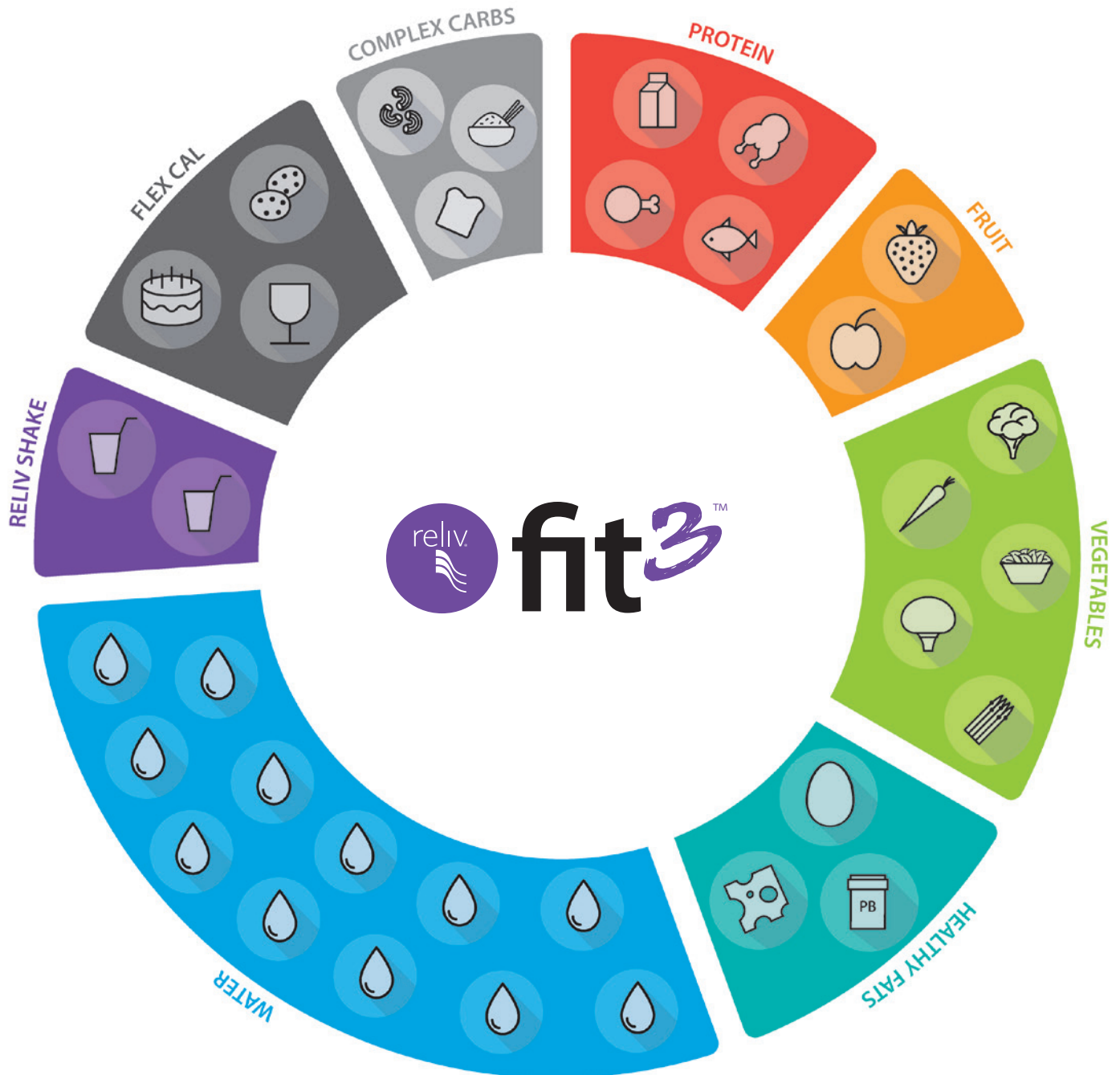
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THURSDAY	B		PROTEIN 4	<div><div></div><div></div><div></div></div>	RELIV SHAKE 2	<div><div></div><div></div></div>	VEGETABLE 5	<div><div></div><div></div><div></div><div></div><div></div></div>
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FRIDAY	B		PROTEIN 4	<div><div></div><div></div><div></div></div>	RELIV SHAKE 2	<div><div></div><div></div></div>	VEGETABLE 5	<div><div></div><div></div><div></div><div></div><div></div></div>
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SATURDAY	B		PROTEIN 4	<div><div></div><div></div><div></div></div>	RELIV SHAKE 2	<div><div></div><div></div></div>	VEGETABLE 5	<div><div></div><div></div><div></div><div></div><div></div></div>
	S		FRUIT 2	<div><div></div><div></div></div>	COMPLEX CARBS 3	<div><div></div><div></div><div></div></div>	HEALTHY FATS 2-3	<div><div></div><div></div><div></div></div>
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SUNDAY	B		PROTEIN 4	<div><div></div><div></div><div></div></div>	RELIV SHAKE 2	<div><div></div><div></div></div>	VEGETABLE 5	<div><div></div><div></div><div></div><div></div><div></div></div>
	S		FRUIT 2	<div><div></div><div></div></div>	COMPLEX CARBS 3	<div><div></div><div></div><div></div></div>	HEALTHY FATS 2-3	<div><div></div><div></div><div></div></div>
	L		WATER 90 OZ.	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	FLEX CAL 300	<div><div></div><div></div><div></div></div>		
	S		<small>1 box = 8 oz. water</small>				<small>1 box = 100 cal</small>	
	D							



WEEKLY MEAL PLAN

women's level 3

WEEK OF _____

>180 LBS., 1800-2100 CALORIES

B = BREAKFAST

● = SNACK

L = LUNCH

D = DINNER

[illegible]

TUESDAY

B

S

L

S

D

S

PROTEIN

5

RELIV SHAKE

2

VEGETABLE

6

FRUIT

2

COMPLEX CARBS

4

HEALTHY FATS

2-3

WATER

110 OZ.

1 box = 8 oz. water

FLEX CAL

360

1 box = 120 cal

WEDNESDAY

B

S

L

S

D

S

PROTEIN

5

RELIV SHAKE

2

VEGETABLE

6

FRUIT

2

COMPLEX CARBS

4

HEALTHY FATS

2-3

WATER

110 OZ.

1 box = 8 oz. water

FLEX CAL

360

1 box = 120 cal

THURSDAY	B																		
	S																		
	L																		
	S																		
	D																		
S																			


PROTEIN 5		RELIV SHAKE 2		VEGETABLE 6	
FRUIT 2		COMPLEX CARBS 4		HEALTHY FATS 2-3	
WATER 110 OZ. <i>1 box = 8 oz. water</i>		FLEX CAL 360 <i>1 box = 120 cal</i>			

FRIDAY


B					PROTEIN 5		RELIV SHAKE 2		VEGETABLE 6	
S										
L										
S					FRUIT 2		COMPLEX CARBS 4		HEALTHY FATS 2-3	
D										
S					WATER 110 OZ. <i>1 box = 8 oz. water</i>				FLEX CAL 360 <i>1 box = 120 cal</i>	

SATURDAY

B																			
S																			
L																			
S																			
D																			
S																			

PROTEIN 5  **RELIV SHAKE 2**  **VEGETABLE 6** 

FRUIT 2  **COMPLEX CARBS 4**  **HEALTHY FATS 2-3** 

WATER 110 OZ.  **FLEX CAL 360** 

1 box = 8 oz. water *1 box = 120 cal*

SUNDAY	B S L S D S		PROTEIN 5		RELIV SHAKE 2		VEGETABLE 6	
			FRUIT 2		COMPLEX CARBS 4		HEALTHY FATS 2-3	
			WATER 110 OZ. <small>1 box = 8 oz. water</small>					FLEX CAL 360 <small>1 box = 120 cal</small>



WEEKLY MEAL PLAN





men's level 2

171-220 LBS., 1800-2100 CALORIES

D = DINNER

SUNDAY

Meal	Protein	Reliv Shake	Vegetable
B	5	2	6
S			
L			
S			
D			
S			

FRUIT
2

COMPLEX CARBS
3

HEALTHY FATS
3-4

WATER
110 OZ.
1 box = 8 oz. water

FLEX CAL
360
1 box = 120 cal



WEEKLY MEAL PLAN

men's level 3

WEEK OF _____

>220 LBS., 2100 – 2400 CALORIES

Ⓟ = BREAKFAST

Ⓢ = SNACK

Ⓛ = LUNCH

D = DINNER

	B	S	L	S	D	S
MONDAY						

PROTEIN 6				RELIV SHAKE 2			VEGETABLE 6					
FRUIT 3				COMPLEX CARBS 4					HEALTHY FATS 3-4			
WATER 140 OZ. <i>1 box = 8 oz. water</i>												

FLEX CAL
420
1 box = 140 cal

TUESDAY

PROTEIN	RELIV SHAKE	VEGETABLE
6	2	6

FRUIT	COMPLEX CARBS	HEALTHY FATS
3	4	3-4

WATER	FLEX CAL
140 OZ. <small>1 box = 8 oz. water</small>	420 <small>1 box = 140 cal</small>

WEDNESDAY

B

S

L

S

D

S

PROTEIN

6

FRUIT

3

WATER

140 OZ.

1 box = 8 oz. water

RELIV SHAKE

2

COMPLEX CARBS

4

FLEX CAL

420

1 box = 140 cal

VEGETABLE

6

HEALTHY FATS

3-4

THURSDAY

B

S

L

S

D

S

PROTEIN 6

RELIV SHAKE 2

VEGETABLE 6

FRUIT 3

COMPLEX CARBS 4

HEALTHY FATS 3-4

WATER 140 OZ.

1 box = 8 oz. water

FLEX CAL 420

1 box = 140 cal

	B	S	L	S	D	S													
FRIDAY							PROTEIN 6	<div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div></div>	RELIV SHAKE 2	<div><div></div><div></div></div>	VEGETABLE 6	<div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div></div>							
							FRUIT 3	<div><div></div><div></div><div></div></div>	COMPLEX CARBS 4	<div><div></div><div></div><div></div><div></div></div>	HEALTHY FATS 3-4	<div><div></div><div></div><div></div></div>							
							WATER 140 OZ. <small>1 box = 8 oz. water</small>	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>			FLEX CAL 420 <small>1 box = 140 cal</small>	<div><div></div><div></div><div></div></div>							

SATURDAY

PROTEIN 6	RELIV SHAKE 2	VEGETABLE 6
FRUIT 3	COMPLEX CARBS 4	HEALTHY FATS 3-4
WATER 140 OZ. <i>1 box = 8 oz. water</i>	FLEX CAL 420 <i>1 box = 140 cal</i>	

[illegible]



BODY *measurements*

Date	Weight	Chest	Waist	Upper Arm	Hip	Thigh

Body Measurement Instructions

1. You're going to lose inches, so be sure to track them every week or at least monthly to celebrate every win!
2. Upper Arm: measure between the shoulder and elbow with your arm at your side
3. Chest: measure below the pecs/breasts, with arms extended out to sides
4. Waist: measure at the narrowest point above your belly button, but below your breast bone (sternum)
5. Hips: measure at the widest point of the hip or buttock region, with heels of feet together
6. Thigh: measure at the maximal width of the thigh

Tape Measure Tips

Remember that your measurements are only as good as your technique. Observe these guidelines:

1. Make sure the tape measure is even. A crooked tape gives crooked readings.
2. For the abdomen and waist, maintain normal breathing and take the reading at mid breath.
3. Take measurements directly against the skin where possible. Otherwise, wear something form-fitting. Bulky clothes will add inches to your measurements.
4. Pull the tape so that it's snug. Don't force it or pull it too tight. This will give you an artificially low reading.
5. Take measurements between meals. This will ensure your stomach is not distended and falsely increase the reading.
6. Need help? Ask a friend or family member to take your measurements.



WEEKLY TRACKING & SCORE SHEET

Name:	Date:	Max Points	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total Earned	*Total Allowed*
Reliv Shake (1 shake = 1 point)		14 (week) / 2 (day)									
Minutes worked out (15 min moderate activity = 1 point)		14 (week) / 3 (day)									
Follow the nutrition plan (80%-100% compliance = 2 points, 70%-79% = 1 point) focus on lean protein, healthy fats, complex carbs, vegetables and fruit, avoid processed foods, alcohol and sugar-sweetened drinks, 4-6 smaller meals throughout the day		14 (week) / 2 (day)									
Drink at least 80 oz. of water		7 (week) / 1 (day)									
Complete the Challenge Activity (define below)		7 (week) / 1 (day)									
Bonus Points (2 pts. per day max, each activity worth 1 point)		14 (week) / 2 (day)									
Try a new recipe/food		2 (week) / 1 (day)									
Attend group class or do Fit3 workout		2 (week) / 1 (day)									
Read nutrition/fitness articles		2 (week) / 1 (day)									
Log all food in journal/daily tracker/app		14 (week) / 2 (day)									
Post to Fit3 discussion board		2 (week) / 1 (day)									
Get 7 hours sleep		7 (week) / 1 (day)									
Total points for the week		Max. 70									

Challenge Activity: define your own daily habit that you want to improve (create a good habit or break a bad habit)

Comments:

Goal (# of points) for week (hint... nobody is perfect):

A woman with dark hair tied back, wearing a bright green tank top and dark blue shorts, is seen from the back, stretching her right arm high into the air. She is standing on a path in a lush green forest. The sun is low in the sky, creating a warm, golden glow and long shadows. The background is filled with tall trees and dense foliage, with sunlight filtering through the leaves.

Believe in yourself and you will be unstoppable.



fit3TM