**The 8-Week Ultimate Transformation Challenge Game Plan**

**Week 3 and 4 Game Plan**

For the next two weeks, you will move to phase two of your macro sheet. The reason for moving to phase 2.0 is to slightly reduce your overall macros. By decreasing protein, carbs, and fats, the body can continue to optimally burn fat while you still eat as much food as possible. With these small changes, it will continue to force your body to burn more fat. Please continue to focus on inches lost and not strictly weight lost.

**Week 3 Game Plan**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
| Phase 2.0   | Phase 2.0   | Phase 2.0   | Phase 2.0   | Phase 2.0   | Phase 2.0   | Phase 2.0   |

In week 3, you will eat slightly less carbs before you work out compared to afterwards. The reason for doing this is to continue to use glycogen for energy and to recover, but also to slowly decrease your overall carbohydrates for the week. The body is extremely smart and if major

changes are made, the body can stall fat loss. By slightly decreasing your overall macros, you will continue to get the best results without suffering the consequences.

**Non-Workout Days**

Just like on non-workout days, you will move your pre and post workout meals to your last 2 meals of the day.

**Week 4 Game Plan**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   | Sunday   |
| Phase 2.0 or 2.1   | Phase 2.0 or 2.1   | Phase 2.0 or 2.1   | Phase 2.0 or 2.1   | Phase 2.0 or 2.1   | Phase 2.0 or 2.1   | Phase 2.0 or 2.1   |

In week four, you will follow phase 2.0 once again unless otherwise told to switch by your coach. By now, it is very important to continue to properly fuel your body by eating as much food as you can and continue to drive your metabolism. Keep up the great work and keep doing the small things that matter! Trust yourself and trust this process!