

THE ULTIMATE TRANSFORMATION CHALLENGE

The 6-Week Ultimate Transformation Challenge Game Plan

Understanding our 3 Phase Approach

With our 3-phase approach we will turn your body into a fat burning machine that never allows your body to plateau or stall out. Each phase builds on top of the other to tap even deeper into your body's fat stores. Just as your body begins to get used to the 1st phase, we provide a new stimulus for change.

Each phase has a 2.0 or 2.1, 3.0 or 3.1, and 4.0, 4.1 or 4.2 version. The objective is for your body to continually lose weight at the appropriate rate, burn fat, and not have to switch to phases 2.1, and 3.1 for the first 6 weeks. The last two weeks you will be alternating between phases 4.0, 4.1, and 4.2. Your coach will decide if it is necessary to switch you to a different phase as the weeks continue. Please do not switch on your own.

The goal of any of our Ultimate Transformation Challenges is to feed you the most amount of food and calories possible, optimal burn fat, and completely transform your body.

To optimally transform your body, you must build or maintain lean muscle tissue as this is what will drive your metabolism during the 6-weeks and after.

Choose Your Level

Choose the level appropriate to your fitness goals and lifestyle. The higher the level the better results you can expect. Most importantly is adherence and consistency. If the thought of not having a free meal for 6 weeks is not doable then you will want to pick levels 1 or 2. If you are in it to win it and want the most optimal program for 8 weeks, then level 3 is the way to go.

Just remember though, if you choose level 1, you cannot expect the same results as someone on level 3. Regardless of the level, you will still get awesome results and completely transform your body.

- **Level 1** – Free Meal every week. 1x per week you can have a choice meal and have anything you would like.
- **Level 2** – Free meal every 2 weeks. 1x every 2 weeks you can choose a choice meal and have anything you would like.
- **Level 3** – Every 2 weeks on Saturday you will have a refeed day. On these days, you will follow your refeed macro chart.

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Understand Free Meals and Refeed Days

The purpose of a free meal is to strategically increase your caloric intake which will have positive effects on hormones that control fat loss.

With your free meals, it will provide you a mental break by removing all dietary guidelines and allow you to eat whatever you would like. This gives you a break and allows you to enjoy the foods you love. Please do not stuff yourself, but rather eat until you are satisfied.

For your free meal, it is **recommended to have meals that are higher in carbohydrates**. Keep protein and fats lower and EAT THE CARBS! The only problem with a lower-carb nutrition plan (and lower-calorie plan in general) is it can lower your thyroid production. Your thyroid controls your metabolism. By doing a strategic refeed every 1-2 weeks, this will keep thyroid hormones high and your metabolism up over the course of the program.

Purpose of a Refeed Day:

The purpose of a refeed day is to increase the amount of carbohydrates to help further drive your fat loss. On a refeed day, you will follow your refeed macro chart. Your carbohydrate intake will significantly increase, while your protein and fat will slightly decrease. The idea behind this is to increase your leptin levels and give your body the boost that it needs. Research shows strategic refeed days have the greatest benefit on leptin levels. Leptin is an important hormone that controls appetite and hunger. It is what makes you feel satisfied and full. Leptin affects energy, hunger levels, immune system function, mood, and help you avoid an all-out binge. Therefore, these days are important to keep you burning the most fat.

When to have your FREE meal or REFEED day.

Free Meal: If you decide to do level 1 or 2, we recommend having your free meals the last meal of the day on Saturday's. Please follow your regular macros for all other meals of the day.

Refeed Day: If following level 3, you will have your refeed day every 2 weeks on either Saturday or Sunday. Whichever works better for your schedule.

Simply put:

- The purpose of a free meal is to drive your metabolism, give you a break, and let you enjoy the foods that you love.
- The purpose of a refeed day is to drive your metabolism, increase calorie consumption, increase your leptin hormones, and continue to optimal burn body fat. This is achieved by following your structured macro refeed chart and the approved food list. Your carbohydrate intake greatly increases, while both protein and fats are slightly lowered for the day.

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Time to be HONEST

When choosing your level, start with the level you think you can be most compliant with. Over the course of the 6-weeks, you can always increase your intensity level to strive for even greater results.

Weeks 1 and 2 Game Plan

For the first two weeks, you will follow your phase one macro chart. Your macros will not change unless your coach feels that you need to move to the next phase macro chart. Please do not move to another phase on your own. The purpose of each phase is to give your body as much fuel as possible, while building muscle and burning fat.

Week 1 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

Phase 2.0 is designed to initiate your body to burn fat. This is accomplished by timing your carb intake to before and after your workout. Carbs are best utilized by your body at these times to replenish your glycogen stores when your body needs it the most. Glycogen is your bodies fuel source, especially for your liver and muscle. Therefore, timing is important to replenish these stores to properly recover, build muscle, and rev up your metabolism to optimally burn fat. For all other meals, you will eat protein, fat, and free vegetables.

Workout Day Carb Timing

- Pre-Workout: Eat your pre-workout meal 30-90 minutes prior to exercise.
- Post Workout: It's optimal to eat your post-workout meal within 60 minutes but no later than 1 hour.

Non-Workout Day Carb Timing

- On non-workout days, it is best to have your carb meals in the afternoon and evening.
- By eating carbs later in the evening, it will help support deep sleep and maintain an optimal cortisol curve.

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Week 2 Game Plan

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

In week 2, you will still follow your phase 2.0 macros, unless told to do otherwise by your coach. Please do not move to phase 2.1 on your own. This week is designed to further prime your body for fat loss.

Healthy weight loss is about 0.5 – 2.0 pounds and inches lost a week. However, it is extremely important to focus on inches lost, instead of primarily weight loss. Remember, this is a fat loss program. Keep giving it your all and the results will come!

Focus on your inches lost, how much better your clothes are fitting, and how much more energy you have!