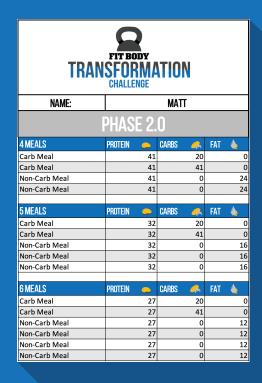


GAME PLANS: PHASE 2

WEEK 3 GAME PLAN

In week 3, you have the option to follow your phase 2.0 macros.



You should only move to your phase 2 macros if you followed your meal plan and food list accurately, worked out at least 3 times, limited diary to no more than 3 servings a day, and did not lose between .5% - 1% of your bodyweight the previous week.

If you are losing more than 1% of your bodyweight per week with your phase 1 macros, we recommend staying with your phase 1 macros until your weight loss stalls.

Our goal is for you to eat as many calories as possible while still losing weight. We aren't drastically changing your macros, just enough to help your body burn as much fat as possible.

Please continue to focus on how many inches you're losing; not simply lost pounds. Be sure to record your measurements in your habit tracker each week.

WEEK 4 GAME PLAN

In week 4, you have the option to follow your phase 2.0 or 2.1 macros.



TRANSFORMATION CHALLENGE PHASE 2.1						
4 MEALS	PROTEIN	-	CARBS	- BA	FAT	
Carb Meal		41		20		0
Carb Meal		41		41		0
Non-Carb Meal		41		0		22
Non-Carb Meal		41		0		22
5 MEALS	PROTEIN	<u> </u>	CARBS	- 64	FAT	
Carb Meal		32		20		0
Carb Meal		32		41		0
Non-Carb Meal		32		0		15
Non-Carb Meal		32		0		15
Non-Carb Meal		32		0		15
6 MEALS	PROTEIN	<u>_</u>	CARBS	- GA	FAT	•
Carb Meal		27		20		0
Carb Meal		27		41		0
Non-Carb Meal		27		0		11
Non-Carb Meal		27		0		11
Non-Carb Meal		27		0		11
Non-Carb Meal		27		0		11

You should only move to phase 2.1 if you followed your meal plan and food list accurately, worked out at least 3 times, limited diary to no more than 3 servings a day, and did not lose between .5% - 1% of your bodyweight the previous week.

At this point in the challenge, many people progress to their phase 2 macros, however, if you are still losing more than 1% of your bodyweight per week with your phase 1 macros, we recommend staying with your phase 1 macros until your weight loss stalls.

Our goal is for you to eat as many calories as possible while still losing weight. We aren't drastically changing your macros, just enough to help your body burn as much fat as possible.

Please continue to focus on how many inches you're losing; not simply lost pounds. Be sure to record your measurements in your habit tracker each week.

Trust the process and stay focused on becoming the person you want to become.



IMPORTANT

Week 4 marks the halfway point of the challenge.



You will also receive a halfway progress report to complete to ensure we provide you everything you need during the second half of the challenge. Please take a few minutes to complete the survey.