

GAME PLANS: PHASE 4

WEEK 7-8 GAME PLANS

In weeks 7 and 8, you have the option to follow your phase 4 macros.

TRANSFORMATION CHALLENGE							
NAME:		MATT					
PHASE 4.0							
4 MEALS	PROTEIN 🥌	CARBS 🚕	FAT 🌲				
Carb Meal	41	37	0				
Non-Carb Meal	41	0	13				
Non-Carb Meal	41	0	13				
Non-Carb Meal	41	0	13				
5 MEALS	PROTEIN 👝	CARBS 🔼	FAT 🄙				
Carb Meal	32	37	0				
Non-Carb Meal	32	0	10				
Non-Carb Meal	32	0	10				
Non-Carb Meal	32	0	10				
Non-Carb Meal	32	0	10				
6 MEALS	PROTEIN 👝	CARBS 🚕	FAT 🎍				
Carb Meal	27	37	0				
Non-Carb Meal	27	0	8				
Non-Carb Meal	27	0	8				
Non-Carb Meal	27	0	8				
Non-Carb Meal	27	0	8				
Non-Carb Meal	27	0	8				

At this point in the challenge, many people progress to their phase 4 macros, however, if you are still losing more than 1% of your bodyweight per week with your phase 1, 2, or 3 macros, we recommend staying with those macros until your weight loss stalls.

Remember, you should only move to your phase 4 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.

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.

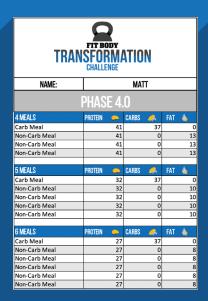
The last two weeks are designed to be intense and take your fat burning to the **NEXT LEVEL.** You will likely see the greatest weight and fat loss in these two weeks. Each week, we've slowly reduced how many grams of carbs and fat you're eating to help your body burn fat while keeping your metabolism up.

In phase 4, you will have low- and no-carb days.

We will be cycling these days to maximize fat burning. It is very important to follow each day's macros as outlined below.

EAT SODIUM-RICH FOODS

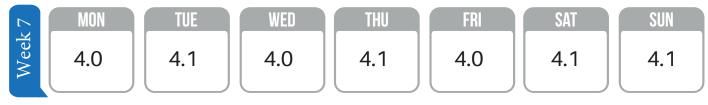
In this phase, be sure to eat sodium-rich foods. Why? When you reduce the amount of carbohydrates you eat, you also lower your electrolytes which are essential for your cells, organs, and body systems to work properly. By increasing your sodium levels, you also increase your electrolytes. So, go ahead and sprinkle iodized salt on your favorite foods. Pink Himalayan salt is best because it's rich in iodine which is important for thyroid function. Enjoy some pickles! They're high in sodium and taste like a treat when you are low-carb dieting.



TRANSFORMATION CHALLENGE PHASE 4.1							
4 MEALS	PROTEIN 👝	CARBS	-Şh	FAT	4		
Non-Carb Meal	41		0		10		
Non-Carb Meal	41		0		10		
Non-Carb Meal	41		0		10		
Non-Carb Meal	41		0		10		
5 MEALS	PROTEIN 👝	CARBS	₽	FAT	4		
Non-Carb Meal	32		0		8		
Non-Carb Meal	32		0		8		
Non-Carb Meal	32		0		8		
Non-Carb Meal	32		0		8		
Non-Carb Meal	32		0		8		
6 MEALS	PROTEIN 🥌	CARBS	- Pro-	FAT	4		
Non-Carb Meal	27		0		7		
Non-Carb Meal	27		0		7		
Non-Carb Meal	27		0		7		
Non-Carb Meal	27		0		7		
Non-Carb Meal	27		0		7		
Non-Carb Meal	27		0		7		

WEEK 7 GAME PLAN

In week 7, you will alternate between your phase 4.0 and 4.1 macros.



This signals your body to use fat as an energy source.

"IF THIS IS SO POWERFUL, WHY DIDN'T WE DO THIS FOR THE ENTIRE 10 WEEKS?"

Because you'd damage your metabolism and long-term weight-loss efforts. This is a very accelerated fat-loss strategy and should only be used for a short period of time. When the 10-Week Fit Body Transformation Challenge ends, we will slowly increase your carb intake.

WEEK 8 GAME PLAN

This is the final push! It will be a tough week, but 100% worth it.

In week 8, you will alternate between your phase 4.0, 4.1, and 4.2 macros Monday through Saturday. Sunday is a relax day.

TRANSFORMATION CHALLENGE							
NAME:		MATT					
PHASE 4.0							
4 MEALS	PROTEIN 👝	CARBS 🚕	FAT 🄙				
Carb Meal	41	37	C				
Non-Carb Meal	41	0	13				
Non-Carb Meal	41	0	13				
Non-Carb Meal	41	0	13				
5 MEALS	PROTEIN 👝	CARBS 🔼	FAT 🄙				
Carb Meal	32	37	(
Non-Carb Meal	32	0	10				
Non-Carb Meal	32	0	10				
Non-Carb Meal	32	0	10				
Non-Carb Meal	32	0	10				
6 MEALS	PROTEIN 👝	CARBS 🚓	FAT 🄙				
Carb Meal	27	37	(
Non-Carb Meal	27	0	8				
Non-Carb Meal	27	0	8				
Non-Carb Meal	27	0	8				
Non-Carb Meal	27	0	8				
Non-Carb Meal	27	0	8				

TRANSFORMATION CHALLENGE PHASE 4.1							
4 MEALS	PROTEIN 🥌	CARBS 🤼	FAT 🄙				
Non-Carb Meal	41	0	10				
Non-Carb Meal	41	0	10				
Non-Carb Meal	41	0	10				
Non-Carb Meal	41	0	10				
5 MEALS	PROTEIN 🥌	CARBS 🔼	FAT 🄙				
Non-Carb Meal	32	0	8				
Non-Carb Meal	32	0	8				
Non-Carb Meal	32	0	8				
Non-Carb Meal	32	0	8				
Non-Carb Meal	32	0	8				
6 MEALS	PROTEIN 🥌	CARBS 🧀	FAT 🧆				
Non-Carb Meal	27	0	7				
Non-Carb Meal	27	0	7				
Non-Carb Meal	27	0	7				
Non-Carb Meal	27	0	7				
Non-Carb Meal	27	0	7				
Non-Carb Meal	27	0	7				

TRANSFORMATION CHALLENGE PHASE 4.2							
4 MEALS	PROTEIN	-	CARBS	-	FAT	4	
Non-Carb Meal		41		0		8	
Non-Carb Meal		41		0		8	
Non-Carb Meal		41		0		8	
Non-Carb Meal		41		0		8	
5 MEALS	PROTEIN	<u>_</u>	CARBS	- GA	FAT	4	
Non-Carb Meal		32		0		6.0	
Non-Carb Meal		32		0		6.0	
Non-Carb Meal		32		0		6.0	
Non-Carb Meal		32		0		6.0	
Non-Carb Meal		32		0		6.0	
6 MEALS	PROTEIN	<u>_</u>	CARBS	-	FAT	4	
Non-Carb Meal		27		0		5	
Non-Carb Meal		27		0		5	
Non-Carb Meal		27		0		5	
Non-Carb Meal		27		0		5 5	
Non-Carb Meal		27		0		5	
Non-Carb Meal		27		0		5	

8	MON	TUE	WED	THU	FRI	SAT	SUN
Week 8	4.0	4.2	4.0	4.1	4.2	4.2	Relax Day

Following week 7, your body is even more primed to use fat as energy. So, by introducing a few days without carbs and reducing your fat intake a bit more, your body has no choice but to burn even more FAT.

Again, this is a very accelerated fat-loss strategy and should only be used for a short period of time. It is not intended to be a long-term weight loss strategy.

On Sunday, enjoy the foods you haven't had in a while and give yourself a complete mental break. Eat until you're satisfied. Do not stuff yourself or go on an all-out binge.

Come Monday, it's time to get BACK ON TRACK and follow your post-challenge game plan which transitions you to a more sustainable eating style that will allow you to keep losing or maintaining the weight loss you have worked so hard for.



If you're a current Fit Body client or decide to become a client before the challenge ends, you'll receive a post-challenge game plan.

The challenge is **JUST THE BEGINNING.** You have worked so hard over the past 8 weeks building the habits, routines, and rituals necessary to make this a lifestyle. Taking care of yourself doesn't have an end date.

If you continue to do JUST 3 THINGS, you'll be surprised at how simple it can be to maintain your results.



PLAN YOUR FOOD



PREP YOUR FOOD



WORKOUT 3 TIMES
PER WEEK

Likewise, if you STOP doing these things, you'll soon realize how easy it is to regain the fat you worked so hard to lose.

It's easy and all-too-common to fall into a post-challenge funk where you don't feel like doing these things. Do them anyway. Keep DOMINATING! You are worth the effort!