**Ulcerative Colitis Protocol**

Use the **Standard Calculator** to calculate challenger’s macros.

Please send the following information to your challenger along with their macros:

To help prevent symptoms/flare ups, we recommend the following:

* Avoid trigger foods (ex: dairy, gluten, raw veggies/fruits, spicy foods, etc.)
* Eat 5-6 meals/day for smaller portion sizes
* Drink half your body weight in ounces of water/day

If you experience any abnormal GI discomfort (including, but not limited to flare-ups, nausea, vomiting, diarrhea, etc.), please contact your physician as soon as possible.

WE ARE NOT DOCTORS! As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the Fit Body Transformation Challenge. The challenge is intended to supplement – not replace – medical care or advice as part of a healthy lifestyle. The information you receive from your coach should be used in conjunction with the guidance and care of your PCP, especially if you take insulin or other hormones for any health condition. If you do not feel well, or experience any health issues during the challenge, STOP and contact your PCP immediately.