**Diverticulosis Protocol**

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

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

Be sure to:

* Eat 5 to 6 meals each day for smaller portion sizes
* Drink at least half of your bodyweight in ounces of water each day

If you experience any abnormal gastrointestinal discomfort such as flare-ups, nausea, vomiting, diarrhea, etc., please contact you physician immediately and avoid high-fiber foods (e.g. raw veggies, fruits, grains, beans, and lentils), as well as spicy foods, dairy, or other foods that may make your symptoms worse.

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.