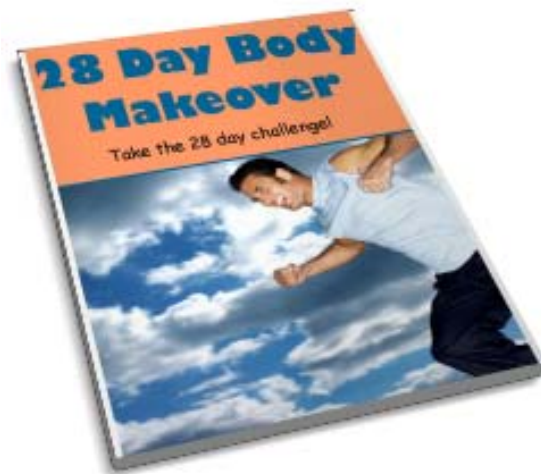


28 Day Body Makeover!

Permanent fat loss with only 20
minutes of exercise!



By Chris Walker

Take the Challenge!

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Contents

What's inside	
Introduction	Page 3
Outline	Page 4
Sample Meals	Page 6
The Rules	Page 7
The Workout	Page 8
28 Day Journal	Page 12
Blank Journal Page	Page 40
Metabolism	Page 41

Thank you for obtaining this program!
If taken seriously awesome health and fitness benefits await you!

Take the 28 Day Challenge!

The 28 Day Body Makeover

For the next 28 days I need you to throw out everything you've ever known about exercise and nutrition; were starting fresh with a clean slate. What can you expect? You can expect to do the same set of exercises for the next 28 days. You can expect to eat more food than you ever had before and you can expect to workout for only 20 min, probably the least amount of time you've ever spent exercising. Above all, for the next 28 days my goal is to make this habitual; to indoctrinate good nutrition and solid exercise principles into your life. Isn't it time you've increased your energy levels and stop making excuses why you don't have the body you desire? "If you don't have the body or health you want you're doing something wrong". Oh, I forgot to mention some more benefits of participating in the 28 day body makeover. Within the first three days you'll notice more energy. Within the first week decreased inches, then you'll notice changes in your appearance and strength and last but not least you'll notice the fat pounds coming off. I think that's all the good things I could say, now lets look at the outline.

Always consult a physician before starting a new diet or fitness regimen!

Take the 28 Day challenge!



The Outline

Exercise Theory

I'll let you in on a little secret...your body functions as an entire unit; for example, when you take a nap you're resting your entire body. It would be impossible to take a nap and only rest your legs... so, when exercising your body you should treat it as an entire unit. If you've been exercising for some time the common thing to do amongst gym goers is split your body parts up. You know, the "three day split" where one works on a couple of body parts per day ("Chest and Bi, Back and Tri"). I'm not saying you can't results using conventional methods; sure you can, but why not treat your body as it was designed, to function as an entire unit. Another secret I'll mention is you don't need to rest your body for 48 hrs in between workouts if that were true a construction or factory worker couldn't go to work five days a week. They use the same muscle group's everyday! In the 28 day body makeover you'll be working your entire body everyday performing six basic functional exercises. The exercises will be done in a circuit fashion with little to no rest in between, that will ensure an elevated heart rate and add cardiovascular benefits to your workout. How hard can it be to perform six exercises everyday lasting for duration of 20 minutes? No problem, you can do it, piece of cake, welcome back the "20 min" workout! (It was popular in the 80's) Oh, one more thing I forgot to mention you need no fancy equipment just you, yourself and maybe a chair.

Nutrition Theory

"Eat to lose weight" (fat)

This may be the hardest habit to master, if you're like most people your diet's probably not that good. There are two things we are trying to support here metabolism and lean muscle tissue. Did you know that bodybuilders eat up to eight times in a day? The reason is because the more you eat the better your metabolic breakdown, in other words the better you burn food (calories) baby! Well I bet your asking how I eat to lose weight. I'll encourage you to eat six moderate size meals a day or every 3-3 ½ hours...sure that's easy think in terms of breakfast, snack, lunch, snack, dinner, snack. Try that for starters. Most importantly all meals should be comprised of Lean Protein, Starchy Carbohydrate and Fibrous Carbohydrate. Just like any change, at first it won't be easy but once you get the hang of it you'll love your new energy level and lean body, oh and need I mention stay away from Simple Sugar, Refined Flour, And Processed Food. Food should be as natural as possible, free from Hydrogenated fat, low or free from Saturated Fat.

I assume now you're wondering what is a lean protein, starchy carb, and fibrous carb!
Here are some examples!

Lean Proteins:

Bison
Venison
Elk
Tenderloin
Chicken Breast
Turkey Breast
Cornish Hen
Whole Eggs
Egg Whites
Whey Protein
Low Fat Cheese
Low Fat Milk
Yogurt
Soy
Nuts
Legumes
Most Fish Filets
Tuna Fish
Shell Fish
Blue Fish
Snapper
Haddock
Trout
Cod
Clams
Shrimp
Bass
Sardines
Swordfish
Mackerel
Crab
Lobster

Fibrous Carbohydrates:

Broccoli
Cauliflower
Mushrooms
Peppers
Onions
Asparagus
Cabbage
Celery
Eggplant
Garlic
Green Beans
Spinach
Dark Leaf Lettuce
Apples
Blackberries
Blueberries
Cranberries
Strawberries
Melons

Starchy Carbohydrates:

Potato
Sweet Potato
Brown Rice
Basmati Rice
Oatmeal
Barley
Bran Cereals
Pasta Whole Grain
Pasta Kamut

Sample Meals

Morning Meals:

Egg white omelet with onions green peppers and tomato served with whole wheat bread or pita.
Instant oatmeal made with low fat milk topped with strawberries or banana.

Afternoon Meals:

Slice turkey breast on whole grain pita with tomato, onion, sprouts.
Beef burrito with whole grain wrap including brown rice tomato onions and peppers.

Evening Meals:

Chicken breast, served with baked potato and broccoli.

Remember to do the best you can until you get the hang of it, meal replacement drinks and protein shakes will also come in handy, oh and just so you have no excuse I'll even tell you what you can buy at the Supermarket.

Going Shopping

Buy lean proteins in the meat, dairy and seafood departments. Consider fish filets, tuna, ground turkey breast, flank steak, eggs, and egg whites in containers, fat free plain yogurt, and fat free cottage cheese. Buy starchy carbs and fibrous carbs in produce department. Think of fibrous carbs as all those green leafy vegetables including carrots, mushrooms, spinach, onions, red cabbage and cauliflower. Starches also include corn and peas; I've already mentioned potatoes. Add to your shopping cart some brown rice and whole wheat pasta frozen mixed veggies, frozen shrimp, frozen hash browns and don't forget to grab some bottled water on your way out. (Daily you'll need .55 ounces of water for every pound of bodyweight). Then quickly stop by your neighborhood health food store; grab some meal replacement and protein powder. That's it you're done!

The Rules

For the next 28 days you'll perform the 20 min exercise routine. You'll count only the days you work-out and not the days you do cardio. (you can do your workout and cardio on the same day) You're allowed to have one rest day per week if needed as well as the weekend to rest the body. If you can't make 4-5 day a week the minimum workouts allowed is 3 days per week not including cardio.

Keep a journal for the next 28 days; be sure to include your six meal intake and any changes in the way you look or feel.

You're allowed one cheat day per week, where you could eat the foods you've been craving for. (just try to take it easy)

Take before and after photos

Before

After

The Workout

The Warrior Cry

Scream, Shout or Sing real loud, do anything to change your physiological state and get you psyched up before your work out! Turn on your favourite music and ignore everyone for the next 20 minutes. While your getting psyched, warm up by jogging on the spot for about 5 minutes.

The Six Functional Moves

These six functional exercises are going to challenge every major muscle in your body. Perform them one after another with little to no rest in between.

Upper Body

Push ups

Advice

Focus on your form, hands shoulder width apart, body nice and straight, shoulders should sink past your elbows on every repetition. Aim to do all your repetitions in one shot, if not rest briefly and complete the rest.

Directions

1. Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
2. Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
3. Start position: Extend the elbows and raise the body off the floor.
4. Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor.
5. Return to the start position by extending at the elbows and pushing the body up.
6. Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.



Beginner, Intermediate, Advanced

50 Push ups, 100 Push ups, 100+ Push ups

Dips

Advice

Using a chair or any stable surface that can support your body weight you'll be performing dips. Hands should be shoulder width apart and elbows in.

Directions

1. Start by placing your hands on the bench and your feet are on the ground with your legs semi straight.
2. Proceed to bend your arms until they are bent to about 90 degrees.
3. Return to the starting position and repeat for the desired repetitions.



Beginner, Intermediate, Advanced

50 Dips, 100 Dips, 100+ Dips

Core

Air Bike Crunches

Advice

Lying on your back you'll bring your knees to elbows then return to starting position with your knees still ascended in the air you'll cross right elbow to knee. You'll alternate this for the next repetition bringing your elbow to your left knee.

Directions

1. Start by lying on your back with your hands behind your back and thighs bent 90 degrees at your hip.
2. Simultaneously curl your right shoulder and left knee up towards the center of your body until your elbow and knee touch. Return to the starting position and repeat with the other side.
3. Continuously repeat this pattern for the prescribed repetitions.



Beginner, Intermediate, Advanced

50 Crunches, 75 Crunches, 100 +Crunches

Plank

Advice

Lying on your stomach, you'll support your bodyweight on your forearms and toes, body should be straight resembling a plank. You will then hold this position as long as you can.

Directions

1. Start by placing your forearms on the ground
2. and forming a plank with your forearms and feet.
2. Hold this position keeping your body parallel to the ground for the required time.

Beginner, Intermediate, Advanced



30 sec Plank, 60 sec Plank, 60 sec+ Plank

Lower Body

Squatting Jump (Jumpies)

Advice

This is an explosive move and is meant to be done quickly. The starting position is in a squat as close to the ground as possible. Feet should be shoulder width apart and arms hanging by your side. From this position you'll vertical jump and then return to the starting position.

Directions

1. Stand with feet shoulder-width apart, trunk flexed
2. forward slightly with back straight in a neutral position.
2. Arms should be in the "ready" position with elbows flexed at approximately 90°.
3. Lower body where thighs are parallel to ground.
4. Explode vertically and drive arms up.
5. Land on both feet and repeat.
6. Prior to takeoff extend the ankles to their maximum range (full plantar flexion) to ensure proper mechanics.



Beginner, Intermediate, Advanced

25 Squatting Jump, 50 Squatting Jump, 100+Squatting Jump

Wall Sit

Advice

Leaning against the wall with your feet shoulder width apart, arms hanging by your side you'll slide your body down the wall until your legs are in an L shape. You should look like your sitting on an imaginary chair. You will then hold this position as long as you can.

Directions

1. Place ball against the wall and your lower back.
2. Proceed into a squated position so that your thighs are parallel to the ground.
3. Hold this position for the required number of seconds.
4. Remember to keep your feet flat on the floor and your knees behind your toes.



Beginner, Intermediate, Advanced

30 Sec Wall Sit, 60 Sec Wall Sit, 60+ Sec Wall Sit

Cardio & Stretching

In addition cardiovascular training can be done throughout the week, 15-20 min walk, run, bike for 2-3 times a week. For best results perform cardio directly after workout. Light stretching can also be preformed after each workout.

Supplements

Supplements are extra and not necessary but here are some basic supplements could try. Always be sure to consult your doctor before taking supplements or beginning a new workout program.

Multivitamin, Protein Powder, Meal Replacement Powder, Omega 369 (EFA), Creatine Monohydrate, L-Glutamine, Greens Drink.

Final Thoughts

The 28 day body makeover is made to be simple and effective, 20 minutes is all you need to change your body and your life. No more excuses because you don't need a gym membership, fancy equipment or a personal trainer. All you need is a little education and empowerment and the results you'll see will motivate you. If you want more muscles this is for you. If you want to lose those 10lbs this is for you. If you want to establish healthy habits and change your lifestyle the 28 day body makeover is for you. You can do it! You can make that change. Once you've conquered these 28 days there's no telling what you could do. Take control of your life. Take control of your health. Change your body forever. Looking forward to see your before and after pictures. All the best and God bless.

Now that you know what you're doing let's begin by journaling your daily activity beginning on the next page!

28 Day Body Makeover!

Day 1 (Check if exercised today)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 2 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day body Makeover!

Day 3 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 4 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 5 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 6 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 7 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 8 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 9 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 10 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 11 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 12 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 13 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 14 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 15 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 16 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 17 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 18 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 19 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 20 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 21 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 22 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 23 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 24 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 25 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 26 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day 27 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover! Congratulations, You did it!

Day 28 (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

28 Day Body Makeover!

Day ___ (Check if exercised)

Meal #1	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #2	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #3	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Meal #4	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #5	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	
Meal #6	Time:
Lean Protein	
Starchy Carb	
Fibrous Carb	
Other	

Observations

Congratulations!

Congratulations on a well fought journey. If you've stayed the course and not deviated from the plan you should notice dramatic changes in the way you look and feel. Above all you've should have learned new habits. Habit's that you can employ for a lifetime of health.

It doesn't end here you can keep going until you've reached the fitness/health level or physique you desire. To further fuel your new mind set read the article below to get an understanding of your metabolism. A very integral part of health and fitness, which by now should have gotten the kick start it needs:

Metabolism

On a nice starry night picture yourself by a campfire, imagine the flames emitting heat, making crackling and popping sounds fueled by various fire logs of different shapes and sizes. Everyone gathers around the fire to keep themselves warm. Can you see it? Do you have the image in your head? Well if not, here's more. Imagine the flames flickering and dancing in the wind, sometimes you fear your fire may go out so you add another log. You poke the fire with a long stick you found to encourage the flames. As you all gather around and watch the fire, you notice the different colours, sometimes red, sometimes orange at times even white. Every so often you add more logs, noticing your fire is in danger of dying down. You appear to be running out of logs, you spot some cardboard lying close by, you hasten to fetch it and throw it into the fire. The cardboard instantaneously catches a fire and begins burning rapidly. The cardboard burns too quickly and once again, your fire is dying down but just in time your friend comes along with some new found logs for the fire. Over zealous, you make a mistake and add too many logs at once smothering your fire. It seems to be almost extinguished. You quickly remove one of the freshly added logs and your fire appears to be ok. The camp fire is warm and toasty to amuse yourself you throw different objects in to see how quickly they will burn. Why am I boring you to death with this camp fire story because it beautifully describes our metabolism.

Story Relevance

Our metabolism is like your bodies internal fire. To stoke your fire you need to add food (logs) every so often (3-3 1/2 hours) or your metabolism will slow down drastically just like a fire in danger of being extinguished. Our metabolism burns up anything we put in it just like the fire. We need to ensure we have quality logs (complex carbohydrates– veggies, brown rice...etc) on our fire to produce heat . Stoking our fire with cardboard (simple carbohydrates, cakes, white rice...etc) will be easily burned and no good to the longevity of our internal fire. We have to be careful not to have meal portions that are too large or we run the risk of smothering our internal fire which will slow down metabolism as well. It is very important to protect our metabolism. Simply put it's the speed at which our body burns through food. Why is burning through food quickly important? Ok, we all know somebody with a fast metabolism that can eat anything and remain skinny and it is true that genetically some of us have an advantage but a big part of our metabolism is how we take care of it. We create our metabolism by how we eat. Some one with a slow metabolism takes long to burn through food and is more likely to store it as fat. So, it's advantageous to speed your metabolism up. A critical piece of the puzzle in the war against fat loss.

Conclusion

I hope now you understand the importance of metabolism. For the next couple of days if your goal is fat loss I want you to speed up your metabolism. I want you to eat roughly 6 meals per day moderate size every 3-3 1/2 hrs. Meals should consist of protein, starchy carbohydrate and a fibrous carbohydrate. Every one can have a fast metabolism, go ahead and take charge.

For more valuable health and fitness information from Fitnesstrainingformenandwomen.com visit our website and read our many health and fitness related articles or sign up for our fitness newsletter.

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Chris is a CFT and holds several health and fitness related certificates. Chris is also a member of International Sports Sciences Association, (ISSA) and Canfitpro Organization. Chris has made Media appearances on Global Television, Rogers Daytime and The Record News Paper. Chris is a published author of many health and fitness related articles and books, including his New Body Book, "Everything you need to transform your body".