

Getting Started Checklist

A lifestyle and whole body transformation doesn't have to be complicated. When you break it down into baby steps, little actions will quickly add up to BIG results. We know from experience the exact steps you need to take – and in what order- to achieve true, lasting, and fulfilling weight loss and muscle building success. Start here and work your way down the list to see and experience an instant improvement in your health, mood, and physique.

- Go to your kitchen. Grab a trash bag and throw away ALL of these items:
 - Chips
 - White Potatoes
 - White Bread Products
 - White Rice
 - Candy
 - Cakes, Donuts, and Cookies
 - Fried Food
 - Fast Food
 - Ice Cream
 - Soda
 - Juice
 - Red Meats
 - Energy Drinks
 - Processed, Pre-Made Coffee
 - Creamer
- Download a calorie-tracking app. You don't necessarily need to keep track of calories with our program. But use this to get an idea of how much calories are in one serving of your favorite foods.
- Get an idea of how much 1 serving of your favorite foods look like. Grab a scale and weigh it out.
- Take out a pitcher and measure out 36 ounces of water. This is how much you should be drinking **every day** – starting now.
- Put away any food that is visible on your counters. It's a lot easier to resist temptation when all your food is put away.
- Aim to get 7 - 8 hours of sleep every night, ideally between the hours of 10pm – 6am.
- Meditate before going to sleep to re-center and still your mind and body. There are great apps for this in the App Store, just search for "meditation app"
- Eat all your calories between 8am – 8pm. Or, if you feel up to it, try to eat all your calories between 9am – 5pm. Intermittent fasting is one of the best ways to naturally and permanently elevate your body's basal metabolism.

X50 50 DAY CHALLENGE STARTING CHECKLIST

- If you're addicted to caffeine (as in you've been taking it for a long time without any breaks), cycle off **right now**. Try going at least 3 days without it. After the 3 days are up, follow this schedule throughout the 50 Day Challenge:
 - Days 1 – 15 : 125 mg per day
 - Days 16 – 30: 175 mg per day
 - Days 31 – 50: 225 mg per day
 - (Note: 1 cup of coffee has about 100 mg caffeine)
- Make a list of things to do when you're bored, feeling down, and tempted to binge. Ideas include:
 - Going for a walk
 - Meditate and/or do yoga
 - Go stargazing
 - Have an intense workout session
 - Watch a stand-up comedy show
 - Going to the store to buy yourself a new outfit
 - Going for a hike
 - Text a friend or family member
 - Going window shopping at the mall
 - Playing sports with your friends
 - Learning a new skill
- Sit down right now and write a list of your reasons for losing weight and getting healthy. It can be anything from wanting to look sexy to doing it for your family. Be as honest as you need to be. Keep this where you can see it and read it every day
- Find 1 – 3 fitness bloggers or sports stars you find motivational. Follow them on social media and read their posts daily
- Cut up veggies and fruit and keep them at eye level in your fridge for smart snacks
- Keep moving. Avoid sitting at home watching TV.
- Put your fork down between bites. Think about what you're eating. Chew slowly. Don't go for seconds until at least 20 minutes after you finish your first serving.
- Eat only when you're really hungry. Otherwise, distract yourself.
- Don't eat snacks out of the bag or box. Put a single serving into a bowl.
- Eating out? Box up half your food as soon as you get it.
- Pack a healthy lunch for work or school.
- Weigh yourself daily to track your weight loss.
- Celebrate progress every step of the way. Every time you have a full day of eating healthy and exercising, treat yourself. Rent a movie, buy new clothes, get pampered – whatever it is that will motivate you.
- Plan meals ahead of time so you know you'll be healthy
- Take a "before" picture on day 1 of your X50 Challenge. You'll be glad you did once day 50 arrives and you can see how far you've come!

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