

## General Guidelines

For six weeks we are going to focus hard and double down on nutrition and fat destruction. Know that 80% of weight loss is from what you consume. In most cases, exercise is just a bonus for fat loss. However, it will create a tone look as the weight drops and we will be talking about gaining some lean muscle mass frequently.

Now, let's talk about some guidelines and a few more things we are going to set our gaze on.

## General Guidelines

These are just some general things to keep in mind while you are working toward your goal. The process works if you work it. Focus on nutrition and water first and foremost. Exercise will come along later.

Our main goal with the exercise is not necessarily calorie burn (except for cardio), but rather to build lean muscle mass. You will not get bulky, just tone. The lean muscle mass will give you a boost in several ways. First, for our purposes, lean muscle burns extra calories just sitting there. While sleeping. Chilling like a villain for a Netflix marathon. Floating down the river. Can't beat a deal like that.

Here are the general guidelines we will try to follow as close as possible:

1. You can't manage what you don't measure. We will measure everything. Liquid in measuring cups and everything else in grams. Most foods state how many grams are in a serving, and this allows you to be more precise with your portions.
2. Nutrition, water, and sleep are most important. These are responsible for 75-80% of your weight loss. You can't out-exercise a bad diet.
3. Eat meal one within 30-60 minutes after waking. Meal 6 is shortly before bed. Between, try to eat every 2-3 hours with 3 hours being as long as you go without food. (You are intermittent fasting, just focus on eating during the same time frame daily).
4. Increasing water intake to eventually a gallon a day. That first week, shoot for at least a half gallon. That's just four 16oz bottles. More if you can comfortably. Flavor packs are fine, just go for zero calorie. Different varieties are available that include caffeine and vitamins for an extra boost to your day.
5. When exercise becomes part of the routine, focus on quality over quantity. Great form, slow and controlled for a small number of reps is much better for results than haphazard "get it done" modality. Did I mention that you can't out exercise a bad diet?
6. Record your starting point. I want you to take front, back, and each side pictures. Workout clothes or swimwear. For front and back pictures, arms straight out so you form a "T" with palms forward. Side pictures with arms straight in front of you and hands palm to palm. Also measure your upper arms, thighs, neck, bust, waist and hips. There will come a time when the scale might not move much, but those visuals and measurements will change. Sharing the pics is optional, if you choose to we will celebrate your progress as we go and adjust exercises when needed to target specifics. All info is forever confidential.
7. One last thing-you can't out exercise a bad diet.

Not too difficult, right? Be patient with yourself and follow the process. You will slip up. Life will throw a curve ball and the only way you will catch it is with a bacon cheeseburger in one hand and a milkshake in the other. If you fall off the wagon, just get right back on the next meal. Not tomorrow. Not Monday. Not after Aunt Matilda's birthday party. The very next meal. We will discuss meal prep in great detail soon. This helps avoid a lot of food emergencies. With time and practice you will be able to complete most of your cooking for the week in a couple hours.