



6 WEEK TRANSFORMATION CHALLENGE

<http://iron-body.com>



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Welcome To All Incoming Challengers

Welcome to the BEGINNING OF YOUR NEW LIFE.

We can promise that none of you will EVER be the same.

You will learn a lot about you and your DESIRE to be a better, healthier YOU. You WILL have times that you want to cave...DO NOT GIVE IN! (That is unhealthy thoughts and misery wanting company...do not be their guest) Reach out to the community for guidance and support. WE ARE HERE! Take your opportunity seriously, yet have fun along the way.

You are just 42-days away from receiving your 1st reward along your path to better health. Read the F*(@# Manual, (RTFM) and give ALL of your effort!

You have the power to TRANSFORM!

— The IronBody Fitness Transformation Team

*Success is not final;
failure not fatal; it is
the courage to
continue that
counts.
-Winston Churchill*

Before starting any exercise program, you should always consult with your primary physician for approval.



Pre-Challenge Check List

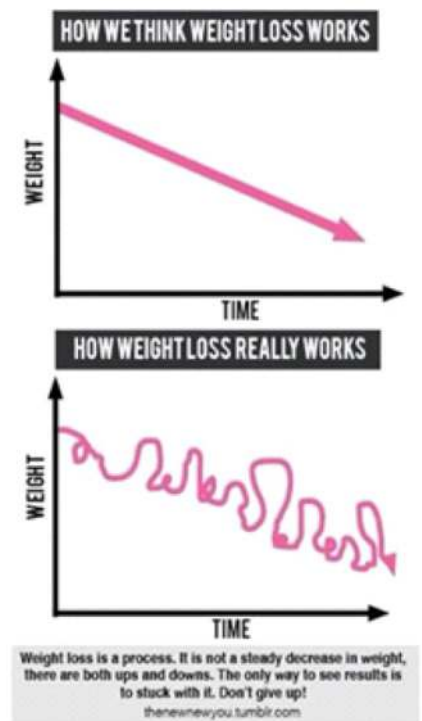


- You should have already read, initialed and signed the 6 Week Challenge Agreement.
- You should have gotten this manual at a Nutrition Seminar
- Your Initial weigh-in – done at the nutrition seminar
- Change your profile picture on Facebook to the 6 Week Challenge Logo above. Please use the following link to retrieve the picture: <https://goo.gl/wfmNoF> - you must keep this picture for the duration of your challenge(s).
- Friend Dave and Cheryl on Facebook
- Get added to the 6 week challenge secret group on Facebook called “IronBody Fitness Transformation Center”. We will also be adding you to our Hope & Cash Page for nutrition and other info and the IronBody Fitness secret group that all members are put in to. Look in the files section for an ebook that shows many of the exercises and warm-ups we do
- Download the ZenPlanner Member app to your phone. Check your email for a user id (your email address) and password. Login and reserve a spot in the sessions you want to attend. There is a four-hour cutoff.
- Check your inbox for an email about Habit Catalyst and me adding you to the program. You should have already gotten this email
- Workout Times – Monday thru Friday 6:30a, 9a, 5:15p. Monday thru Thursday 6:30p Saturdays 7:45a, 9a but are subject to change based on participation in a given time slot or Holidays.



Rules For Success

- 1) Refer to this Facebook Forum for success (IronBody Fitness Transformation Center) (<https://www.facebook.com/groups/1770619313214056/>). Nothing like your own peers (our alumni) telling you exactly what they have done to become successful.
- 2) **RTFM.** Read the Frickin Manual! If it's not written down on your meal plan do not eat it! We want you to succeed. Our success depends on your success.
- 3) The Facebook Group is for support and encouragement. **No complaining, or negativity is allowed.** Please keep it positive and if you have a concern state it in a positive way
- 4) No drama queens/kings – you will be expelled immediately. Trust the process. By working out and eating better you are going to get there. It will happen. Weight loss is not a linear process; see the figure to the right.
- 5) Ask questions in the group, everyone in there has been there done that and you questions and the answers will help everyone.
- 6) If you can answer someone's question feel free to do so. The more everyone uses the group the better. We want to build a community both in the gym and on Facebook
- 7) Make sure you tag me or Cheryl if you need a quick response, otherwise we may not see your question for a while
- 8) If you are doing the Full Refund Challenge and If you have 30 or more pounds to lose or your Body Fat Percentage is over 31% for women and over 24% for men, you have agreed to roll it over until the job is finished. You **MUST** lose at least 15lbs in EACH 6 week cycle in order to continue in the program! You must be 100% committed to be at a healthy **body fat percentage of less than 31% for women or less than 24% for men.** Losing 15lbs is great, but if you really need to lose 60 or 90 you are only getting started.





9) You must check-in to the IronBody Fitness Transformation Center PAGE (not the group) on YOUR Facebook profile every day that you workout. Your friends and their friends see your amazing results and want to know how and where you did it. This helps us get new prospects so we can show them how we can help them succeed. This is in your agreement and you must do this to qualify for your refund or your hotel accommodation voucher. If you are working out the required 3 times a week that's 18 check-ins in 42 days. You do not qualify for a refund or the hotel accommodations voucher if you have not checked in at least 18 times during your program. If you do optional workouts you should also check-in when you do them. Basically check-in on Facebook every time you pull into the parking lot.

10) Be happy about your progress. You are working out and doing something good for your health. We are going to do everything in our power to get this 15lbs off without resorting to unhealthy practices. But please do not get frustrated, bummed out or discouraged if for one reason or another you didn't hit your goal. I promise you that once you see your pictures side by side you will be very happy.

11) Please do not ask us to make exceptions. To protect the integrity of the program and make it fair to everyone we must all follow the same rules. No exceptions.

12) You must weigh in every Monday with our staff taking a video of the weigh in and pictures after. This is essential for getting results and this is the only way we can monitor your progress.

13) To promote healthy habits we must weigh you every week and you must not be more than 7.5 lbs away from your targeted 15lb goal by the end of the fifth week. Keep it healthy!

14) DON'T PROCRASTINATE. Start fast and finish strong. People who procrastinate add extra stress to themselves and others in the group.

Now, let's work hard, RTFM (Read the Frickin Manual) and get some results. We are here for you.



Your First Week

✓ **MEAL PREP - [Download the Weekly MealMap Guide](#)**

Planning, shopping for food and preparing it in advance will be something new for most people. But once you get this habit down you will find yourself getting through it fairly quickly. Check your meal plan for the week, go to the store and get what you need. Come home and pre-cook as much as you can, place it, premeasured in storage containers. Put it in the freezer if necessary. Pack it in a cooler to take your food to work or anywhere else. If you spend a lot of time running around on the weekend, pack your food and bring it with you then as well. Don't let yourself go hungry. If you do you will find yourself hitting up the fast food places, which is NOT ok.

✓ **Kitchen Cleanup – [Download the Kitchen CleanUp Guide](#)**

Get rid of all junk foods, make sure you have all the proper tools; pots, pans, crock pot etc

✓ **SET ALARMS FOR MEAL TIME**

Meal timing is the factor to establishing metabolism as we begin to stoke your metabolism and fuel that lean muscle with fat stored. Eat every 2.5 – 3 hours starting as soon as you get up until you go to bed. This should equate to 3 meals and 3 protein shakes every day. Eating this frequently may be tough at first but it will keep your metabolism up and give your body the fuel you need. Many people under-eat everyday because they get too busy or forget to eat. The problem with this is your body will react to the extremely low calorie intake but slowing down your metabolism. This leads to increased fat storage and burning off of your muscles for energy.

✓ **YOU WILL BE SORE.** Especially the first week or so and especially if you haven't worked out for a while. Keep moving, stretching, and breathing. Stretch throughout the day. Walk to get blood flowing. Drink plenty of water to flush out toxins.

✓ **YOU MAY FEEL DRAINED**

Establish normal (or better) sleep patterns. Ideally strive for 7 plus hours as we condition the body physically and mentally.

✓ **YOU MAY GET CONSTIPATED**

You can purchase dieters tea found at most grocery stores/health food stores. Typically it is called Dieter's Tea or Smooth Move. If that doesn't work after a day or so and you've been taking the Natural Calm (see the supplement section) you may need to get some Phillip's Milk of Magnesia or something similar, just be ready for the results!

✓ **YOU MAY HAVE HEADACHES OR FEEL BAD IN GENERAL**

Keep up on your water, and get it in early in the day. Our bodies are busy processing and removing toxins from our systems. Water helps transport nutrients in and flushes waste out. Remember 1 gallon of water every day!



✓ **S**T Happens**

Be like a boy scout and always be prepared. Things always come up, you might forget your protein shake or it might spill, keep some at work just in case. Keep an extra set of workout clothes in your car just in case you forget them. Be Prepared!

✓ **NEW EXERCISES/MOVEMENTS**

Our goal is quality of movement over quantity (weight or reps). Bad movement leads to injuries! Take your time and listen to your coach. You will be learning a LOT of exercises, most you've probably never seen or done before. Take your time and do your best. If anything hurts or doesn't feel right, LET ME KNOW ASAP!!!



Food Plan

General Information

The ultimate goal of this program is to teach you proper nutritional habits to last you the rest of your life. Even though the challenge is only 6 weeks it doesn't mean you go back to eating like you did before you started. If you revert to old habits you will re-gain all your lost fat and then some! This is for a lifetime not a quick fix.

Portion Sizes

How do you determine how MUCH to eat each meal? Weighing can be a pain in the butt and counting calories doesn't work for several reasons, but there is one way that is easy and you never have to worry about not having a way to check portion sizes. We use hand sizes to determine portion sizes, which makes it pretty easy. Of course if you aren't sure you can always weigh your food out during meal prep time.



MEAL MAPPING

AIM FOR ONE SERVING AT EACH MEAL

SERVING SIZE = SIZE OF YOUR PALM

One palm for women. (20-30g)
Two palms for men. (40-60g)

GOAL: 1/4 - 1/2 PLATE OF PROTEIN



PROTEIN

AIM FOR TWO SERVINGS AT EACH MEAL

SERVING SIZE = SIZE OF YOUR FIST

Strive for 5 fists per day.

GOAL: 1/2 YOUR PLATE IS VEGETABLES.

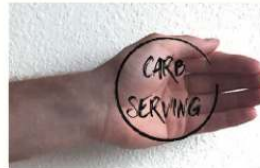


VEGGIES

BEST IF ADDED AROUND YOUR WORKOUTS

SERVING SIZE = SIZE OF CUPPED HAND

The best choices for carbs are berries & veggies, including sweet potatoes, brown rice and quinoa!



CARBS

DON'T FORGET THE FATS

SERVING SIZE = SIZE OF YOUR THUMB

It's easy to include healthy fats in your diet by cooking in oil or by eating fish, nuts and avocados!

GOAL: HEALTHY FATS AT EACH MEAL.



HEALTHY FATS

ZERO CALORIE BEVERAGES

DON'T SABOTAGE YOUR NUTRITION WITH SUGAR-LADEN DRINKS.

Choose from water, unsweetened tea & coffee.

DRINKS



Recommended Food List

Protein	Smart Carbs	Vegetables	Healthy Fats
Chicken Breast (skinless)	Sweet Potato	Broccoli (U)	Extra Virgin Olive Oil
Turkey Breast (skinless)	Brown Rice	Asparagus (U)	Walnut Oil
Whole eggs	Oat Meal Steel Cut or Rolled	Spinach (U)	Sesame Oil
99% Lean Ground Turkey	Yam	Kale (U)	Avocado Oil
93% Lean sirloin or other beef	Quinoa	Brussels Sprouts (U)	Extra Virgin Coconut
Buffalo, bison lean	Spaghetti Squash	Celery (U)	Butter
Venison or other wild game	Red Potatoes	Cucumber (U)	Raw Avocado
Veal	Bulgur	Green Beans (U)	Chopped Almonds
Tuna	Plantain	Red Cabbage	
Shrimp	Butternut Squash	Bok Choy	
Scallops	Spelt	Eggplant	
Salmon	Grapefruit	Carrots	
Halibut	Blackberries	Bell Peppers	
Orange Roughy	Raspberries	Radish	
Swordfish	Blueberries	Cauliflower	
Cod	Strawberries	Mushrooms	
Supernatural Yogurt			
Regular or Low Fat Vanilla or Plain	Tomatoes	Artichoke	
Supernatural Low fat or Regular Cottage Cheese	Medium Apple	Zucchini	
	Small orange		
	Small Banana		

Other than the cottage cheese, keep the dairy intake to a minimum. No cheese or milk, no creamer or half-and-half. The fruits in yellow should only be eaten once per week



Condiments, Sweeteners & Drinks

<u>Condiments</u>			
Lime and Lime Juice		Salsa (Moderation) Mustard (Yellow)	Olive Oil Vinegar (Balsamic or Red Wine)
Lemon and Lemon Juice			Garlic
Onions		Salt and Pepper	Calorie Free Herbs and Spices
ANYTHING THAT HAS ZERO CALORIES WITH NO ARTIFICIAL SWEETENERS			

Sweeteners

ONLY 100% Pure Stevia (Natural)

While artificial sweeteners and other artificial zero calorie foods don't contain calories they WILL hinder your fat loss results. They make you hungrier so we don't recommend them. Abusing these items can be detrimental to your health.

Coffee & Tea

Coffee and tea with no creamer is ok. You may use stevia to sweeten it if you so desire. A great alternative to cream is protein power. Simply place a scoop of powder in the bottom of the cup, mix in some cold water until you have a paste, then add the coffee. If you put the powder into the hot coffee or pour hot coffee on the powder it will not dissolve leaving you with lumpy coffee ☹️

Alcohol (NO!)

Alcohol is a toxin to the body and once it enters your blood stream it starts a chain reaction, which will inhibit your metabolism. Many metabolic functions will come to a halt when alcohol is present in your body. Alcohol will also severely dehydrate your body, which can be very harmful to your health and fat loss results. NO ALCOHOL is allowed in the 6 Week Challenge.

Water

Drink a gallon of water a day. Your body needs water for every physiological function. Fat loss is no different. Trying to cut water throughout the challenge can hinder your results and lead to bodily harm or even death. Increasing your water intake will raise your metabolism, lower your risk of stroke or heart attack, make you less likely to cramp. In addition, many times being hungry is a sign of dehydration rather than actual hunger!



Recommended Supplements



1) Ancient Nutrition Bone Broth Protein – This is the best protein powder available. Made from 100% organic chicken bone broth, it contains 20g of protein, less than 1 gm of fat and 1g of sugar from Monk Fruit. No soy, no grains, no gluten and no dairy!



2) Nordic Naturals Ultimate Omega 3 (with D) - Take 1 pill 3 times a day with your major meals. Important for tissue & metabolism health



3) Eniva Vibe Fusion - Liquid Vitamins - Mix 1 ounce with 8 ounces of water once per day. Order from <http://Eniva.com>. When you sign up (no charge) use my number 72192



4) Eniva Lean PM - Lean PM is a sleep aid that also helps burn fat. If you aren't sleeping well or wake up in the middle of the night Lean PM will help you sleep better and longer. Getting good sleep reduces Cortisol, the stress hormone. If your Cortisol levels are high you won't lose fat as quickly.



6) Natural Calm - Magnesium powder. Most people are severely deficient in Magnesium. This powder will help your muscles relax and help you sleep better. Beware that too much has a laxative effect.



7) Magnesium Glycinate – Magnesium glycinate is made up of magnesium, an essential mineral, and glycine, a non-essential amino acid. It is easily absorbed by your body, likely because it gets carried to your cells bound to the amino acid. This form of magnesium also is desirable because it's less likely to cause a laxative effect. Supplementing with magnesium glycinate can have several benefits. However, you need to consult a health care provider before using it, especially if you are attempting to treat a deficiency or health issue. [Read More....](#)



Daily Meal Plan Sample

Meal 1 – Whenever you get up Eggs (P), Spinach (V), Fish Oil. If you are going to workout at the 6:30a class, have a shake before and eat your 1st meal after the workout. If you eat the meal after the workout add in a serving of steel cut oatmeal. You can eat ANYTHING on the list as your first meal of the day. You could have chicken breast and a salad instead of eggs and spinach.

Protein Shake 2.5hrs later 1 scoop<150lbs, 2 scoops 150-250lbs, 3 scoops>250lbs

Meal 2 – 2.5 hrs later Chicken Breast (P), Broccoli (V), Sweet Potato (C)

Protein Shake 2.5hrs later 1 scoop<150lbs, 2 scoops 150-250lbs, 3 scoops>250lbs

Meal 3 – 2.5 later Fish (P), Brown Rice (C) , Asparagus (V)

Protein Shake 2.5hrs later 1 scoop<150lbs, 2 scoops 150-250lbs, 3 scoops>250lbs

- **Limit starchy carbs to post-workout meals, that is, the meal immediately after the workout.**
- **IMPORTANT: Begin eating when you wake up (whatever time that may be) and continue alternating meals and protein shakes every 2.5hrs until you go to sleep. There is NOT a cut off time of day/night.**
- **Supplements are recommended for the most optimal results but are not required.**
- **If you choose to NOT use protein shakes you need to eat a serving of protein from the list instead.**
- **You need the additional protein to make sure your body maintains its muscle mass.**



FAQ'S

Q: Can we have _____

A: If it is not listed above you are not allowed to have it. RTFM!

Q: I am not hungry at the scheduled meal times; do I have to eat?

A: Yes! It is important to eat the correct amount of food. Under-eating will prevent fat/weight loss and instead will make you get fatter as your body burns of muscle for energy

Q: Will I get big, bulky muscle by lifting weights?

A: No, you will get stronger and your body will shrink. 1lb of fat takes up more space than 1 lb of muscle (muscle is denser) so you will get smaller even though your scale weight may stay the same. That is why we look at body fat loss in addition to weight loss.

<http://www.muscleandstrength.com/articles/female-myth-lifitng-makes- you-look-like-a-man>

Q: How important are Facebook check-ins?

A: As part of your Agreement, you must check in at the gym on every visit, on your own page. It must be using the location check in and it must be available for all of your friends to see! Please be sure you are checking in every time you visit the gym.

Q: How do I check-in to Facebook?

A: Start by going to Facebook from your phone (most users have a Facebook application installed). Use the check-in button on your Facebook newsfeed. Don't navigate to IronBody secret group page to check-in. Open Facebook and click the "Check-in" button. Then search "IronBody Fitness", if you are at the gym we should show up at the top of the list. Next tag the Dave and whomever else you would like to tag. Then write a brief sentence about your workout and number your check-in. Example: "Ready to train legs #14." Click the Post button. You should see your post with a small map showing where we are located. **Make sure you see IronBody Fitness Transformation Center Logo.** Congratulations, you just checked in! You can also check-in when you post a status message on Facebook.



**Q: Should I cut Salt?**

A: NO. Your muscles need Sodium, Calcium & Potassium. Cutting salt will hinder your results in this challenge. When people suggest a low sodium diet they mean cut out processed foods, not cutting all salt. You would need to salt whole foods to the point that it would be undesirable to reach the level of sodium that most Americans consume! Cutting salt will hinder your results if not instructed by your Doctor. Only use Himalayan or Celtic Sea Salt not white table salt!

Q: How do I use the secret Facebook group?

A: The IronBody Transformation Center Facebook group is meant to encourage and educate. Please don't use the group to vent or complain. Energy is contagious and we want to make sure we are all staying positive and motivating each other. Please refrain from asking questions about food that is not in this packet. We put only the best food in this packet to help you get the best results possible.

Questions regarding non-listed food only cause mass confusion. RTFM! If you would like to review some educational videos and resources please click on the "Files" tab. You can also search for recipes in this group.

Q: Can I use Crystal light and Walden Farm's Zero Calorie Sauces?

A: No. They contain artificial sweeteners, which have been shown to INCREASE appetite!

Q: Are 3 workouts a week enough?

A: Most likely yes. You HAVE to workout 3 sessions per week but you may come 5 times per week if you choose. However training too much can backfire on you. Exercise is a stress like worrying about money and the end result is the same. Stress increases cortisol levels, which increases fat storage, especially around the belly. Ask me about doing more than 3 sessions per week. If you choose to train 3 days per week with us you should still get in exercise two more days each week. Take a walk (hike), bike ride, swim, not too strenuous.



FOR EMERGENCY USE ONLY!

EXTRA CARDIO WORKOUT

*****USE ONLY WHEN INSTRUCTED**

If, by week 3, you haven't lost at least 71.5lbs AND you are only training 3 days per week you need to start coming in for one or two more sessions. This is especially true if you've only been doing the MWF strength days.

If you have been training 4 or 5 days per week then you'll need to add in some steady state cardio. Steady state means long slow continuous movement like running on a treadmill or jogging. Now I am NOT a big fan of this most of the time because you get better results with metabolic conditioning but since you are already getting that if you are with us 5 sessions per week, the "cardio" or "LSD" (long slow distance) as it is sometimes referred to, is what you need right now.

Get on a treadmill for a 20 minute brisk walk or easy jog, use the elliptical. If you have access to a rowing machine and know how to use it, do so, but again go long and slow. The object is to keep your heart rate around 120 bpm. You should be able to hold a conversation.

Another option is almost as boring as the treadmill but is more challenging; step-ups to a box for 20 minutes alternating legs. This sucks, trust me I've done it. Not that it is difficult but rather it is tedious. Put on some headphones and listen to music or an audiobook. The goal here is to go at the same pace for the full 20 minutes. I shoot for 20 steps per minute. The box should be no higher than just below the knee and for many that may be too high. If you are not used to step-ups start with the box or aerobic step about $\frac{1}{2}$ the height of your shin bone.



Modifying the Meal Plan

*****USE ONLY WHEN INSTRUCTED**

If, after week 2 you aren't down at least 5lbs we will be removing some of the foods from your meal plan. You will only be allowed the following:

Protein	Carbohydrate	Vegetables
(4-6oz - Open Hand)	(2-3oz - Closed Fist)	(Unlimited)
Chicken Breast (skinless)	Sweet Potato	Broccoli
Turkey Breast (skinless)	Yam	Asparagus
White Fish (e.g. Cod)		Spinach
Egg Whites or substitute		Kale
Tuna steaks or from a can packed in water only!		Brussels Sprouts
1% Lean Ground Turkey		Celery
		Cucumber
		Green Beans

Do not stray from this list! It works.

The reason we cut all the starchy carbs except the sweet potatoes and yams is because many times people have leaky gut syndrome or low level internal inflammation caused by sensitivities to grains. These sensitivities and leaky gut keep the body from absorbing nutrients, keep you inflamed and prevents fat loss.



CARB CYCLING

*****USE ONLY WHEN INSTRUCTED**

If the modified food list above hasn't helped, i.e. you aren't down by close to 10lbs or 5% body fat after 4 weeks you will follow the Carb Cycling instructions below

INSTRUCTIONS

This is a 5 day cycle. The first day you will eat a starchy carbs with EVERY meal including protein shake. Then for the next 3 days you will only eat protein and green veggies. The fifth day you will start over at day one a re-load with carbs.

Day 1 * (The underlined words are the carbs)**

Meal 1: Eggs & Sweet potatoes (3-4oz of carbs for women & 4-6oz of carbs for men)

Meal 2: Protein Shake & Sweet potatoes (3-4oz of carbs for women & 4-6oz of carbs for men)

Meal 3. Chicken & Sweet potatoes (3-4oz of carbs for women & 4-6oz of carbs for men)

Meal 4. Protein Shake & Sweet potatoes (3-4oz of carbs for women & 4-6oz of carbs for men)

Meal 5. Fish Sweet potatoes (3-4oz of carbs for women & 4-6oz of carbs for men)

Meal 6. Protein Shake & Sweet potatoes (3-4oz of carbs for women & 4-6oz of carbs for men)

Next 3 days * (NO STARCHY CARBS)**

Meal 1: Egg whites & green veggies

Meal 2: Protein Shake

Meal 3. Chicken, green veggies

Meal 4. Protein Shake

Meal 5. Fish & veggies

Meal 6. Protein Shake

Carb Cycling is tough, the lack of carbs will make you cranky and you will have less energy. The goal is to force the body to burn fat stores, to do that we have to completely cut the carbs. However, in order to maintain muscle mass you must continue to eat lean protein every meal.



WEEK 6 EMERGENCY INSTRUCTIONS

We always encourage our clients to treat this program like a 5 week challenge instead of a 6 week challenge. However, if by Friday of the 5th week (day 32), you have not lost 15 lbs., please follow the instructions below. This protocol will help you tremendously **ONLY** if you follow it to the “T!”

- ✓ Starting Saturday of week 5 (day 33 through day 40), only have Cod (or any white fish) & asparagus (no more chicken, turkey etc. and **NO CARBS**). **All your meals should be white fish & asparagus (even in the morning) for the next 7 days. No more protein shakes at all (eat white fish & asparagus instead).**
- ✓ From day 33 through day 39 continue to drink your gallon of water (this is extremely important). **IF YOU RESTRICT YOUR WATER TOO EARLY YOUR BODY WILL HOLD WATER, SO KEEP DRINKING LOTS OF WATER UNTIL DAY 39.**
- ✓ Saturday (day 40) continue to eat white fish & asparagus for every meal, but also add two cups of white rice cooked (distribute it throughout all meals). This is the **ONLY** time during the challenge that white rice is allowed.
- ✓ On Saturday (day 40) cut back on water (only drink 16 oz for the entire day).
- ✓ On Sunday (day 41) only sip on water as needed and your last meal should be at lunch (no later than 2pm). This will be a mini fast. Still only have white fish & asparagus.
- ✓ Your last workout will be on Friday (day 39), which means that Saturday & Sunday (days 40 & 41) are your rest days. *****Make sure you refrain from all activities on these two days because it's dangerous to limit water and be active. Also try to remain in cool weather.**
- ✓ Monday (day 42) you should be 4-5 lbs lighter! Good luck!J

CONDIMENTS: Eliminate high sodium condiments during this final week (day 33 - day 41). For example: mustard, salt, seasonings with sodium, Tapatio etc. Instead use condiments such as Mrs. Dash, lemon, lime, and other salt free herb seasonings. Eliminate **ALL** condiments the last two days (day 40 & 41).

SUPPLEMENTS: Continue to take all supplements until the last two days (day 40 & 41).

PORTIONS: Same as RTFM Meal Plan.

For final weigh-ins, please remember to wear a sleeveless shirt (but not black). PLEASE WEAR LIGHT CLOTHING OR PREFERABLY WEAR THE SAME OUTFIT YOU WORE AT YOUR INITIAL WEIGH-IN WHEN WE TOOK YOUR “BEFORE” PICTURE



Post Challenge Check List

*THESE STEPS MUST BE DONE IN ORDER TO GET YOUR REFUND OR THE HOTEL ACCOMMODATIONS FOR TWO VOUCHER.

- Rate **AND** review us on Facebook on the IronBody Fitness Page, regardless if this is your 1st or 5th Challenge. (use 100 words minimum)
- Share the review on **your** Facebook page and tag Dave.
- Fill out the anonymous Survey using this link: <https://goo.gl/iPkB1Z>. **This must be done within 7 days after your final weigh-in, in order to successfully complete the challenge.**

Congratulations for taking on the 6 Week Challenge!!



IMPORTANT FINAL WEIGH-IN REMINDER

- Final weigh-ins are by appointment only on the last Saturday of the Challenge. Sign up for your final weigh-ins at week 5. We will provide a link to our online calendar at the appropriate time
- No multiple attempts allowed. Once we've recorded you weigh-in on video and photos you are done. You can "unofficially" weigh-in whenever you want
- NO Shoes (shirts, shorts & bra* required). Please don't wear black gym attire, as it will hide your progress.

NO EXCEPTIONS!

*Sports bras are required for women only 😊

Congratulations! You Have Completed the 6 Week Transformation Challenge!