

# 10 DAYS OF BOOT CAMP

## SHORT TERM PAIN IS WORTH LONG TERM HEALTH!

The first 10 days of the Totally Fit Life system are “BOOT CAMP”

## 10 DAY BOOT CAMP

- EXERCISE EVERY DAY (TFL CLASS AND/OR POWERWALKING)
- NO SUGAR
- NO PASTRIES
- NO BREADS
- NO RICE
- NO POTATOES
- NO PASTA
- NO ALCOHOL
- DRINK WATER ONLY (RATIONS: 2 CUPS OF COFFEE PER DAY, 8 OZ. EACH, NO SUGAR OR CREAM)



The purpose of Boot Camp is to minimize or eliminate “Insulin Resistance” that occurs by eating too many bad (High Glycemic Index foods). Most of these are refined carbohydrates—the foods that are located in the center aisles of the grocery store. Insulin resistance is an inability of some of the cells of the body to respond to insulin. It is the beginning of the body not dealing well with sugar (and remember that all carbohydrates break down into sugar in our bodies). Insulin resistance promotes weight gain. So a vicious cycle can be set up with insulin resistance promoting weight gain, which promotes more insulin resistance.

For people who want to lose weight, eliminating high-GI foods will assure success. By ending the desire for carbohydrates, you’ll find that you can control your eating and feel full and satisfied on fewer calories. Failure to make this change will reduce your chances of successfully losing and maintaining optimal body weight.

MY DAILY REPORT EMAIL

To: coach@thetotallyfitlife.com  
Cc: <Joe@No\_More\_Exuses.com>, <Steve@No\_More\_Desserts.com>  
Subject: 1.3 Wednesday  
Signature: None

**Spiritual**  
Prayer of Surrender  
MM  
Virtue: Patience 6

**Mental**  
Morning Dictums  
Dictums before sleep

**Physical**  
TFL Class

**Nutritional**  
1. Omelet with turkey crumbles, peppers and onions  
2. ½ protein bar, 1 cup of coffee  
3. Grilled chicken strawberry spinach salad with raspberry vinaigrette  
4. Protein shake  
5. Grilled tilapia, salad with oil and vinegar  
6. Raspberries  
  
2 liters water  
2 glucosamine  
2 multi-vitamins

**Emotional**  
Journal: I had a good day  
TOP 1: Let someone go ahead of me in line

**Directional**  
Read goals before sleep  
○Marriage ⊗Family ○Professional ○Financial

**DAILY REPORTING EMAIL EXAMPLE**  
Email Coach and your teammates detailing what you did the previous day. Use the format shown to account for each TFL area.  
Send emails every morning – except Sundays – by 10:00 a.m. (you may send your email report later on Sundays)  
In the subject line of each email list what day you are on. Example: 1.2 = Cycle 1, Day 2