

Challenge2Rise Checklists

*When you get good at living your present moments one day at a time,
you'll see yourself changing right before your own surprised eyes.*

- Anita Moorjani

Each day will be complete with 6 to 8 checkmarks. It's as simple as that. Don't overcomplicate it. Don't overthink it. Just live each day check-by-check and before you know it, you'll arrive at day 19 lighter, happier, and healthier! Let's get to it.

Before jumping into the checklist, here are a few final words of wisdom . . .

- ✓ I highly encourage you to carry these checklists with you for the next few days and actually use (check off) the checklist everyday. There's nothing quite like having a visual reminder of where you are in the day and what you should be doing.
- ✓ Pre-planning is a must. You must look ahead and plan ahead if you want to be successful. Plan your food, plan your exercise, plan every checkmark.
- ✓ The checklists are designed to be interactive. It's your job to do three things:
 - Fill in **the times that fit your schedule**
 - Fill in **the foods you'll eat for each category**
 - Then **check it off when you actually do it**.
- ✓ Your workouts do not have to be completed first thing in the morning. Feel free to insert them into your day (daily checklist) at any time that is convenient.
- ✓ The checklist covers almost everything, but here are a few other reminders . . .
 - No liquid calories
 - Strive for 2+ liters of water per day
 - 6 Rise Elite Omega-3 capsules per day
 - Be sure to select only approved foods from the food lists
 - Avoid/eliminate all processed snack foods
 - Shoot for 7-8 hours of sleep per night minimum

SAMPLE DAY (preparing your own food)

| <i>Progression Timeline</i> | <i>Time (example)</i> | <i>Action (what to do)</i> | <i>Check it off!</i> |
|-----------------------------|-----------------------|---|----------------------|
| Wake Up | 7:00am | Smart Energy/Coffee/Green Tea (optional) | (✓) |
| 30 minutes later | 7:30am | Workout of choice 30 to 60 minutes | ✓ |
| 60-90 minutes later | 9:00am | Feeding #1 Protein: 1 egg + 3 egg whites Starch: ½ cup oats Veggie/Fruit: ½ cup berries | ✓ |
| 3½ - 4 hours later | 12:30pm | Feeding #2 Protein: grilled chicken breast Starch: brown rice (handful) Veggie: sauteed asparagus | ✓ |
| 2 - 3 hours later | 2:30pm | Smart Energy/Coffee/Green Tea (optional) | (✓) |
| 3½ - 4 hours later | 4:00pm | Feeding #3 Protein: 2 to 3 scoops Rise Protein Fat: 10-12 raw almonds/walnuts Veggie: baby carrots/celery sticks | ✓ |
| 3 - 3½ hours later | 7:00pm | Feeding #4 Protein: baked fish Veggie: steamed broccoli + carrots Fat: *provided in fish, just add 2 to 3 Elite Omega capsules | ✓ |
| 2½ - 3½ hours later | 10:00pm | Bedtime (sleep is super important for fat-loss!) | ✓ |

SAMPLE DAY (utilizing Rise Food)

| <i>Progression Timeline</i> | <i>Time (example)</i> | <i>Action (what to do)</i> | <i>Check it off!</i> |
|-----------------------------|-----------------------|---|----------------------|
| Wake Up | 7:00am | Smart Energy/Coffee/Green Tea (optional) | (✓) |
| 30 minutes later | 7:30am | Workout of choice 30 to 60 minutes | ✓ |
| 60-90 minutes later | 9:00am | Feeding #1 Protein: 2 to 3 scoops Rise Protein Veggie/Fruit: ½ cup berries | ✓ |
| 3½ - 4 hours later | 12:30pm | Feeding #2 All Rise Food lunch options will perfectly fit your requirements for Protein, Starch, and Veggie. | ✓ |
| 2 - 3 hours later | 2:30pm | Smart Energy/Coffee/Green Tea (optional) | (✓) |
| 3½ - 4 hours later | 4:00pm | Feeding #3 Protein: ½ cup lowfat cottage cheese Fat: 1 Tbsp natural peanut butter Veggie: baby carrots/celery sticks | ✓ |
| 3 - 3½ hours later | 7:00pm | Feeding #4 All Rise Food Dinner options will perfectly fit your requirements for Protein, Veggie, and Hero Fat. | ✓ |
| 2½ - 3½ hours later | 10:00pm | Bedtime (sleep is super important for fat-loss!) | ✓ |

DAILY CHECKLIST

| <i>Progression Timeline</i> | <i>Time</i> | <i>Action (what to do)</i> | <i>Check it off!</i> |
|-----------------------------|-------------|---|----------------------|
| Wake Up | | Smart Energy/Coffee/Green Tea (optional) | |
| 30 minutes later | | Workout of choice 30 to 60 minutes | |
| 60-90 minutes later | | Feeding #1 Protein: Veggie/Fruit: Starch: | |
| 3½ - 4 hours later | | Feeding #2 Protein: Veggie: Starch: | |
| 2 - 3 hours later | | Smart Energy/Coffee/Green Tea (optional) | |
| 3½ - 4 hours later | | Feeding #3 Protein: Veggie: Fat: | |
| 3 - 3½ hours later | | Feeding #4 Protein: Veggie: Fat: | |
| 2½ - 3½ hours later | | Bedtime (sleep is super important for fat-loss!) | |