



FITNESS

GUIDE

Now that you have your **TapouT XT** program, it's time to begin the journey to a healthier body and mind. Start by taking your "before" picture and record your initial weight and measurements in the space below. Next, turn this page over to see the Workout Calendar and hang it someplace where you will see it every day. *TIP- the fridge is always a good spot because it will remind you to workout every time you go to eat and it will also remind you to follow your **TapouT XT** Food Plan.

The **TapouT XT** program has created a customized Workout Calendar with a suggested workout for each day of the week.

This workout rotation has been designed to alternate the muscle group focus throughout the week and give the different parts of your body adequate time to recuperate and give you the results that you are looking for. Overtraining a muscle can have the same adverse effects as not training the muscle at all.

The **TapouT XT** Food Plan & Nutritional Guide has been produced to give you the same flexibility as the Workout Calendar. You don't have to eat the exact meal on the exact day that it is listed. Mix and match the meals to create the plan that you will be more likely to follow. Remember, the food you eat not only provides the fuel to run your body, but the fuel for your mind as well. If you need some great results in a short amount of time, use the 10-Day Slim Down Guide to accelerate your progress.

START PICTURE	10 DAY	30 DAY	60 DAY	90 DAY
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	WEIGHT	JEAN SIZE	CHEST	BICEP	WAIST
DAY ONE					
DAY 10					
DAY 30					
DAY 60					
DAY 90					

