

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

- **Develop** the healthy habit of regular exercise.
- **Increase** the amount of water intake.
- **Eliminate** insulin resistance by reducing consumption of processed carbohydrates.

TFL BOOT CAMP COMMITMENT FORM

I _____ commit to following the TFL Boot Camp guidelines during my first 10 days on the Totally Fit Life System.

- I will exercise every day (TFL Class, Powerwalking, or approved Cardio exercise).
- I will eat no sugar, pastries, breads, rice, potatoes, pasta, or other processed carbs.
- I will drink water only with the exception of 2 cups of coffee per day (no sugar/cream).
- I will drink no alcohol.
- I will email my TFL Team of 3 and Coach daily.

Signature: _____

Date: _____