



4 Week Women's *Wellness to Weight Loss* Challenge



CHALLENGE GUIDELINE QUICK REFERENCE GUIDE

| CATEGORY | PRIORITY # | GUIDELINES |
|--------------------------|------------|---|
| Stress | #1 | Do meditation, breathwork, neuro drills, or other nervous system relaxation techniques at least once a day but recommended multiple times a day (preferably for 2-10 minutes each time) |
| Sleep | #2 | Get 7-8 hours of quality sleep every night |
| Water | #3 | Drink PLENTY of water; add mineral salt or electrolytes as needed for optimum hydration. Body weight/2 = ounces of water to drink per day |
| Whole Food Diet | #4 | Focus on whole fruits, vegetables, meat, healthy fats and oils. Cut out processed foods, sugar, artificial ingredients and sweeteners. Follow a "Whole 30" diet plan. |
| Timed Rotational Fasting | #5 | Fast on a rotational cycle timed to your hormone cycle (if you have one) or per the guidelines (if you don't). Stop eating by 6 pm each day in order to allow your body to have a break overnight to aid in a better night's sleep and daily detox. This is a food-only fast. Be sure to stay hydrated! |
| Movement & Exercise | #6 | Prioritize stress-reducing exercise techniques and try to move regularly throughout the day. If you are already in an intensive exercise routine be sure to focus on lower stress exercises on days 20 to the end of your cycle. |
| Detoxification | #7 | Promote healthy detoxification in the body by opening detox pathways |
| Hormones | #8 | Track your hormones and symptoms |

CORE BODY INTEGRATIVE HEALTH

260 FALLS AVE A, TWIN FALLS 83301 208.329.6297

WWW.HEALTHTOCORE.COM

FOODS TO EAT

- All whole fruit (raw and cooked)
- All whole vegetables (raw and cooked)
- Meats and eggs of all kinds (variety is important). NO processed meats
- Nuts and seeds and nut and seed butters. NO peanuts
- Healthy fats and oils like coconut oil, avocado oil, virgin olive oil, MCT oil, pumpkin seed oil; ghee is the only acceptable form of dairy
- Olives and Avocados
- Probiotic rich foods like kefir and real sauerkraut
- Condiments that are Whole 30 approved

FOODS TO AVOID

- Processed and packaged foods
- Sugar and artificial sweeteners
- Caffeine and alcohol
- Grains and grain based flours
- Seed oils like canola, corn, sunflower, safflower, vegetable, peanut, etc.
- Processed meats like lunch meat and hot dogs
- Dairy (except ghee)
- Legumes like beans and lentils
- Peanuts and peanut butter
- Chocolate
- Condiments that are not Whole 30 approved



INTERMITTENT FASTING SCHEDULES

FASTING LEVEL 1

Stop eating by 6-8 pm each day and fast for a minimum of 13 hours overnight (adjust as necessary).

No fasting on days 20-30 of your cycle.

FASTING LEVEL 2

Stop eating at least by 6 pm each day and:

- Days 1-4: Fast 13 hours
- Day 5: Fast 15 hours
- Days 6-10: Fast 17 hours
- Days 11-15: Fast 13 hours
- Days 16-19: Fast 13 hours
- Days 20-30 (or to end of cycle): no fasting

FASTING LEVEL 3

Stop eating at least by 6 pm each day and:

- Days 1-5: Fast 15 hours
- Day 6: Fast 24 hours
- Days 7-10: Fast 17 hours
- Days 11-15: Fast 15 hours
- Day 16: Fast 24 hours
- Days 17-19: Fast 17 hours
- Days 20-30 (or to end of cycle): Fast 13 hours

* Find the fasting schedule that is right for you