



RAW FITNESS™

Realize Your Potential

**6 Week Challenge
Success Journal**

WELCOME to ALL Incoming Challengers!

Welcome to the BEGINNING OF YOUR NEW LIFE.

We can promise that none of you will EVER be the same.

**You will learn a lot about you and your DESIRE to be a better, healthier
YOU!**

**You WILL have times that you want to cave in... DO NOT GIVE IN!!
(Those are unhealthy thoughts and misery wanting company... do not
be their guest). Reach out to the community for guidance and support.
WE ARE HERE FOR YOU! Take this opportunity seriously, but remember
to have fun along the way.**

**You are just 6 weeks away from receiving your 1st reward along your
path to better health. Follow the directions,
FTGP (Follow the Game Plan) and give ALL of your 110% effort!**

8 Rules for Success

{#1} F.T.G.P. (FOLLOW THE GAME PLAN!) In order to be successful you need to follow the game plan 100%! Not only should you read through all of these 8 Rules for Success and follow them, but you should make sure to keep this Bible with you at all times, until you know it like the back of your hand! **STUDY YOUR MEAL PLAN** and follow it to a T! If it's not on your food list, **DON'T EAT IT**, and don't ask if you can eat it! We want you to succeed just as bad as you do! This plan **WORKS** if you put it to work! **HARD IS NOT IMPOSSIBLE AND DIFFICULT IS DOABLE!!** Lets get it done! It's 6 weeks of your life . . . 20lbs is an attainable goal if you F.T.G.P. all the way!

{#2} Make sure you join our **PRIVATE 6 wk. Transformation Facebook** forum for added support and success! There is nothing like your own peers and alumni assisting you and encouraging you through your challenge! This group was created as a support group for us to motivate, encourage, ask questions, and help each other. There is no complaining, no negativity, no rude or hostile behavior permitted within the 6 wk. Facebook page forum. Negative posts or comments will be deleted. Please do not promote anything on our private 6 wk. Facebook page forum without Justin Blum's permission. You risk being permanently Removed and blocked from the page if you do not adhere to these rules.

{#3} As one of the Requirements of the Challenge, **YOU MUST CHECK IN** on your personal Facebook Page each time you attend boot camp classes. We offer this Program for Free so we can share yours and everyone's Results with the world. You **MUST** also go a minimum of 24 times through the duration of the challenge, along with losing your 20lbs.

8 Rules for Success (cont)

{#4} Please do not ask us to make exceptions. To be fair to everyone and to protect the integrity of our program, all challengers must follow the same rules.

{#5} IF WE FIND OUT THAT YOU ARE PARTICIPATING IN UNHEALTHY WEIGHT LOSS PRACTICES. WE WILL DISQUALIFY YOU FROM THE PROGRAM WITHOUT A REFUND. Let's keep it healthy! Let's finish no matter what! Finishing what you started is progress and transformation in and of itself!

{#6} Please, no matter what, be happy about your progress! We are going to do everything in our power to help you get these 20lbs off without resorting to unhealthy practices! Please do not get frustrated, bummed or discouraged. Once you see your before and after photos side by side you will be very happy! This is a Transformation!! **We will provide you with your before photo, however we suggest you take your own pictures if you want to see your progress.

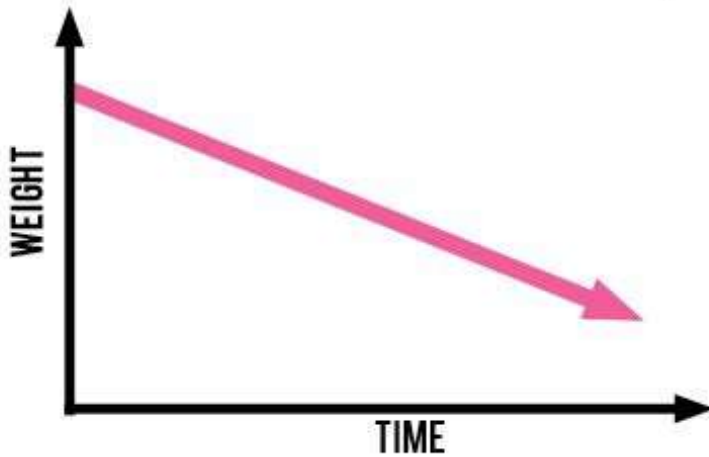
{#7}.Listen to your trainers, make sure you communicate well, they will guide you.

{#8} No Drama! Should you cause any unnecessary strife with Raw Fitness staff or other challengers/members you will be expelled immediately from the program at our discretion. By working out and eating healthy you are going to get there. It will happen. Even if it takes longer than the 6 wks. to reach your health goals, you WILL reach them with the right mind set!

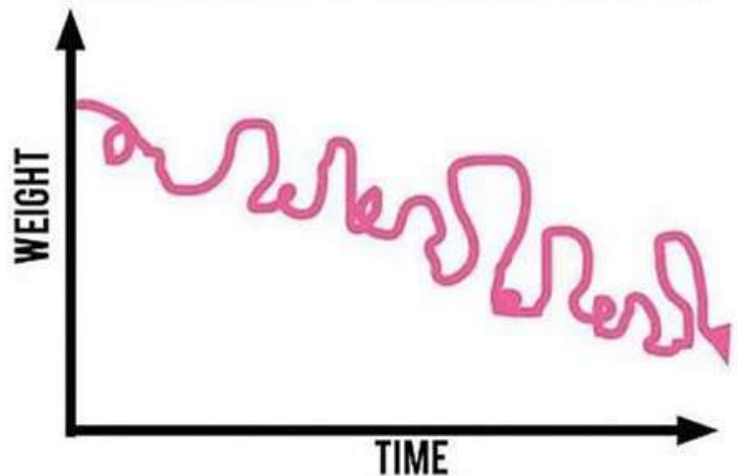
REMEMBER: WEIGHT LOSS IS NOT A LINEAR PROCESS!

SEE THE FIGURE BELOW!

HOW WE THINK WEIGHT LOSS WORKS



HOW WEIGHT LOSS REALLY WORKS



FOOD ITEM CHOICES & PORTION SIZES

PROTEIN

MEN – 6 OZ
WOMEN – 4 OZ

- CHICKEN BREAST(BONELESS & SKINLESS)
- GROUND CHICKEN BREAST
- 99% LEAN GROUND TURKEY OR BREAST
- 93/7 LEAN GROUND TURKEY
1 SERVING MAX PER DAY
- KIRKLAND BRAND TURKEY BREAST (COSTCO)
- 90/10 or LEANER GROUND BEEF
1 X PER DAY MAX
- 4-5 EGG WHITES + 1 FULL EGG (MEN ONLY)
- 3-5 EGG WHITES (WOMEN ONLY)
- SHRIMP
- COD
- HALIBUT
- HADDOCK
- TILAPIA
- SWAI
- MAHI MAHI
- TUNA IN A CAN
LOW SODIUM & RINSED
- PINK SALMON (1x/day)
- AHI TUNA

VEGAN PROTEIN

MEN – 6 OZ
WOMEN – 4 OZ

- TVP
- TOFU
- ORIGINAL STYLE VEGAN BOCA BURGER
(GREEN LABEL RED BOX)
- PLAIN SEITAN

FOOD ITEM CHOICES & PORTION SIZES

CARBS

MEN – 6 OZ or 1 CUP
WOMEN – 4 OZ or ½ CUP

- SWEET POTATO
- RED SKIN WHITE POTATO
- YUKON POTATO
- BEANS/LEGUME (NO CHICKPEAS)
- BROWN OR WHITE RICE (COOKED)
- EZEKIEL BREAD
MEN – 2 SLICES || WOMEN – 1 SLICE
- GLUTEN FREE ROLLED OATS (MEASURE DRY)
- QUINOA
- GRITS
- CREAM OF RICE

FATS

- NUTS – ALMONDS OR CASHEWS
MEN – 1 OZ , WOMEN – 15 COUNT
- AVOCADO
MEN – 2 OZ , WOMEN – 1 OZ
- EFA'S - SEE LABEL FOR DOSAGE

FOOD ITEM CHOICES & PORTION SIZES

VEGGIES

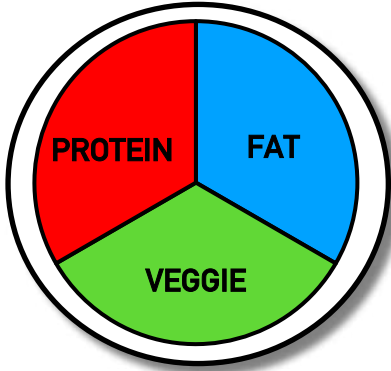
- ARTICHOKES (4 OZ FRESH)
- ASPARAGUS
- BELL PEPPERS (ALL)
- BOK CHOY
- KALE
- JALAPENO'S
- LEMON/LIME
- BROCCOLI
- BRUSSELS SPROUTS
- CABBAGE (GREEN)
- CAPERS
- CAULIFLOWER
- ONION
- PEA'S
- RAPINI
- ROMAINE LETTUCE
- SCALLIONS
- SERRANO PEPPERS
- SLICED PORTOBELLO MUSHROOMS
SMALL AMOUNT
- COLLARD GREENS
- CUCUMBERS
- SPINACH
- SPRING MIX
- TOMATOES
- TOMATILLOS
- GREEN ZUCCHINI
- YELLOW ZUCCHINI SQUASH
- SPAGHETTI SQUASH (1 CUP/DAY)

SNACKS

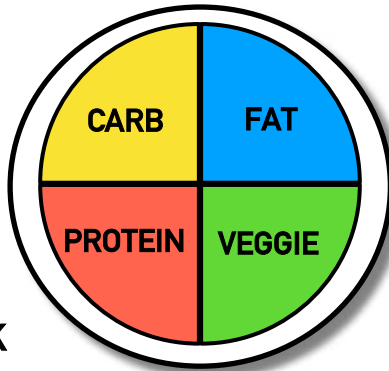
- PROTEIN SHAKE
MEN – 2 SCOOPS
WOMEN – 1 SCOOP
- ANY PROTEIN + VEGGIE

SAMPLE DAILY MEAL PLAN

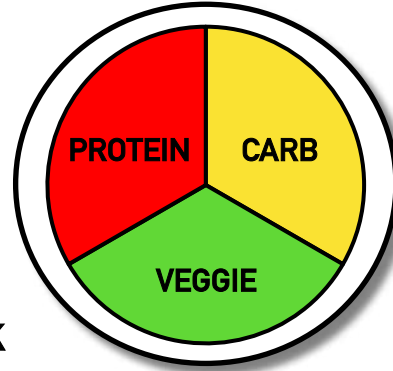
BREAKFAST



LUNCH



DINNER



SNACK

PROTEIN SHAKE
OR
PROTEIN + VEGGIE

SNACK

PROTEIN SHAKE
OR
PROTEIN + VEGGIE

PROTEIN & VEGGIES WITH EVERY MEAL

FAT WITH BREAKFAST & LUNCH; CARBS WITH LUNCH & DINNER

DAILY MEAL PLAN w/Food Suggestions

BREAKFAST

PROTEIN - Egg/Egg Whites
VEGGIE - Spinach
FAT - Avocado

SNACK

SNACK - Protein Shake

LUNCH

PROTEIN - Ground Turkey
CARB - Red Potato
FAT - Almonds
VEGGIE - Asparagus

SNACK

SNACK - Protein Shake

DINNER

PROTEIN - Chicken Breast
VEGGIE - Brussel Sprouts
CARB - Rice

DRINKS

Water

Almond Milk (Limit 1 Cup a Day)
(Unsweetened/ Non Flavored)

Coffee

UNSWEETENED Tea

Sparkling Water

Flavored UNSWEETENED Tea

Herbal Tea

Green Tea

BCAA or Sugar Free Water Enhancer ARE
OK



NO ALCOHOL

*** Artificial
sweeteners such
as Splenda, Stevia,
Truvia are OK*

SPICES

Garlic
Mustard
Horseradish
Cinnamon
White or Red Vinegar
Mrs. Dash Seasoning's
Lemon Pepper
Fresh Herbs (Oregano, Thyme, Basil
etc.)
Pepper
Braggs Amino Acid
Apple Cider Vinegar
Balsamic Vinegar

Hot Sauce

Approved Hot Sauce's Below

Cholula
Franks Red Hot
Tapatio
Siracha
Trader Joe's Chili Sauce
Tabasco (Green & Red)

Walden Farms

Dressings

Approved Walden
Farms Dressing
Listed Below ONLY

Ranch
Italian
Italian Sundried
French
Russian
Jersey Sweet Onion

Baking Powder

Baking Soda

Flavor God Seasoning

Approved Flavor God Seasonings
Below ONLY

Italian Zest
Fiesta Sweet N Tangy
Buffalo
Spicy Everything
Garlic Lovers
Lemon & Garlic
Pizza Flavor
Everything
Ketchup
Taco
Dynamite
Habanero
Chipotle
Cajun
No Salt
Pink Himalayan Salt

Meal Prepping is simply preparing some, or all of your weekly meals ahead of time. It helps to ensure that you will have healthier foods readily available!!

PREP ahead ensures 100% success!

LET'S GET STARTED:

It's important to remember not to get overwhelmed. This will be new to many of you so keep it as basic as you can to start and then once you get the hang of it you may want to try experimenting with recipes with all the approved food items from your Challenge List.

PICK YOUR DAY

The first thing you should do is pick a day to prepare all your meals. I would suggest taking one of your days off of work, whether it be a Sunday or a Wednesday to get cooking.

As you get more experienced you may prep your meals for the entire week to last you again till Sunday.

I would also suggest planning your meals out with our weekly food guide. That way you are not tirelessly cooking a bunch of different foods and possibly wasting food.

PICK THE MEALS

To make it easier, decide which meal you are going to prepare first: Breakfast, Lunch or Dinner.

Ultimately, the choice is yours. You just want to think about it a little before you get started to make it a bit easier process.

Also you want to decide on the meals you are going to make. I would suggest writing it out on the Weekly food guide menu we gave you in your book. That way you have it right in front of you exactly what you need to prepare!

You might want to cook the same food for all three meals at first to get you into the swing of things and then as you get comfortable, start switching it up.

When choosing your food, keep in mind how we have it structured on the challenge plan, keeping in mind that you will have a protein at each meal, 2 servings of carbs per day and 2 servings of fats per day

HELPFUL HINTS & SHOPPING TIME

Make your list, check it twice, and get all the nice, not naughty items!

Go through your meal plan, write up your shopping list. First, check inventory in your fridge to see if you already may have some of the approved items, that way you are not spending unnecessary extra money!

I like to write my list down in my notes page on my phone that way I can scratch it out as I get each item to make sure I don't forget anything!

Check your local papers or coupon guide also to see if any of your items might be on sale!

Also, if you don't already have one. **GET A SCALE!**

Using a kitchen scale is also a must to ensure you are getting the proper amounts that are designated in your challenge booklet!



3. PROPER CONTAINERS

You must choose proper containers. I really can't stress this enough. Good storage containers are really the foundation of your meal prepping. How you choose to store your meals can make or break your meal prepping efforts when it comes to keeping it fresh!

You don't want to simply throw everything into Tupperware bowls. That defeats the whole point of preparing things. You are able to do this at first and then pull out your containers nightly to prep for the next day if you choose or you could just put them all in meal prep containers from the start, completely up to you!

"FINDING A GOOD CONTAINER"

For starters, you want to be able to divide each part of your meal. You don't want foods cross contaminating each other.

So what you need is a container that's air tight, with divided sections that are also air tight.

This will ensure better, fresher, crispier tasting meals.

You should also make sure your containers are clear, and that they are the same size.

Clear containers allow you to quickly see what's inside. Once you start preparing more and more meals, this simple feature will be a blessing.

Same sized containers give you the luxury of being able to stack them easily and save room in your fridge or freezer.

Put simply, you want containers that are:

- Freezer Safe
- Dishwasher Safe
- Microwavable
- Stackable
- Reusable



MEAL PREP STRATEGIES

I would suggest starting off with just a few meals and not trying to cook a whole week's worth of meals in one sitting. You may want to do this later, as you get more comfortable, but for now, just try to find your meal-prepping-groove. Here are a few different methods to choose from:

1. BUFFET STYLE MEAL PREP- a lot of people enjoy prepping their veggies and carbs ahead, storing them in a container, then using them for easy put together meals. You can prep a big portion of protein and use that as a base for several meals through the week also.

SOME IDEAS:

- Chop or spiralize your veggies
- Roast up vegetables or potatoes in some seasoning
- Shake together dressings (Walden farms), sauces (hot sauce, Aminos, olive oil), etc.
- Cook up grains, pasta, quinoa

2. BATCH COOKING - cook up a big batch of something and enjoy it through the week.

SOME IDEAS:

- Soups, stews
- Cook several chicken breasts
- Cook a big batch of chicken in the slow cooker OR crockpot
- Cook up some perfect black beans or legumes in the Instant Pot

3. PORTION THINGS OUT - whether it is an entire meal or just a component, portioning out is one of the most important steps of meal prep because it means you can just grab your meal and go.

SOME IDEAS:

- Nuts
- Veggies
- Overnight oats

4. ASSEMBLE INGREDIENTS BUT DON'T COOK- this is typically done with freezer meals, but you can often store in the fridge as well. By assembling your meals ahead, when it comes time to cook, you simply need to dump them in the slow cooker or Instant Pot, and press the button!

SOME IDEAS:

- Freezer slow cooker meals
- Freezer Instant Pot meals
- Chicken breasts

5. PRE-COOKED MEALS - this is my approach for breakfasts and lunches, and is perfect for meals that you don't have time to prep on the days you will eat. All you need to do is grab them from the fridge, re-heat if necessary, and enjoy!

SOME IDEAS:

- Breakfast: egg muffins, gluten free oats, breakfast sandwiches (Ezekiel bread and eggs or egg whites)
- Lunch: stir fry's, or jar salads (salad premade in a mason jar)
- Dinner: any dinner that can be re-heated. Soups, stews, stir fry's or crockpot dishes are all good choices.

SUMMARY

- ✓ PICK A DAY TO MEAL PREP
- ✓ PICK YOUR MEALS
- ✓ MAKE YOUR SHOPPING LIST
- ✓ GO TO THE GROCERY STORE
- ✓ PICK YOUR STRATEGY
- ✓ GET COOKING!



THE BENEFITS OF MEAL PREP ARE SO WORTH THE EFFORT. YOU WILL SAVE YOURSELF TIME AND MONEY. YOU WILL FEEL LESS STRESS. YOU WILL EAT HEALTHIER. YOU WILL SET YOURSELF UP FOR SUCCESS EACH AND EVERY WEEK!



6 WK CHALLENGE SUPPLEMENTS



APN ISO PRO Protein Powder OR DYMATIZE ISO 100: These are the **ONLY** recommended brands of protein powder for use during the 6wk challenge! APN ISO PRO & DYMATIZE ISO 100 provide the body with complete proteins for better lean tissue health. Mix 1-2 scoops to your desired amount of water, coffee or tea. (Less water is a sweeter thicker protein shake)



APN BCAA PRO or DYMATIZE BCAA: These are the **ONLY** recommended brands of BCAA's for use during the 6wk challenge. BCAA'S are great for before, during or after exercise to help reduce fatigue, accelerate recovery and reduce muscle soreness Mix 1 scoop to your desired amount of water or tea. (Less water is a sweeter BCAAs)



APN EFA: This is the **ONLY** recommended brand of fatty acids for use during the 6wk challenge. Essential fatty acids are essential nutrients that your body needs to build strong lean muscle and increase stamina for workouts.



Vitastic Liquid Multi-Vitamin: This is the **ONLY** recommended brand of vitamins for use during the 6-week challenge. Vitastic Vitamins Liquid Multi helps support a boost of the immune system and metabolic function, for healthy weight management.



Natures Secret Ultimate Cleanse: Recommended to use to help with any constipation issues.

ALTERNATIVE 6 WK CHALLENGE SUPPLEMENTS



DYMATIZE ISO 100 is an approved alternative for protein powder.
Any flavor



V Pro or Sprouts Brand are approved VEGAN Protein Powders.
Any flavor



DYMATIZE BCAAs are an approved alternative for BCAAs.
Any flavor



January 17th CHALLENGE

Weigh In Dates & Times

- Week 2 – Goal 4 Lbs, January 28th
- Week 3 – Goal 6-8 lbs, February 4th
- Week 4 – Goal 9-12 Lbs, February 11th
- Week 5 – Goal 12-15 lbs, February 18th
- FINAL WEIGH IN's
- February 25, 2022-6-9am or 4pm-6pm
- February 26, 2022 – 6-10am

Weekly Weigh In's - These will be on **FRIDAYS**. If you can not come in on the Friday, you can weigh in the next time you are in the gym.

****IF YOU AREN'T AT THE DESIGNATED WEIGHT GOAL FOR THE GIVEN WEEK, YOU WILL MAKE AN APPT TO MEET WITH THE MANAGER 1-1. THE FRONT DESK ADMIN WILL HELP YOU MAKE THIS APPT****

Final Weigh In's - You can weigh out anytime during the designated dates and time frames provided above.

***If you can't make these dates/times, you must contact your Admin to schedule an appointment to weigh out early.**

FREQUENTLY ASKED QUESTIONS Nutrition Related

I have another brand of protein powder at home. Can I use it?

It is preferred that you use the APN protein during the challenge.

I prefer to use a vegan protein. Is there an acceptable brand to use?

The following brands of Vegan protein are recommended: Sun Warrior, VegaSport, Nutri Key V Pro, or you can use a Pea Protein

Is it ok to eat the roasted chickens from the grocery store?

No. The skin is left on during the cooking process which in turn adds more fat to the meat.

Can I use canned or frozen vegetables?

Yes. However we do prefer that you use fresh vegetables if at all possible. If you do use canned, please be sure to wash them thoroughly before cooking and eating.

Can I use canned meat?

You may ONLY USE canned tuna in water. Be sure to rinse thoroughly before cooking and eating.

Can I juice my vegetables so long as they're on the approved vegetable list?

Yes. Do NOT ADD Fruit

Can I use Emergen-C while on the challenge? I feel like I am coming down with something.

No. This product typically has added sugar disguised in different formats. If you are not feeling well, we suggest that you see your doctor.

Can I drink diet soda or juices?

No, not during the challenge.

What can I have from Starbucks or other coffee establishments?

Black Coffee (hot or iced) and unsweetened teas (hot or iced). For added deliciousness, we suggest mixing your favorite APN protein with black coffee or even your favorite APN BCAA with an unsweetened iced tea

FREQUENTLY ASKED QUESTIONS Nutrition Related

I have a special occasion coming up and there is nothing challenge approved! Help!

Check in ahead of time with the host to see if you are able to preview the menu for any challenge approved items. Although we do highly suggest that you prepare your own meal ahead of time and bring with you to the event.

Can the meal plan be customized to keto?

No, not at this time.

I feel nauseated and/or dizzy. Why?

There are a couple different factors. One being your body is detoxing. The second is you may have eaten or drank too close to your workout time. If you are continuing these symptoms for a period of 4 days or more please reach out and consult with the gym manager.

Can I mix proteins?

Yes. Be careful that you are not exceeding your overall serving amount allowed. For example, if you are male and wanting to have boneless/skinless turkey breast and chicken in the same meal, you will only have no more than 6 ounces total.

Can I mix carbs?

Yes. Be careful and sure that you are not exceeding your overall serving amount allowed. For example, if you are female and wanting to have red skin white potato and sweet potato in the same meal, you will only have no more than the total amount allowed per serving.

If I missed a meal what do I do?

Eat when you have remembered and then reset your meal schedule for 3-4 hours from the time you ate last.

I found this awesome item at the store that appears to be within the nutrition guidelines of the challenge! Can I eat it?

Is it on your approved foods list? If it is not on your approved foods list then you shouldn't be eating it during the challenge. If you still aren't sure, message the gym manager a clear picture of the item AND its nutrition ingredient list.

I am not feeling hungry when it's time to eat. What do I do?

It's ok if you are not hungry at your designated meal time. However that doesn't mean you shouldn't eat. Please stay on track with your appropriate meal times eating when its time to eat and eating what you can.

FREQUENTLY ASKED QUESTIONS Nutrition Related

I am traveling. What do I do about my meals and workouts?

We highly suggest that you prep your meals and taken them with you. If you are unable to do so be sure to plan ahead for yourself in the city that you are traveling to. Research restaurants and meal prep services in the area. If you are staying with family, do some grocery shopping while you are there and cook your meals when there if possible. Many challengers are still successful while traveling because they planned ahead for their meals and still followed their meal plan while away. For workouts try to get anything in that you can. Research gyms in the area and if they offer drop-in classes. Is there a gym in your hotel? If you don't have access to a gym don't be afraid to make up your own workout and complete on your own. Anything you can do activity wise while traveling is great! We will also upload a couple of "at home" workouts in the Facebook group that you can do at a hotel.

Traveling does not have to be a set back so long as you plan ahead. Be sure to check in on your personal Facebook page with your meals and workouts so that your friends, family and fellow challengers know you are still being accountable while you're gone.

I have a headache and don't feel well.

This is to be expected when starting the challenge as your body is detoxing. If this continues past 4 days please reach out and consult with the gym manager.

I am getting cramps before/during/after working out. Any idea why?

If you are experience any cramping please reach out to the gym manager.



FREQUENTLY ASKED QUESTIONS

Challenge Related

What happens if I cannot make the minimum required 24 visits through the duration of the challenge?

Communication is a very important part of the challenge. Please speak with your Front Desk Admin at your home gym if you will not make your required minimum visits. They will guide you on what to do.

I am not going to be in town for the final weigh in dates. What do I do?

Reach out to your Front Desk Admin to let them know you will not be able to make it on the designated final weigh out dates/times. They will help you schedule an appointment to weigh out early from the challenge as you will not be allowed to weigh out after the end date of the challenge.

I am injured and/or sick and was told by the doctor that I cannot continue the challenge and/or working out. What do I do?

Please reach out to your Front Desk Admin and they will guide you further on what to do.

I am not familiar with Facebook. How do I do the Facebook check in?

Please speak with your Front Desk Admin at your home gym and they will help you.