

How to Quick Start the 21 Day Detox

- 1] **View the HOME + OVERVIEW pages**
- 2] **GETTING STARTED** by calculating the: Target Heart Rate Range
BMI
Waist to Hip Ratios
Body Fat Percentages
- 3] **TRACK YOUR PROGRESS** by printing out and calculating the:
CALORIE INTAKE - to figure out how many calories you need daily
BASELINE FOOD LOG - chart your normal intake of food for 2 days
without changing your eating habits. Try and guess your portion sizes using the hand guidelines under the MEAL PLANNING tab, checking the appropriate boxes, if you run out of boxes in a food group add check marks outside the boxes. This exercise is needed to allow you to see how you might need to restructure your food choices.
MEASUREMENT LOG - print out and fill in a measurement log. Attach a specific short term goal. (i.e.; lose 8 pounds)
- 4] **DETOX INTRO** - read through this site page and print out a GROCERY LIST
- 5] **MEAL PLANNING** - choose the ways to plan, mix, match, and measure your dietary needs
- 6] **THE DETOX** - click on: Pictures for Sample Menus
FREE tabs for specific guidelines and food options
TAKE 5 for mind and body exercises
- 7] **RE-ENTRY** - read the MAINTENANCE tab and print out RE-ENTRY LOGS