

Planning for Maximized Health

Date _____

Nutrition / Diet / Supplements:

ROUND #1 (early A.M.)

- Liquid multivitamin / multimineral by Isagenix
- Vitamin D3 by Life Source
- Meal Replacement Shake by Isagenix
- Probiotics

ROUND #2 (mid A.M.)

- Protein Shake with Stevia
- pH water by pH-ion
- Adrenal Gland Support by New Health products

ROUND #3 (late A.M.)

- Greens Super Food by Life Source
- Essential Fatty Acids (DHA only) by Life Source or Nordic Naturals

ROUND #4 (early P.M.)

- Protein Shake with Stevia
- Adrenal Gland Support by New Health products

ROUND #5 (mid P.M.)

- Protein Shake with Stevia
- pH water with Want More Energy electrolyte supplement by Isagenix

ROUND #6 (late P.M.)

- Protein Shake with Stevia OR homemade protein snack

Workouts / Stretching / Fitness:

ROUND #1 (morning)

- Rotating days of Burst Training (H.I.I.T) cardio and Strength Training

ROUND #2 (mid day)

- Quick stretching session at work (2-5 minutes)

ROUND #3 (evening)

- Quick stretching session at home (either trigger point, basic stretching, traction or Backnobber, etc) (5-20 minutes)

Emotional / Spiritual / Purpose Driven:

- **ROUND #1 (early am while getting ready)**
- **ROUND #2 (mid day)**