



IT. STARTS. NOW.

CLEAN EATZ

THE CLUBZ FITNESS
COMPANION GUIDE

Fitness Expert &
Certified Nutritionist
JASON SANI

YOUR NUTRITIONAL TOOL KIT

10 SIMPLE TOOLS TO
CLEAN EATING



GET ADDICTED TO FEELING GOOD!

FITCLUBZ.com



CLEAN EATZ

**THE CLUBZ FITNESS COMPANION
GUIDE & NUTRITIONAL TOOLKIT**

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CLEAN EATZ

**THE CLUBZ FITNESS COMPANION GUIDE
AND NUTRITIONAL TOOL KIT**

By Fitness Expert and Certified Nutritionist

**Jason Sani
and Heather Cady Clark**

MEDICAL DISCLAIMER

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide. The purpose of this guide is to help healthy people reach their cosmetic fitness goals by educating them in proper nutrition while using the Clubz Program.

No health claims are made for this guide. This nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant.

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning any exercise program.

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**WORKOUT. WITHOUT THE WORK,
IT'S SIMPLY AN EASY OUT.**



WELCOME TO THE CLUBZ!

Your Addiction to Feeling Good Starts Here!

First I'd like to personally thank you for making a great decision to try this program. You've purchased the Clubz program for a reason...you want to make a change. You want to be healthy, you want to be happy, you want to feel good. That's what we're going to do! I'm going to show you what has become our motto...how to **Get Addicted to Feeling Good!**

This isn't going to be easy! This is **eight weeks of awesome effort.** But if you put in the work, you won't believe how you'll feel on the other side.



With the Clubz program, you've received an amazing set of tools. And like any tool, these are specially designed to make a job easier. That job is **creating a new you!** And even though they are lightweight, don't underestimate the power of what they do! It's REALLY important you understand this...

It's not how much weight you use; it's *how you use the weight.* And with the Clubz program **a little bit of weight goes a LONG way!**

I developed the Clubz program because I knew there was a better way to deliver really great functional training in a short amount of time. The secret is simple proven physics...a concept called Torque and it's a super easy concept to understand.

Do this at home right now...hold your arm straight out in front of you in an extension. Your body doesn't have to work very hard to keep it there right? Now hold one of your Clubz weights in that hand and do the same thing. The weight is now an extension of your arm. **Feel the difference?**



Welcome to the Clubz!

You are putting an additional load out there and your body compensates automatically. Just by adding this weight, you also activate a bunch of muscle groups, starting up your arm, through your shoulders, your chest and your core. Your brain is saying let's go team and you don't even have to think about it...*it just happens.*

Now if you add other motions and movements to this like squats and lunges, all of a sudden the whole body is engaged in every exercise.

This is why the Clubz program works so well!



Adding weight as an extension of the body simply makes the body *work harder...*and it's *automatic. You don't have to think about it!*

So now what does this mean for you?

It means you're using much more energy and burning more calories. It means you're increasing your heart rate. It means you're strengthening your core. And because we've added the weight you're also developing lean muscle.



That's how the Clubz Program works! This is Torque. This is **Torsional Training.**

Again, I want to thank you and welcome you to the Clubz!!

My dream is to make a difference!

Thank you for giving me an opportunity to make a difference in your life!

A handwritten signature in black ink, reading "Jason Sani". The signature is fluid and cursive, with a large loop at the end.

Jason Sani

Fitness Expert and Certified Nutritionist



**30-MINUTE WORKOUT IS JUST 2%
OF YOUR DAY. NO EXCUSES.**



THE CLUBZ PROGRAM

Background, Program Guide, and Calendars

THE TOOL



A little bit about the tool. The Clubz have been around for a very long time. In fact, they were used in the 1800's and early 1900's by elite athletes and soldiers. Some would even argue that the Clubz were the first organized group fitness program ever! And believe it or not, Clubz swinging was a gold medal event in the 1904 and 1932 Summer Olympic games!

What we've done is improve the tool and made it current by combining it with a mainstream high intensity interval training or HIIT program.

Now you may have heard this term before but might not know exactly what it means. All you really need to know is that it's short bursts of everything you've got exercise followed by a brief rest.

Again, don't let the size of the weight fool you.

With the Clubz program a little bit of weight goes a LONG way!

BEGINNER

ADVANCED

EXPERT



2LB CLUBZ

If you've never tried a Clubz workout, Start Here!!



3LB CLUBZ

Once you've mastered the program, add a little weight.



4LB CLUBZ

Only for the Clubz experts... this is a serious challenge!

When you use the Clubz, there are basically **two grips**.



TORCH GRIP

The Torch Grip is the advanced grip. It gives you maximum extension of the weight for maximum challenge. We call it Torch for a reason!



MID GRIP

If you ever want to ease up a bit, simply slide your hand up or choke up as they say to a Mid Grip and the exercise will become a little easier.

SOME IMPORTANT TIPS:

1

MAKE SURE YOU HAVE PLENTY OF SPACE when you do the Clubz program at home. The Clubz add 12 inches of extension to both hands. As you swing them around your body you want to make sure you have enough room! And don't forget about making sure you have enough ceiling height too.

2

As you swing the Clubz around, **PAY SPECIAL ATTENTION TO THINGS AROUND YOU.** We don't want you hitting anything or anybody and that includes yourself. By the way, one of the features we built into the Clubz is a thick foam padding so they are very user friendly just in case.

3

The last tip and a pretty important one too; **MAKE SURE YOU HANG ON TIGHT.** We don't want you squeezing too hard, but we don't want you to have a loose grip either. Find a happy medium.

THE PROGRAM



The Clubz program is based on **Functional Training**.

So what does that mean?

It means we are asking you to make whole body movements where you are using a bunch of muscle groups at the same time. This is muscle integration instead of muscle isolation. Think jumping jacks versus a dumbbell curl. The body is being trained as a whole instead of in parts.



By adding the Clubz weights as an extension of your body, we've added some hot sauce to those movements. Remember that's **Torsional Training**. And what it delivers is EVERYTHING you need in a fitness program in a short amount of time.

Look, life gets in the way! We know you are busy people and finding time for a fitness program can be tough. We don't want you to change your life to fit the Clubz program.

We've designed the Clubz program to **fit your life!**

THE CLUBZ WORKOUTS

To keep it simple, but also deliver the results you are looking for all we ask is that you challenge yourself for 30 minutes at a time. Remember these workouts are short bursts of everything you've got exercise followed by a brief rest.



Try to get out of your comfort zone. BUT ALWAYS work at a level that's appropriate for YOU!

We've designed the Clubz program for all types of people and all types of fitness abilities, from the beginner to the expert. Now this is really important!! If you have to do the exercise at a slower pace, please do! If you need to do the modifier, please do! **Progress is the goal!** Remember, you don't start your journey to climb a mountain at the top.

The Clubz program is made up of **three types of workouts**:

	<p>CARDIO CLUBZ™</p>	<p>Designed to really get that blood pumping!</p>
	<p>POWER CLUBZ™</p>	<p>Designed to add some more gas to that fire!</p>
	<p>ACTIVE RECOVERY CLUBZ™</p>	<p>Designed to bring it down a notch but still actively move your body!</p>

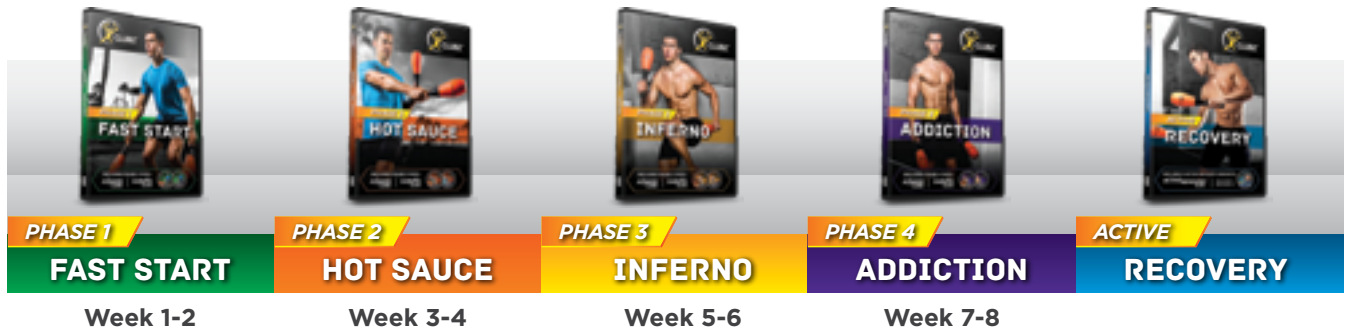
So before you get started, just know that Cardio and Power are a little more intense and they last a little longer than Active Recovery. But don't underestimate the power and benefit of the Recovery Clubz workout!

THE CLUBZ CALENDAR

WHERE TO START. The Clubz Calendar has been laid out in a way that is super easy to follow, and also charts your progress. It is made up of four Phases that each last for two weeks.



- **PHASE 1** is the **1st 2 weeks...** we call it Fast Start.
- **PHASE 2** is the **2nd 2 weeks...** how about some Hot Sauce!
- **PHASE 3** is the **3rd 2 weeks...** get ready for the Inferno.
- **PHASE 4** is the **final 2 weeks...** it's called Addiction for a reason.



Each Phase has a unique Cardio and Power DVD, and then you supplement with Active Recovery. Phase 1 or the 1st two weeks would look like this:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CARDIO	POWER	RECOVERY	CARDIO	POWER	RECOVERY	REST

- Monday and Thursday are Cardio Days.
- Tuesday and Friday are Power Days.
- Wednesday and Saturday are your Active Recovery Days.
- And Sundays you rest
- For Phase 2, simply work in your Phase 2 DVDs and so on for Phases 3 and 4!

Try to get out of your comfort zone. BUT ALWAYS work at a level that's appropriate for YOU! If you find that 6 Days a week is too much, that's OK.

Simply start with this modified calendar on the next page and work your way up.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CARDIO	REST	POWER	REST	RECOVERY	REST	REST

No matter where you start, it's more important to **focus on where and how you finish.**

Progress is the goal! Ultimately we want to get you Addicted to Feeling Good! If for any reason you have questions along the way, simply send us an email success@fitclubz.com. We'd love to hear from you and are here to offer support!



CLUBZ™ MODIFIED WORKOUT SCHEDULE



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	PROGRESS
WEEK 01	CARDIO PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	POWER PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	REST	Workout: <input type="checkbox"/> / 70 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/> / 70
WEEK 02	CARDIO PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	POWER PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	REST	Workout: <input type="checkbox"/> / 70 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/> / 70
WEEK 03	CARDIO PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	POWER PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	REST	Workout: <input type="checkbox"/> / 70 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/> / 70
WEEK 04	CARDIO PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	POWER PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	REST	Workout: <input type="checkbox"/> / 70 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/> / 70
WEEK 05	CARDIO PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	POWER PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	REST	Workout: <input type="checkbox"/> / 70 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/> / 70
WEEK 06	CARDIO PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	POWER PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	REST	Workout: <input type="checkbox"/> / 70 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/> / 70
WEEK 07	CARDIO PHASE 4 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	POWER PHASE 4 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	REST	Workout: <input type="checkbox"/> / 70 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/> / 70
WEEK 08	CARDIO PHASE 4 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	POWER PHASE 4 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	REST	REST	Workout: <input type="checkbox"/> / 70 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/> / 70

* ADVANCED RECOVERY DVD SOLD SEPARATELY

GET ADDICTED TO FEELING GOOD!

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CLUBZ™ WORKOUT SCHEDULE



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	PROGRESS	
WEEK 01 FAST START	CARDIO PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	CARDIO PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ADVANCED RECOVERY ALPHA* Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	REST	Workout: <input type="checkbox"/> / 8 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/>
WEEK 02	CARDIO PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	CARDIO PHASE 1 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ADVANCED RECOVERY ALPHA* Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	REST	Workout: <input type="checkbox"/> / 8 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/>
WEEK 03 HOT SAUCE	CARDIO PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	CARDIO PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ADVANCED RECOVERY BRAVO* Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	REST	Workout: <input type="checkbox"/> / 8 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/>
WEEK 04	CARDIO PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	CARDIO PHASE 2 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 1 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ADVANCED RECOVERY BRAVO* Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	REST	Workout: <input type="checkbox"/> / 8 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/>
WEEK 05 INFERNO	CARDIO PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	CARDIO PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 3 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ADVANCED RECOVERY CHARLIE* Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	REST	Workout: <input type="checkbox"/> / 8 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/>
WEEK 06	CARDIO PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	CARDIO PHASE 3 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 3 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ADVANCED RECOVERY CHARLIE* Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	REST	Workout: <input type="checkbox"/> / 8 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/>
WEEK 07 ADDICTION	CARDIO PHASE 4 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 4 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	CARDIO PHASE 4 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 4 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ADVANCED RECOVERY DELTA* Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	REST	Workout: <input type="checkbox"/> / 8 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/>
WEEK 08	CARDIO PHASE 4 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 4 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	CARDIO PHASE 4 Workout: <input type="checkbox"/> / 70 Points: <input type="checkbox"/> / 70	POWER PHASE 4 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ACTIVE RECOVERY 2 Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	ADVANCED RECOVERY DELTA* Workout: <input type="checkbox"/> / 20 Points: <input type="checkbox"/> / 20	REST	Workout: <input type="checkbox"/> / 8 Weekly Points: <input type="checkbox"/> / 120 Feel Good Score: <input type="checkbox"/> / 70 Weight: <input type="checkbox"/>

* ADVANCED RECOVERY DVD SOLD SEPARATELY

GET ADDICTED TO FEELING GOOD!

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**I'M NOT LOSING WEIGHT, I'M
GETTING RID OF IT. I HAVE NO
INTENTION OF FINDING IT AGAIN.**



THE CLEAN EATZ PROGRAM

Introduction to Your Nutritional Tool Kit

“Discipline is just choosing what you want now and what you want most.”

When it came to designing nutrition as part of the Clubz program, we kept with the same theme. We don't want you to change your life to fit a nutrition plan; we want you to have a nutrition plan to **fit your life!**

Look, we realize that life is busy and complicated enough. You're just trying to keep pace! So if you're looking for a rigid program with a strict menu, you won't find it here. What you will find is a frame of reference. A new outlook. A new way of thinking about the way you feed your body.

With Clean Eatz, you will focus on *progress, not perfection*. It's all about *setting realistic goals* for each day but also looking at this as a lifestyle change.

When you wake up, we want you to start the day thinking “clean slate” and then make great conscientious decisions on what you feed yourself and your family.

We named it Clean Eatz for a reason. Maybe you've heard the phrase “clean eating” before but what does that even mean? Most people probably don't know where to begin or are overloaded with too much or bad information. Or maybe you've already embraced clean eating, but are always looking for new ideas to support your initiatives.

Our style is to keep it simple! The **Clean Eatz is a tool kit**. In fact we give you 10 specific tools. We break it down into easy to understand specific actions that become habits. And once you form a habit, it's easier to turn it into permanent behavior. Why? Because habits become rituals and rituals become permanent behavior. This is what pays big dividends in the long run!

Clean Eatz is the perfect nutritional complement to the Clubz program. It's so easy to fit into your life and will be that springboard that will launch you on your journey to being Addicted to Feeling Good!





IT. STARTS. NOW.

TOOL #1: CHANGE YOUR PERCEPTION

This is Easy and Every Day is a New Day

“Change the way you look at things,
and the *things you look at change.*”

- Dr. Wayne Dyer

OLD PERCEPTION	NEW PERCEPTION
Good nutrition is complicated and takes too much time.	Clean Eating and being Healthy is really quite easy!

Whether you're a professional athlete, or an everyday Superman/Wonder Woman navigating the challenges of a busy life, you have something in common. You need a SIMPLE plan.

Here is an example. $1 + 1 = 2$, right? It's an easy way to illustrate a point because it is so simple and everyone gets it. It's also true that the square root of 100, divided by 5 is 2. But you never hear that reference because it's too complicated.



CLEAN EATING AND NUTRITION ARE AS SIMPLE AS $1 + 1 = 2$. If you're looking for a regimented, structured meal plan and a book with a lot of recipes to follow, you won't find it here. That's like turning simple math into an algebraic equation. With all the things in your life that you can't simplify, why would you want to make grocery shopping and meals so stressful, time-consuming and complicated?

This is tool #1, to **Change Your Perception** and it really is the most important one too! In order to get the most out of the Clean EatZ program, we want your new perception to be:

This is Easy and Every Day is a New Day.

Tool #1: *Change Your Perception*

Think of a 'day' only as a measurable unit of time to track your short-term goals. Some days you're rocking it! Other days, not so much. But that's OK.

Embrace a 10,000 foot level frame of mind. When you're on the ground, little things seem big. But zoom out and big things seem small. Keep it all in perspective.

Each day we want you to try to do your best. But just like everything else in life...your best varies from one day to the next. The objective is **PROGRESSION, NOT PERFECTION** and it all starts with being **MINDFUL**.

So just memorize and be mindful of this simple mantra and you will have Tool #1 in the bag!





**THE ROAD TO SUCCESS IS DOTTED
WITH MANY TEMPTING PARKING
PLACES. DON'T STOP!**



IT. STARTS. NOW.

TOOL #2: PROGRESSION vs. PERFECTION

Living life on a Scale of 1-10 and Your Feel Good Score

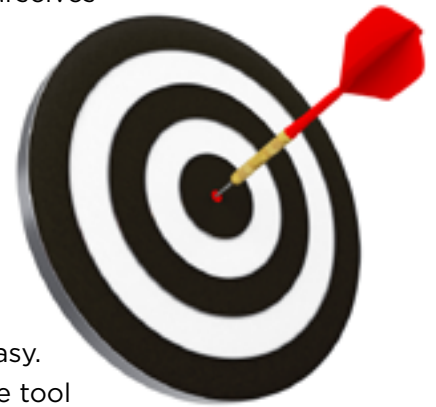
“Perfection is over-rated!”

Actually, I think we all KNOW this to be true. Yet we continue to strive for perfection (which is an impossible goal anyway) and beat ourselves up when we don’t achieve it. What good does that do?

Working on Progression versus Perfection allows you to “enjoy the journey instead of focusing on the destination” as they say. Why would you ever want your life to be a fixed, static state when what makes life interesting is that it is changing and vibrant?

Maybe it’s simply because you don’t know how to focus on Progression versus Perfection. We’re here to tell you that it’s super easy.

Focus on the process not the outcome. And do it with a really simple tool that everybody is familiar with...



THE SCALE OF 1 TO 10!



We’re certain you’ve used this in many ways throughout your life. Now use it to be healthy! Consider the spectrum of healthy living, both exercise and nutrition, on a scale of 1 to 10. And then put it to work.



This is a new habit we want you to start every day, to answer these 3 simple questions:

Question #1:

How would I rate my fitness for today on a scale of 1-10?

Be sure to consider all forms of moving your body, from simply being very active to including an intense Clubz workout. Also, make sure to take into account how you felt during the activities of the day. Did you rock it or were you sluggish? Then come up with a number.



Question #2:

How would I rate my eating for today on a scale of 1-10?

This one is slightly easier. If you ate a lot of unhealthy, fatty, sugary foods you will scale it low. If you ate pretty clean, but had a few questionable items you would be in the middle. If you were squeaky clean with your eating, rank it high.



Question #3:

How would I rate my Feel Good Score today on a scale of 1-10?

So what is a **Feel Good Score**? Well in the process of getting Addicted to Feeling Good, we want you to be MINDFUL of how you feel every day. In fact we want you to **give yourself a weekly score and write it on your Clubz Wall Calendar**. For sure you will have highs and lows. But the farther you are down the road, the more highs you will have than lows. This score represents a gut measurement of...How Good do I feel today, on a scale of 1 to 10?

What we are challenging you to do is make it your goal to score between 6-7 everyday with all 3 questions.

You will find that once you get into this range, you will start to really feel great about yourself and what you are accomplishing. And you will start to crave higher numbers.

It's really important to know that very few people achieve a 9-10 on a consistent, daily basis with any of these 3 scores. Look, life is very busy and it gets in the way. We get that! So what we are asking for is simply to be above average...Progression not Perfection!

Imagine if you and almost everybody else consistently scored in the 6-7 range! Just think of the dent we could make in the growing population of people with serious health issues such as obesity, diabetes, heart disease, and others.

Once you have that dialed in as part of your healthy living lifestyle, or if you are already there, then raise the bar a little! Ratchet it up even more by striving for a consistent 7-8 or even 8-9. You do that and just think of how great it will feel to throw in a few 10's on a regular basis!

Not only will you feel great, but think of the inspiration you will be to others! Even if people write it off as being too unattainable, you'll get them thinking about their own habits. When people become aware, there is the opportunity for seeds of change to be planted!



**I DON'T HAVE TIME IS THE
GROWN-UP VERSION OF THE
DOG ATE MY HOMEWORK.**



IT. STARTS. NOW.

TOOL #3: MINDFUL NUTRITION

Investing in High Net-Gain Foods to get into your High Performance Vehicle

In the Introduction to Clean EatZ on page 13, we talked about a “**clean slate**” mentality when you wake up every morning. Your clean slate mentality comes from combining Tools #1 and #2. So how do you do that? Wake up every morning with the mantra, “**This is Easy and Every Day is a New Day!**” while focusing on **Progression not Perfection**.

The simple act of **rating yourself daily** on the three different 1-10 Scales of Fitness, Eating, and Feeling Good is in itself a great example of being **Mindful**.

HOW DO WE TRANSLATE THIS TO NUTRITION?

To put things in perspective, your Clean EatZ goal is to strive to achieve a **6-7 out of 10!**

By comparison, many Americans score 2-3 out of 10 on all 3 scales! **How you fuel your body directly impacts how you move your body, which directly impacts how you feel overall!** It's not brain surgery! But it's your brain that's definitely driving the bus. Or the race car...you choose!



Tool #3 is simply to be **Mindful** of what goes into your body on a daily basis. **Be aware of how thoughts fuel your perception, as well as how food fuels your body!** We want you to wake up excited about starting your day with a “clean slate” already thinking about making great conscientious decisions about what you feed yourself and your family.

Consideration **A**ction **R**reaction

Think of this as a 3-part process, **Consideration, Action, and Reaction**. Use the acronym **C.A.R.** when you think about it. Whether you will be enjoying the journey driving a performance vehicle or a ‘junker’ depends largely on how you fuel it! Food is a fuel source; it's up to you to choose what type of fuel to put in your vehicle. Don't you want a high performance vehicle?

Make sure the process of eating begins as **consideration**. Every single thing you put in your mouth over the course of the day will either take you a) in the direction of your goals or b)

Tool #3: Mindful Nutrition

away from your goals. Once you've taken this into consideration, then you can mindfully take **Action**. It's OK to choose those things that you eat that aren't on the High Net-Gain List, just make sure that you're mindfully making the choice to do so and keep it in moderation. Pay attention to what happens based on what action you take. Becoming more mindful of your body's **Reaction** to different types of food will help guide you with future choices.

There may be a few things that you eat in a day that aren't great, but you thought about it and made the conscious decision to proceed. Conversely, there were probably more things throughout the day that you passed on because you were being Mindful of them and how you would score at the end of the day. Nicely done!

**SIMPLY ASK YOURSELF BEFORE YOU PUT ANYTHING IN YOUR BODY:
HOW DOES THIS SCORE? THIS IS BEING MINDFUL.**

+ HIGH NET-GAIN FOODS FOODS THAT WILL GET YOU TO SCORE 6-7 OR HIGHER	VS.	- LOW NET-GAIN FOODS FOODS THAT WILL DRAG YOUR SCORE DOWN
If it is produced by nature?		Are there more than 3-4 ingredients?
Basic "whole" foods (e.g. apples, almonds, broccoli)		Does it come in a box?
Did it grow in the ground?		Is there an expiration date? Be wary if it has a long shelf-life!
Can you pronounce the ingredients?		Does the ingredient list scare you?
Did your grandparents eat it?		Is it made of highly processed ingredients?
Is it perishable?		Does it look natural or did it get its color from artificial sources?

The easiest way to understand the difference between a Low Net-Gain Food and a High Net-Gain Food is to start by looking at Low Net-Gain Foods. Low Net-Gain Foods are foods that are **highly processed**...it's food that Mother Nature made but for a variety of reasons people sought to "improve" it. Unfortunately, by trying to solve one "problem" like preventing food from spoiling an even bigger one was created! The dilemma now is years later this processed food is wreaking havoc in our bodies.

Processed foods require a lot of energy from our bodies to break down. When you think of it this way, it makes perfect sense why you feel slower and weighted down when eating processed foods.

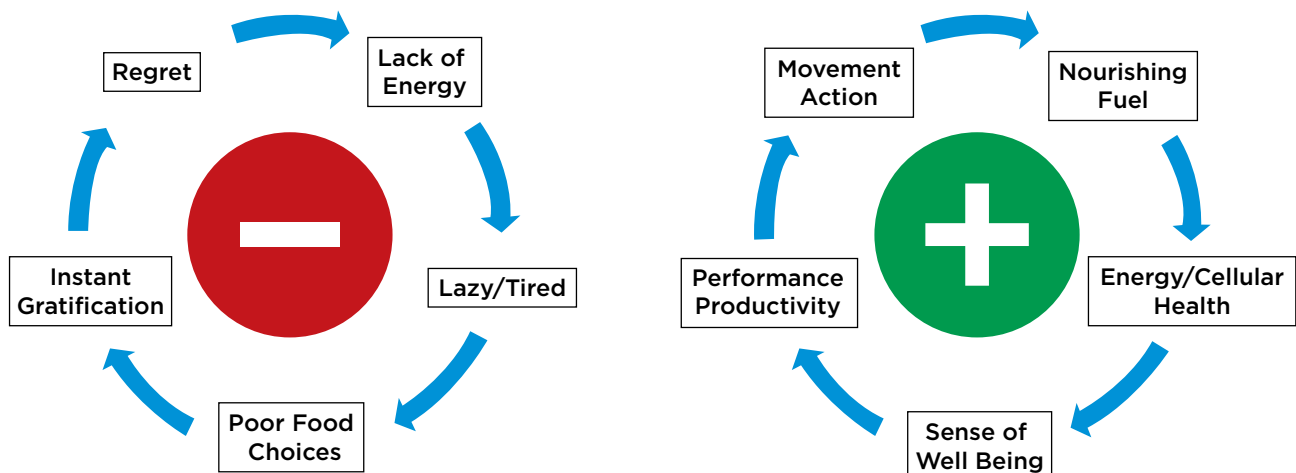
Your body actually has to expend more effort and work harder to digest them. **Processed foods are cheap, usually easy to prepare and highly addictive** but you'll definitely pay the price in the long run in regard to feeling good and being healthy!

By contrast, **High Net-Gain Foods pay out significantly** when you look at eating as an investment! Plant based foods and those that have a lot of nutrition and require less work from your body. High Net-Gain Foods are foods that offer more bang for the buck because you don't have to pay the price of wearing out your body with the hard work of digesting them! If it takes LESS energy to digest, then there is MORE energy to fuel your body!! It's that simple!

Another very simple way of looking at eating for energy is this...

High Net-Gain Foods are sustainable energy. It recycles and continues to generate more energy. Low Net-Gain Foods simply drain the battery.

THE EFFECTS OF HIGH NET-GAIN AND LOW NET-GAIN CALORIES



A COUPLE OF EXAMPLES:

+ HIGH NET-GAIN FOOD	- LOW NET-GAIN FOOD
<p>WHOLE GRAIN RICE</p> <p>It is a simple, whole food, which is loaded with nutrients. While this is an incomplete meal, it provides food that the body can break down and use for fuel without taxing the body.</p> 	<p>WHITE RICE</p> <p>Grabbing a box of rice that has been processed to speed up cooking time, seasoned with high sodium and/or include a creamy sauce is simply going to take more effort for your body to digest and provide a lower return on investment for fueling your body!</p> 
<p>OATMEAL</p> <p>However, if instead you prepare a bowl of old fashioned oatmeal you'll find that you have a small, sustained spike in blood glucose. You are energized over a period of time instead of suffering the highs and lows.</p> 	<p>BREAKFAST MUFFIN</p> <p>The 1st step is to basically realize the muffin for all practical purposes is a piece of cake. Your body will have a spike in blood sugar followed by a crash, robbing you of energy. Despite your good intentions to feed yourself something for breakfast, you now are dragging, feeling lethargic and crabby.</p> 

AS A REMINDER...

HIGH NET-GAIN FOODS SCORE 6-7 OR HIGHER

LOW NET-GAIN FOODS DRAG YOUR SCORE DOWN

In essence, Mindful nutrition is the act of **being conscious about the food that you eat**. Your goal should be to shift into thinking long term rather than instant gratification.

Learn to understand the effects of foods that we eat and realize that each meal is an opportunity to improve your body. After all, how you feel is directly related to what you eat. And you want to **Get Addicted to Feeling Good** right?

So how do we be mindful of all the foods that are out there?

Let's move on to the next two tools!





**WOW, I REALLY REGRET THAT
WORKOUT. SAID NO ONE, EVER.**



TOOL #4: POINT OF NO RETURN

Identify Points of No Return and “Treats vs. Cheats”

“**Upgrade your standards** when it comes to what you put in your body and you will find that **everything** in your life is upgraded!”

— Jason Sani



THIS IS REALITY...

If it's in the shopping cart, you're eating it!

If you don't put it in the shopping cart, you can't eat it!

If you order it and it is on your plate, you're eating it!

If you don't order it, you can't eat it!

The cool thing is that this is super easy to change. Don't put it in the shopping cart and don't order it. Problem solved!

Now some of this is going to be subjective and some of this is going to be really obvious. Listen to your gut! A great example is deciding on whether to eat something that doesn't have a label. If it's sweet, the general answer is probably NO. If it's man-made or processed, the answer is generally NO. The safer bet is to say NO and stick to the things you know you can say YES to.

But remember, we are working on Progression not Perfection so there are times that you will consciously make a poor choice. Instead of feeling bad about it, know that we refer to this as:

A TREAT, not a CHEAT!

You're working hard towards your goals and it is OK to enjoy yourself from time to time. A score of 6-7 is a good score!! But just be careful not to get carried away and let the TREATS drag your score down. And don't forget that **every day is a new opportunity to bring that score back up!**

When we talk about a Treat vs. a Cheat we are usually talking about a portion that is more substantial, a serving of something. But what about those 'little things' like the food samples at the grocery store, a hand full of chips or perhaps a snack size candy bar. You know what we're talking about, the things that may not be a “big deal” and yet they can really undermine your conviction to finishing the day out strong.

Tool #4: Point Of No Return

These are opportunities for course correction. Airplanes do it all the time! Even on autopilot you wouldn't arrive at your intended destination without course corrections along the way. It's subtle but significant. When this happens the best way to course correct is to counterattack with healthy High Net-Gain Foods. Instead of focusing on the fact you just stood in front of the pantry and ate a Low Net-Gain Food like crackers, go on the counterattack and fight back with a handful of baby carrots!



ARM YOURSELF WITH A WELL-STOCKED REFRIGERATOR!



If there's one, simple, extremely powerful way to set up a force field against sabotage snacking it is **an arsenal of fresh vegetables!** We all have moments that we are bored, stressed, or hungry and we just open up the pantry or fridge and look for something to eat and that's OK. Matter of fact, that's FANTASTIC if you make it a habit to reach for something like baby carrots, grape tomatoes, or maybe some mixed mini-peppers! You won't believe how quickly you can go from feeling flat to refueled.

Just the simple act of doing something you know is good for you puts you a step in the right direction!











Now we do want to point out some foods and ingredients that we would consider Point of No Return, meaning that they absolutely have no nutritional value whatsoever and actually do more to keep you from reaching your goals than anything else.

We ask that you consider working towards eliminating these altogether. Doing so will automatically lift your Daily Eating Score to at least a 6 or better:









10 WORST FOODS






THAT LOWER YOUR DAILY EATING SCORE

1		<p>Anything with High Fructose Corn Syrup It is everywhere! If it's on the label, simply say I can't have that! Treat it like an allergy.</p>
2		<p>Anything with White Flour White breads, bagels, cakes, cookies, brownies, etc.</p>
3		<p>Anything Deep Fried Only at the annual trip to the State Fair as a TREAT.</p>
4		<p>Processed Foods If it comes in a box, it is most likely processed. Think crackers, cookies, snacks, cake mixes, boxed meals and sides.</p>
5		<p>Artificial Sweeteners There is a lot of data out there that says these are bad. We say what's the point? The name alone says it all.</p>
6		<p>Pretty Much Anything in the Chip Aisle Enough said.</p>
7		<p>Sugar Soda or any Sweetened Beverage See #1...it's like drinking candy.</p>
8		<p>Processed Meats Hot dogs, bologna, and other packaged lunchmeats. Just the category "processed meats" is warning enough!</p>
9		<p>Microwave Popcorn If you like popcorn, try popping your own on the stovetop. It's fun and a much healthier choice.</p>
10		<p>Cookies, Doughnuts, Cakes, Bagels, Sugar Cereals, Candy Although they're covered above, we thought we'd just list them again.</p>

10 BEST FOODS THAT RAISE YOUR DAILY EATING SCORE

<p>1</p>		<p>RAW Nuts - We love almonds but no need to be stingy when it comes to sharing the love! Walnuts, hazelnuts, pecans, Brazil nuts, and cashews! They all contain healthy amino acids, which benefit your vascular system! Show your heart some love. Just choose the raw, unsalted variety for optimal benefits!</p>
<p>2</p>		<p>Eggs - A great source for your morning protein! They are very economical and easy to hard-boil ahead of time to have on hand for a quick snack on the run!</p>
<p>3</p>		<p>Lemons - They help maintain a healthy ph balance to keep the body systems running smoothly. The typical American diet is too high in acid producing foods (highly processed, animal products, artificial sweeteners, etc.) and too low in alkaline producing foods like vegetables. Lemons counteract that as they are extremely alkaline forming in the body!</p>
<p>4</p>		<p>Fresh Vegetables - We haven't met one yet we don't like. Vegetables also help with maintaining a healthy ph balance, and are a great source of fiber, vitamins, and minerals. Bring it on!</p>
<p>5</p>		<p>100% Whole Grain Products - Terms like "multigrain," "100% wheat," "organic," "pumpernickel," "bran," and "stone ground" may sound healthy, but none actually indicates the product is Whole Grain. Make some new friends! In addition to whole wheat consider whole oats/oatmeal, popcorn (air-popped), brown rice, whole rye, whole-grain barley, wild rice, buckwheat, millet, quinoa and our personal favorite forbidden rice (also known as black or purple rice)!</p>
<p>6</p>		<p>Sweet Potatoes - Mmm! We love them! With a walloping 400% of daily Vitamin A (22,000 IU) plus Vitamin C (22mg) and Manganese (0.57 mg), sweet potatoes are well suited to guard cells against carcinogens and toxins.</p>

Tool #4: Point Of No Return

7		<p>Fresh Avocados - The difference between a good salad and a great one! By adding avocado to your salad you will increase the absorption of 2 key antioxidants: lycopene and beta-carotene! Avocados also provide an amazing variety of carotenoids, which make them especially valuable for fighting inflammation in the body! That's a great thing considering inflammation in the body is the root of all evils!</p>
8		<p>Beans - Super healthy, versatile, affordable, high in antioxidants, fiber, protein, B Vitamins, iron, magnesium, potassium, copper and zinc. BOOM! What more do we need to say? Other than perhaps that they also are a great way to upgrade your nutrition without a lot of calories!</p>
9		<p>Fruit - Mother Nature was incredibly brilliant in providing us with "Nature's Candy". Yes, fruit has incredible benefits but treasure it and see it as a healthy dessert as it does have a lot of sugar. Don't overdo it.</p>
10		<p>A variety of Fish, Seafood, Chicken and Grass-Fed Beef over traditional grain-fed meat - Strive to learn about the differences in how your foods are produced and make the best choice, but just know you need lean protein on a daily basis and it's good to get a variety of them!</p>
11		<p>Spices - Sorry, we couldn't stop at 10. And we think spices are such a huge deal that they have a section all to themselves! Learn about the incredible health benefits of spices in Tool #6 - Finding Your Delicious!</p>

If you can be MINDFUL of these Best and Worst Foods when you shop for groceries, prepare your meals and even when you eat out, you'll be scoring a 6-7 on your Eating Score on a daily basis.

TIPS FOR EATING OUT



- If you are having a hard time making a healthy choice from a menu, check out the sandwiches and know that **any sandwich can become a salad.**
- **Portion control!** We encourage you to ask for a to-go container before you even get your meal. When it arrives, split it in half and take it home.
- Also consider **splitting entrees.** It's half the calories AND half the cost!
- **Ask nicely for exactly what** you want and most restaurants will be happy to accommodate!

TIPS FOR ROAD TRIPS



MAKE A GAME OF IT! Road trips do not need to become train wrecks if you approach it with a Scavenger Hunt mindset.

Rather than assume you can't find healthy options on the road, embrace the adventure of discovering what you CAN find! Most gas stations these days sell some basic produce like an apple or banana, low fat milk, and possibly hard-boiled eggs. Might not be the best you've had, but the excitement of the treasure and the hunt will more than make up for it! The simplest snack you can plan ahead and take with you is a bag of raw almonds! When all else fails, sometimes the longer you have to hold out to find healthy nutrition the more rewarding it is.

But what about all the other foods that are out there? How do you tell if they score a 6-7 or better?

Obviously there are many more foods that we eat in a day and we can't list everything here. Nor do we want you to memorize such a list. Consider this your foundation to grow from...some of the worst and some of the best. Now we're going to show you how to deal with everything in between.

That's where the next tool comes in...a very practical calculator that will allow you to quickly look at a nutrition label for any food and make a fast High Net-Gain or Low Net-Gain decision.





**NOTHING CHANGES UNTIL YOU
DECIDE TO MAKE A CHANGE.**



TOOL #5: TRICKS OF THE TRADE FOR GREAT DAILY DECISION MAKING

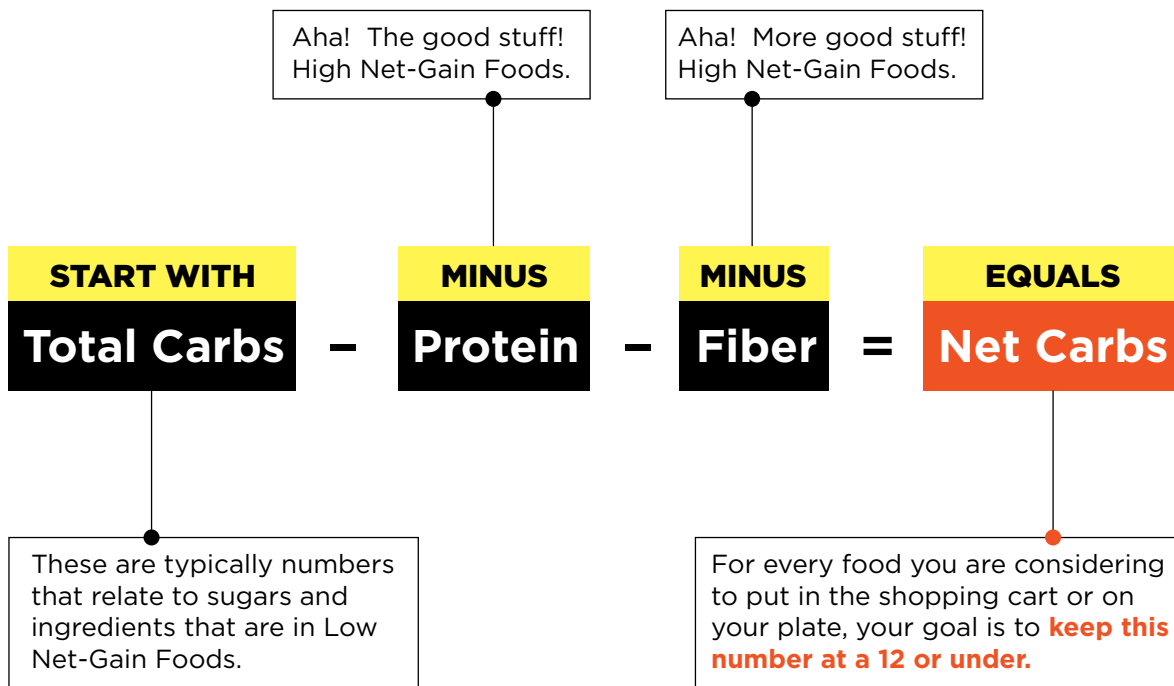
The Clean EatZ Net Carb Calculator

When it comes to Mindful Nutrition, we have given you the good list and the bad list but what about everything in between? How do we decide what to put into our bodies without memorizing anything or looking at every single ingredient in all the foods that we consume? **We want you to be conscious of labels**, but we don't expect you to memorize ingredients (other than the Point of No Return list). That would be an example of TMI or TOO MUCH INFORMATION, and is not in line with **Keeping it Simple**.

We have found that the easier we make this, the more likely it will be that you will put it to use! In fact, we have made this so easy and fun that we have grade school kids now teaching it to their parents.

It's a simple calculation that allows you to make great decisions in a matter of seconds based on a few numbers found on every Nutritional Label. We call it the **Clean EatZ Net Carb Calculator**.

Why is this important? To understand it, let's break this down:



Simple right?

And it really is super easy to put to work for you as there are nutritional labels on just about everything and are even starting to show up in restaurant menus.

HERE ARE SOME EXAMPLES.

Let's look at the numbers on a few products

START WITH		MINUS		MINUS		EQUALS
Total Carbs	-	Protein	-	Fiber	=	Net Carbs

** NOTE THIS IS PER SERVING.

So here we have a brand of Potato Chips we all know:



Total Carbs	23 grams
- Protein	2 grams
- Fiber	2 grams
= Net Carbs	19 grams = Low Net-Gain Food

Now a very popular Sugar Soda:



Total Carbs	39 grams
- Protein	0 grams
- Fiber	0 grams
= Net Carbs	39 grams = A VERY Low Net-Gain Food and only a 12oz serving!

Compare the Soda to a very popular Sugar Cereal:



Total Carbs	26 grams
- Protein	1 grams
- Fiber	3 grams
= Net Carbs	22 grams = A VERY Low Net-Gain Food and only a 1 cup serving!

And a very popular "Heart Healthy" Cereal option:



Total Carbs	20 grams
- Protein	3 grams
- Fiber	3 grams
= Net Carbs	14 grams = Better but we know there are options that go lower!

How about a processed pasta product:



Total Carbs	42 grams
- Protein	7 grams
- Fiber	2 grams
= Net Carbs	33 grams = Low Net-Gain Food

Tool #5: Great Daily Decision Making

Think about a delicious substitute – Spaghetti Squash:



Total Carbs	10 grams
- Protein	1 grams
- Fiber	2 grams
= Net Carbs	7 grams = Very High Net-Gain Food and Yummy!

A well-known brand of fresh OJ:



Total Carbs	26 grams
- Protein	2 grams
- Fiber	0 grams
= Net Carbs	24 grams = Low Net-Gain Food – almost as bad as sugar soda!

Compared to a well-known brand of vegetable juice:



Total Carbs	10 grams
- Protein	2 grams
- Fiber	2 grams
= Net Carbs	6 grams = Very High Net-Gain Food and a great substitute!

Here are some of the Best Whole Foods for High Net-Gain Scores:

Raw Almonds



Total Carbs	6 grams
- Protein	6 grams
- Fiber	4 grams
= Net Carbs	-4 grams = Very High Net-Gain Food – Jackpot!

Hard Boiled Egg



Total Carbs	.5 grams
- Protein	6.5 grams
- Fiber	0 grams
= Net Carbs	-6 grams = Very High Net-Gain Food – Jackpot!

Lean Chicken



Total Carbs	0 grams
- Protein	28 grams
- Fiber	0 grams
= Net Carbs	-28 grams = Very High Net-Gain Food – Jackpot!

Tool #5: Great Daily Decision Making

So by now, you probably get the point. Or you might be asking how many foods out there actually calculate at 12 or below? Believe us when we tell you they do exist. And you'll find that the more calculations you do, the more intuitive this will become. Remember, habits become rituals and rituals become permanent behavior.

So simply read the labels, do the calculation and then you decide...

IS IT A HIGH NET-GAIN FOOD OR A LOW NET-GAIN FOOD?

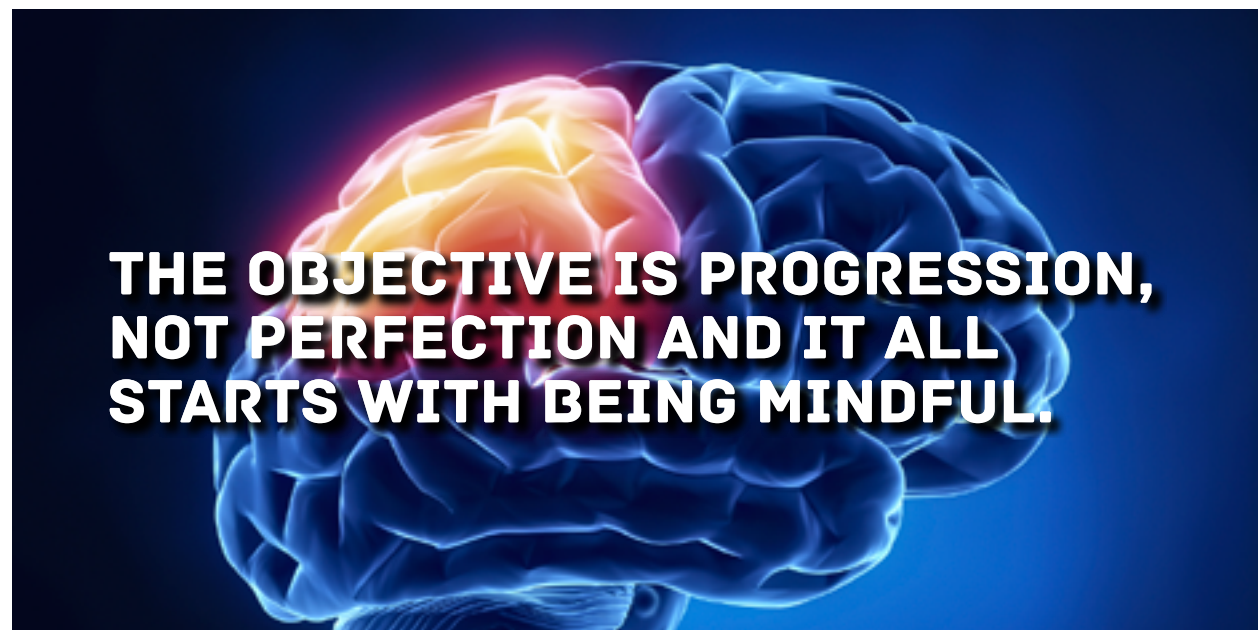
Remember, this is Progression vs Perfection. You have a goal of a 12 or below for the Net Carb Calculation. But you also are working to rate your self at a 6-7 for your Daily Eating Score.

So here is the overwhelming point we would like to make...

STRIVE FOR BALANCE. A 6-7 is a good score!!

If you get into a habit of doing this calculation, we have done our job. Or if you're really cool and are having your kids do it for you, we are doing back flips. Consider it a game! Not only are they having fun with math, you are also teaching them about healthy eating and nutrition. And the BEST part is you and your family are being MINDFUL of what you are putting into your bodies!

Now do you see how all of these Tools are working together? The next step is to give you an accountability tool to put all of the Tools you have now gained to work!





**FITNESS IS LIKE A WHEELBARROW.
NOTHING EVER HAPPENS UNTIL YOU
START PUSHING.**



TOOL #6: ADDING IN TO CROWD OUT!

And Finding Your Delicious through Taste Bud Training.

To understand the concept of **Adding In to Crowd Out** we are going to take you back to the performance vehicle analogy. When you buy a new car, you usually don't keep the old one...especially if you are trading up to a Performance Vehicle from Your Junker. The same is true for what you eat! If you've made the Mindful decision to embrace the Clean EatZ program, there simply is no room for the bad stuff because you are crowding it out with the good stuff you are adding in. Make sense?

The act of getting rid of something is simply made easier when there is something there to replace it. And it's downright easy when you're upgrading! In this case you are adding in the good, High Net-Gain foods that contribute to your health and energy levels while you crowd out the processed, Low Net-Gain foods that drag you down and keep you from achieving your goals.



Sometimes when we focus on giving something up we feel empty, lacking, and unhappy. Think of other diets you may have tried. With Clean EatZ, we want you to really focus on adding in the good stuff. As a byproduct, you won't be giving things up - they will simply be crowded out because there's just no room for them. And the best part...when you start to realize how great you feel as you drive your new Performance Vehicle, you won't even miss the old Junker!



So here's how it works. Say you're bored and hungry and go to the kitchen to get something to eat simply to entertain yourself. At the very least be Mindful about what you're doing. Think about how you **WOULD FEEL** after you eat something "empty" like crackers or chips or other readily available processed foods. Then think about how you **WILL FEEL** after you make the conscious decision to grab instead something that is a High Net-Gain food like vegetables. Then pay attention to how you feel afterwards...not only will you have the satisfaction of making a good choice but you also will

have more sustained energy. The more you crowd out by adding in, the more you will actually **CRAVE** the healthy foods that energize you!

Tool #6: Adding In To Crowd Out



Or maybe you're not really that hungry, but you are heading for the kitchen anyway. In that case go and drink a tall glass of water with a squeeze of fresh lemon. It may seem like "empty" food, but with your fresh new perspective you will value the important role that water plays in hydrating the body and you will be amazed as how it will actually satiate you. If you're still hungry 20-30 minutes later then be Mindful and choose a healthy snack that works towards your goals.

Adding in to crowd out is a better way to approach eating and living a healthier lifestyle. It really is the Power of Positivity and a "Glass Half Full" mentality combined. Focus on positive energy and what you get to add. Choose your own adventure by adding in new items; this goes for relationships with food and people. More positivity leaves less room for the negative. When it comes to food, these are "build-up" foods rather than foods that suck the energy and nutrients out of your body. And inclusion over exclusion reinforces positivity.

FINDING YOUR DELICIOUS!



This is where it really gets fun!! You get to turn back the clock, re-connect with your childlike curiosity and discover new things!

Before we cut you loose on the adventure of discovery you need to know WHY we want you to find Your Delicious. The purpose of finding Your Delicious is so that you can create healthy craveable foods! How do you do this?

"Use the flavors that you love, put them on the foods that you need and now you've created something craveable!" – Jason Sani

The goal here is to identify through exploration a list of flavors, spices and herbs to call your own. There really is no universal plan here as everybody is unique in their tastes. For example, some like it hot, some not so much.

Herbs and spices are the keys to unlocking your unique Delicious! All you really need to know about the two are that herbs are generally the leafy part of a plant that adds flavor, aroma and perhaps some medicinal value. Spices come from roots, flowers, fruits, seeds or bark. Spices are generally more potent and stronger in flavor so as you're experimenting you might want to start off easy and add more as you go. In general, you can go a little heavier on the herbs. But as you explore with both, you are having fun creating in your kitchen, playing with new flavors, and finding Your Delicious!

SOME OF OUR FAVORITE HERBS



GARDEN VARIETY HERBS:

- Thyme
- Sage
- Oregano
- Parsley
- Marjoram
- Basil
- Chives
- Rosemary
- Mint

NOT YOUR EVERYDAY HERBS:

- Cilantro
- Lemon Verbena
- Chervil

...AND FAVORITE SPICES:



- Cinnamon (bark)
- Ginger (root)
- Turmeric (root)
- Cloves (flower bud)
- Nutmeg (seed)
- Vanilla (undeveloped fruit of an orchid)
- Cumin (seed)
- Saffron (part of a Crocus flower)

FACT

Just because a spice is common and familiar, don't overlook its sex appeal!



- Oregano may not seem exotic and sexy but it has the highest antioxidant activity of 27 fresh culinary herbs.
- Did you know that cinnamon can lower blood sugar, triglycerides, LDL, and total cholesterol?



The great thing about setting out to find Your Delicious is that it's not some great mystery. You already have a starting point. **Choose the spices you already know that you like**, add them to more of your foods and then start throwing in a few new ones to sample and see what else you might like. Mix and match and soon you will discover some amazing new flavors...and all with great benefits!

WHY THIS WORKS



Taste provides instant gratification. This positive reinforcement goes deep into our nervous system and creates a positive association in our bodies. The amazing thing is once you figure out your perfect taste, texture, and trained state of your taste buds, it can feel like you're eating dessert at every meal.



Find a way to build them in to your day, every day! The same foods that are loaded with flavor are also some of the healthiest foods that we can put in our bodies. Natural sauces, spices, and added flavor from real foods like lemons and apple cider vinegar add flavors without unwanted refined sweeteners and preservatives.



Overall once you get a taste of Your Delicious and realize how great you feel beyond instant gratification, your interest will be sparked. And all of this is a part of Getting Addicted to Feeling Good!

For more information and help in finding Your Delicious, including great ingredient combinations and sauces, watch for Clean EatZ emails in your inbox.



**PURPOSE DRIVEN
INGREDIENTS COMBINE
AMAZING NUTRITIONAL
VALUE WITH GREAT TASTE!**

- Jason Sani



**TOO MANY PEOPLE ARE READY
TO CARRY THE STOOL WHEN THE
PIANO NEEDS TO BE MOVED.**



IT. STARTS. NOW.

TOOL #7: ACCOUNTABILITY

The Clean EatZ 20 Pointz System. Your Daily Progress Report!

Earlier in Clean EatZ, we talked about rituals and habits, where rituals become habits and habits become permanent behavior. A healthy lifestyle is built from these healthy rituals and habits. Especially when you are committed to making a life-changing and permanent transformation.

So now as you are shifting to a more conscious Mindful state, being aware of what you are consuming and why, we now want you to reward yourself for a job well done.



This is what the **Clean EatZ 20 Pointz System** is all about. We have developed this tool as a way of patting yourself on the back on a daily basis. And it's really easy to do. You get Pointz every day for doing really simple things. The goal is to turn these simple activities into rituals and habits. Every day, your goal should be to earn 20 Pointz or more.

The more Pointz you earn, the more progress you are making!

WHY DOES THIS WORK?

The brain is remarkably responsive to experience. Ask your brain to do math every day and it gets better at math. The 20 Pointz System is built around keeping things fun and building in structure with reminders of your daily goals. The more Pointz you accumulate, the better. For every healthy habit or ritual that you complete, you add the corresponding Pointz to your daily total. And focusing on adding in rather than depriving keeps a more positive psychological approach.

REVVING UP YOUR METABOLISM

The 20 Pointz System is designed for success by factoring in measurable goals, accountability, reward, and the science behind your body's chemistry. No matter how Pointz are accumulated, your metabolism is receiving extra fuel. Everything we have listed here earns you Pointz to create and sustain momentum to help get you to your goals. After a short time these rituals will become automatic. Nobody is born a professional. This state comes from acquiring and repeating "professional habits".

NEW HEALTHY HABITS

"Toto. I don't think we're in Kansas anymore." If you're feeling like Dorothy in The Wizard of Oz, Don't Panic! We're throwing a lot of new stuff at you here. Again, we are looking to have you work on progress not perfection. In addition, we want you to get comfortable with getting OUT of your comfort zone! We are aware that some of these go beyond doing a Clubz workout and what you have learned so far with Clean EatZ Tools 1 through 6. We're not trying to overwhelm you. We are simply trying to work in a few

Tool #7: Accountability

new ideas that will help boost your metabolism, which will speed you along to achieving your goals. Consider it EXTRA CREDIT!

ACTIVITY / POINTZ

Here is the list of ways you can earn your Clean EatZ 20 Daily Pointz:

#	ACTIVITY	POINTZ
1	Do your 30-Minute Clubz workout at any point in the day	4
2	RSVP your proposed Pointz Goal for the day and write it down	1
3	Do a 10-minute morning stretch	2
4	Drink 12 oz water or tea before breakfast	1
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1
6	Substitute a whole fruit for a morning juice	1
7	Eat a breakfast that rates a 6-7 with at least 20 grams of protein	2
8	Eat a post workout meal or snack with at least 20 grams of protein	2
9	Eat a green salad and squeeze a fresh lemon on it	2
10	Eat a handful of raw almonds for snack	1
11	Eat a handful fresh raw vegetables for a snack	1
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2
13	Drink a cup of green tea	1
14	Do 100 push-ups (can be split up or modified)	2
15	Do 100 squats or better yet squat jacks	2
16	Calculate 5 Nutritional Labels for Net Carbs	1
17	Create a journal entry of a positive experience for the day	1
18	Review your day and chart your progress in the workbook	2
19	Meditate or simply sit in deliberate quiet for 5 minutes	1
20	Try a new food, herb or spice	1
21	Eat a total of 20 grams of daily fiber	2
22	Eat less than 50 grams of sugar for the day	2
23	Do some food prep for next day while making dinner	2
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2
25	Go to bed by ten o'clock	1
TOTAL DAILY POINTZ		40

If you were to complete every item on this list, you would have earned 40 Pointz...congrats!! But we have set a very realistic goal of 20 Pointz. Remember, Clean EatZ was designed to be simple. We don't

Tool #7: Accountability

want you to change your life to fit a nutrition plan; we want you to have a nutrition plan to fit your life!

YOUR WEEKLY TOTAL GOAL is 120 POINTZ

Remember you have a rest day in there. BUT see if you can get to 140. Why not??

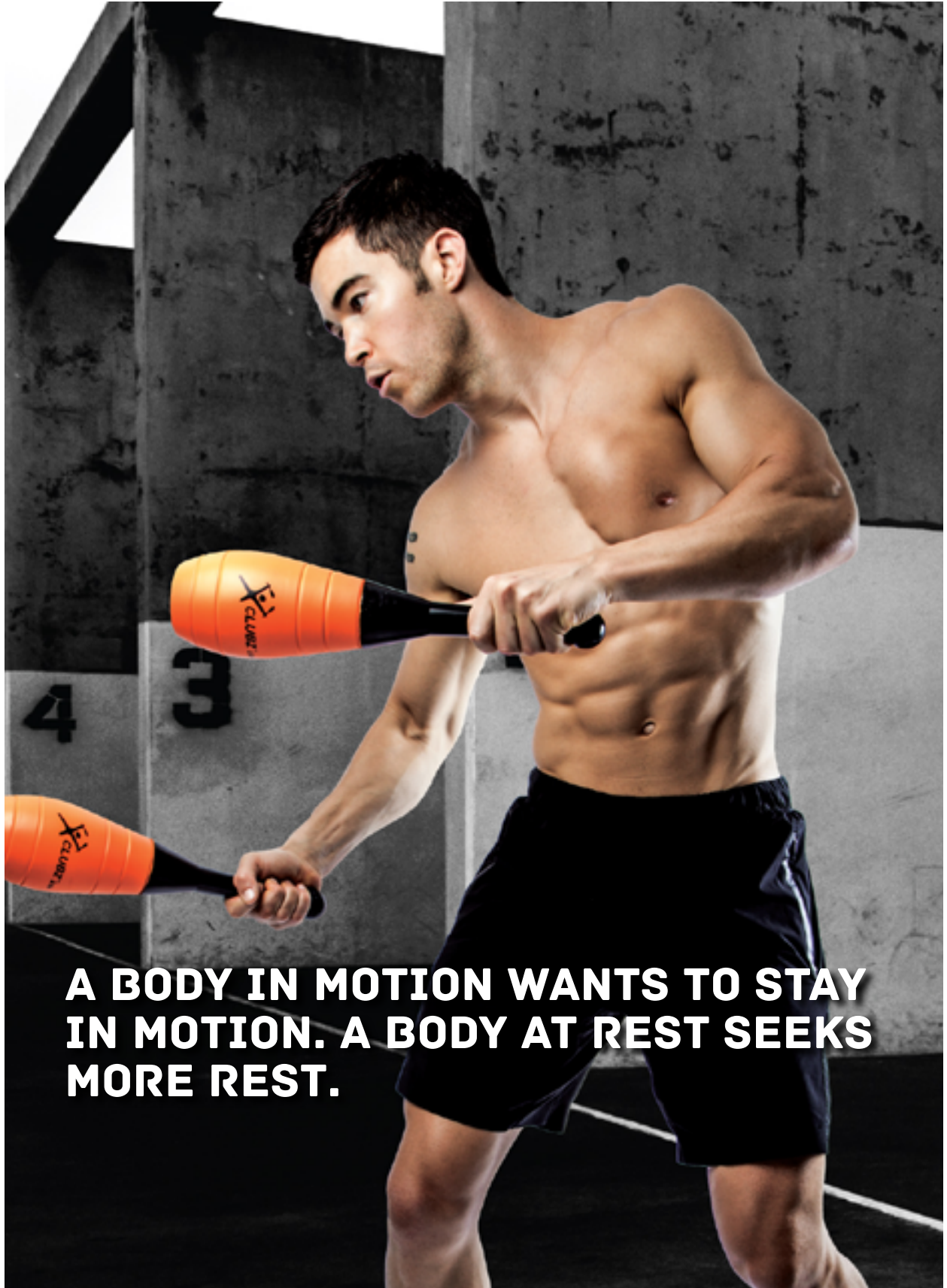
THE 20 POINTZ SYSTEM FAQ

WHY FIBER?	Fiber contributes to feeling satiated and improves Leptin sensitivity, which is the hunger hormone.
WHY PROTEIN?	Protein contributes to blood sugar management, cellular health, & energy production.
WHY WATER?	Water cleanses and keeps metabolic rate high.
WHY TEA?	Tea improves gastrointestinal systems and is good for the heart.
MOVEMENT:	Squats, push-ups, stretching and other exercise in addition to your Clubz workout increase metabolic output.
SALAD DAILY:	One salad a day as a meal will offset any less desirable food choices you will make. Just how creative can you get? Try new vegetables and combinations of flavors! And don't forget the lemon.
WHAT IF I CAN'T GET 20?	That's ok. Our goal is progression over perfection.
WHAT ABOUT MY REST DAY?	Keep going! See how many Pointz you can get even without your workout. We want you to make it a game. How many Pointz can you get? Challenge yourself!
HOW LONG DO I HAVE TO DO THIS?	Once you get started, the challenge of earning Daily Pointz becomes rather addicting. You'll decide if it's a fit for you. Our hope is that it will become a habit, then a ritual, then permanent behavior and be a key component in your Addiction to Feeling Good!

REMEMBER YOUR MANTRA...

This is Easy and Every Day is a New Day!

The next Tool is the Road Map, which breaks down a single day in the Clean EatZ life and gives great examples of putting Tools 1-7 to use!



**A BODY IN MOTION WANTS TO STAY
IN MOTION. A BODY AT REST SEEKS
MORE REST.**



IT. STARTS. NOW.

TOOL #8: DAILY ROAD MAP

Putting it to work, finding time, fitting it in!

The alarm goes off with the new song that you've set. An upbeat song that makes you want to move. It reminds you that TODAY is a New Day full of new opportunities! You reach to hit snooze and see a personal message from yourself that says,

“This is Easy and Every Day is a New Day!”

On your bedside table is the **12 oz glass of water (1 pt)** you prepped the night before just waiting for you. Without even getting out of bed you drink in the goodness of room temperature water. Just knowing that you are starting your day doing something good for yourself makes **YOU FEEL GOOD!**



Your body has gone *without* water for the last 6-8 hours, so the best thing you can do is gently rehydrate so your organs can function optimally. Do right by them and they'll do you right! You picture that poor plant you keep forgetting to water and how lifeless it gets. You think of how it quickly it perks up with just a little water. You're no different. Every cell, tissue, and organ in your body is waking up thirsty. Starting your day with a glass of water is inviting your body to gently come to life.

Water helps:

- Keep your temperature normal
- Protect your spinal cord
- Lubricate and cushion your joints
- Get rid of waste

You get up out of bed, head to the kitchen and grab that fresh brewed cup of coffee. Mmmm... nothing better than your favorite morning ritual, something you don't intend to change. You smile because you're excited about the other changes you've decided to make today! The old you would grab a glass of juice and a bagel. Not today. You see the **little dish with a serving of raw almonds (a small handful, approx. 22 almonds - 1 pt)** sitting by the coffee maker along with an **orange (1 pt)** that you set out last night when you got the coffee ready.

You're excited to get going with your new groove! Today you're doing your **Clubz workout (4 pts)** before work! And you know you're going to get out of your comfort zone! 30 minutes later...DONE! With time to spare, you feel GREAT! You're new to all this and despite the fact you were challenged, you didn't give up!!! So what if you scaled back here and there, took a break, maybe did a modifier when you needed to. Just the fact that you completed it is awesome! Then you think about the times during the workout that you were crushing it and you realize you ROCKED IT! You thought about Jason saying, **“Get in where**

Tool #8: Daily Road Map

you fit in!” and realize that’s exactly what you did! You jump in the shower and move through everything just that much faster and feeling energized. You planned things the night before so you’re blowing through getting ready faster than usual!



ON TO BREAKFAST. You automatically reach for the seasoned salt, but quickly read the label and notice SUGAR is the 1st ingredient! You grab another seasoning mix and see the 2nd ingredient is sugar! You move the spices around and see the **cayenne pepper (1 pt)** just sitting there. Feeling slightly nervous yet excited about your new adventure of getting out of your comfort zone, you sprinkle some cayenne on and whisk it all up! You’re trying a new combination this morning. Instead of cheddar you’ve sliced 1/2 an avocado and opted for a little Parmesan (more flavor, and you use

less). Voilà! It’s a fresh new omelet. You top it off with fresh salsa, YUM! Less than 10 minutes start to finish and you’ve not only made a **healthy post-workout meal (2 pts)** but unloaded the dishwasher too! Quickly you tally the protein: 2 eggs = 12 grams, 22 almonds = 7 g, 1/2 avocado = 3 g and you’re at **22 grams of protein for breakfast (2 pts)**!

It’s not even 8:00 am and you’re psyched to realize you’re already more than halfway to your daily goal of 20 Pointz on your Clean Eatz Program! You think to yourself, “This really is EASY!” Out the door and in the office by 9:00 am!

WORKING LUNCH. Meeting with a client at an Italian restaurant and at first you panic. But then you remember, “This is Easy!” You love the Chicken Parmesan. You know the chicken is breaded and fried, served over pasta and you love that cheese. You remember this is about progression, not perfection... living life on a scale. For now, the goal is 6-7. You notice another dish comes with ‘seasonal vegetables’ and ask if you can **substitute a broiled or baked chicken breast and instead of pasta, have seasonal vegetables (2 pts)**. The waiter says, “No problem.” You’re



genuine in your appreciation and feeling proud of yourself for asking and making a healthier choice. When your food arrives you realize it’s a pretty hearty portion. Usually you’d eat all of it, but instead you ask for a to go box and quickly pack up half before you even start your meal. You figure even if you get hungry later and decide to eat it mid-afternoon, it’s still better than eating it all now! Your colleague notices and also asks for a box! Funny to think you were a little nervous about all of this! You’re actually having fun looking for opportunities to do things in a better, Clean Eatz way!

You’re certainly not hungry when you finish half the meal, but you find you’re feeling incomplete. You still have things to discuss and decide to go for earning another Clean Eatz Point by ordering **green tea (1 pt)**. Ten minutes later, sipping your tea you notice how satisfied you feel!

Tool #8: Daily Road Map

Halfway through the day, you've already earned 15 of your targeted 20 Pointz for the day!

The day is crazy and before you know it you're racing home to feed the family before running out the door for sports! On the way home you realize you didn't plan ahead, and it looks like it's pizza again. Aaagghh. The day was going so well too. But then the song that comes on the radio is the same one you set to wake you up this morning! It's a new favorite. It reminds you of your mantra. **"This is Easy and Every Day is a New Day."** You re-focus on living life on a scale. You think of how much better today was over yesterday. You're energized and inspired to think of how you can make pizza night healthier. You skip the pepperoni and opt for veggies instead. You remember you have half of your lunch to finish and start thinking about making a salad to round it out.



Waiting for the pizza delivery, you throw together a salad with **fresh squeezed lemon (1 pt)** and warm up your leftovers. The kids dive into the pizza and take a couple bites of salad but that's it. You're disappointed, but no time to dwell on it—time to get to practice! The pizza's gone, but a fair amount of salad is leftover. You realize it'd be a **perfect lunch for tomorrow (2 pts)** and with a couple hard-boiled eggs you're good to go!

Home from practice. This day is in the bag! You're feeling GOOD! REALLY GOOD, actually. Not perfect, but significantly better than yesterday. Empowered and moving in a direction that you know by the feeling in your gut is a really good one! This isn't just a thing. It feels like so much more. A new frame of reference! A new way of looking at life!

Now it's time to **review the Pointz you've earned for the day (2 pts)** to determine your Clean EatZ daily score.

Thinking back on the day, the thing that bothers you most was the old go-to pizza on a crazy night of busy schedules. You're disappointed that the salad wasn't a hit. But something you read in Clean EatZ comes to mind, it's **'the process not the outcome'** that's important. All of a sudden it occurs to you dinner wasn't perfect, but it's a process and it was better than in the past. You think of putting **C.A.R.** into action, being Mindful of the type of fuel you're consuming. Consideration of what you're eating. Pizza wasn't the best—but you upgraded from pepperoni to veggies. You took Action to eat your leftover lunch AND make a salad. You were Mindful of your Reaction to how you felt about the choices you made for the day. You tally your Pointz and you've met your goal of 20 Clean EatZ Pointz! It wasn't a perfect day. But it was incredible to realize living life above average is feeling pretty darn good! You could get used to this. Matter of fact you can see yourself actually getting addicted. Yes! **Addicted to Feeling Good!**

Lights out, ten o'clock (1 pt). 21 Pointz!! You think to yourself **"Maybe I can get to 25 tomorrow!"**

HELPFUL FOOD REFERENCES FOR SUGAR AND FIBER AND PROTEIN:



1 orange

9 grams sugar & 3 grams fiber & 0.5 grams protein



1 cup of orange JUICE

21 grams sugar & 0.5 grams fiber (ONLY 1/2 GRAM!) & 2 grams protein



1 candy bar with nuts

(on average) has 30 grams sugar & 1 gram fiber & 4 grams protein



1/4 c Hearty Granola

6 grams sugar & 2 grams fiber & 3 grams protein



1/4 c (dry) Steel Cut Irish Oatmeal

<1 gram sugar & 3 grams fiber & 4 grams protein



1 (3 oz) baby carrots

5 grams sugar & 2 grams fiber & 1 gram protein



1 Chobani Vanilla Greek yogurt

13 g sugar & <1 g fiber & 13 grams protein



2 TBSP Almond Butter

2 grams sugar & 4 grams fiber & 7 grams protein



1 whole egg

0 grams sugar & 0 grams fiber & 6 grams protein



1 skinless chicken breast (4 oz=about size of a deck of cards)

0 grams sugar & 0 grams fiber



**EFFORT IS A TWO-WAY STREET.
YOU GET BACK EXACTLY WHAT
YOU PUT IN.**



IT. STARTS. NOW.

TOOL #9: CLEAN EATZ PROGRESS SHEETS

Your Daily Clean EatZ Report Card

NOW YOU ARE ON YOUR WAY!

The following eight pages are your Weekly Progress Sheets. We believe that tracking your progress and writing it down is a very valuable Tool! Once you see what you are accomplishing with the changes that are happening and the goals being realized, it will make you want to work even harder!

Remember, this is an 8-Week Program, 8 Weeks of Awesome Effort! If you put in the work, you won't believe how you'll feel on the other side.



On each sheet you will find:

20 Pointz System Activities - Track your Daily Pointz and then total them at the end of each day.

Daily Fitness Score - How would I rate my Fitness for today on a Scale of 1-10?

Daily Clean EatZ Score - How would I rate my Clean Eating on a scale of 1-10?

Daily Feel Good Score - How do I Feel on a Feel Good Scale of 1-10?

At the end of each week, do your weekly calculations:

Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Points _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / How do you FEEL after the end of a great week! Scale of 1-10

Weekly Weigh-In _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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WEEK 1 // FAST START . PROGRESS SHEET



20 POINTZ SYSTEM ACTIVITIES

Track your Daily Pointz and then total them at the end of each day. Your goal is to get 20 Pointz each day.

#	ACTIVITY	POINTZ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Do your 30-Minute Clubz workout at any point in the day	4							
2	RSVP your proposed Pointz Goal for the day and write it down	1							
3	Do a 10-minute morning stretch	2							
4	Drink 12 oz water or tea before breakfast	1							
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1							
6	Substitute a whole fruit for a morning juice	1							
7	Eat a breakfast that rates a 6-7 with at least 20 grams of protein	2							
8	Eat a post workout meal or snack with at least 20 grams of protein	2							
9	Eat a green salad and squeeze a fresh lemon on it	2							
10	Eat a handful of raw almonds for snack	1							
11	Eat a handful fresh raw vegetables for a snack	1							
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2							
13	Drink a cup of green tea	1							
14	Do 100 push-ups (can be split up or modified)	2							
15	Do 100 squats or better yet squat jacks	2							
16	Calculate 5 Nutritional Labels for Net Carbs	1							
17	Create a journal entry of a positive experience for the day	1							
18	Review your day and chart your progress in the workbook	2							
19	Meditate or simply sit in deliberate quiet for 5 minutes	1							
20	Try a new food, herb or spice	1							
21	Eat a total of 20 grams of daily fiber	2							
22	Eat less than 50 grams of sugar for the day	2							
23	Do some food prep for next day while making dinner	2							
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2							
25	Go to bed by ten o'clock	1							
TOTAL DAILY POINTZ		40							



WEEK 1 // FAST START . PROGRESS SHEET



DAILY & WEEKLY FITNESS / CLEAN EATZ / FEEL GOOD SCORE

Track your Daily Pointz and then total them at the end of each day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY TOTAL
Fitness Score How would I rate my Fitness for today on a Scale of 1-10?								/70
Clean EatZ Score How would I rate my Clean Eating on a scale of 1-10?								/70
Feel Good Score How do I Feel on a Feel Good Scale of 1-10?								/70
DAILY POINTZ	/20	/20	/20	/20	/20	/20	/20	/120
WEEKLY POINTZ								/120

WEEKLY CALCULATIONS:

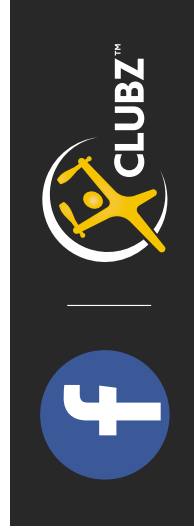
Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Pointz _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / 10 How do you FEEL after the end of a great week?

Weekly Weigh-In _____

Notes: _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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WEEK 2 // FAST START . PROGRESS SHEET



20 POINTZ SYSTEM ACTIVITIES

Track your Daily Pointz and then total them at the end of each day. Your goal is to get 20 Pointz each day.

#	ACTIVITY	POINTZ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Do your 30-Minute Clubz workout at any point in the day	4							
2	RSVP your proposed Pointz Goal for the day and write it down	1							
3	Do a 10-minute morning stretch	2							
4	Drink 12 oz water or tea before breakfast	1							
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1							
6	Substitute a whole fruit for a morning juice	1							
7	Eat a breakfast that rates a 6-7 with at least 20 grams of protein	2							
8	Eat a post workout meal or snack with at least 20 grams of protein	2							
9	Eat a green salad and squeeze a fresh lemon on it	2							
10	Eat a handful of raw almonds for snack	1							
11	Eat a handful fresh raw vegetables for a snack	1							
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2							
13	Drink a cup of green tea	1							
14	Do 100 push-ups (can be split up or modified)	2							
15	Do 100 squats or better yet squat jacks	2							
16	Calculate 5 Nutritional Labels for Net Carbs	1							
17	Create a journal entry of a positive experience for the day	1							
18	Review your day and chart your progress in the workbook	2							
19	Meditate or simply sit in deliberate quiet for 5 minutes	1							
20	Try a new food, herb or spice	1							
21	Eat a total of 20 grams of daily fiber	2							
22	Eat less than 50 grams of sugar for the day	2							
23	Do some food prep for next day while making dinner	2							
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2							
25	Go to bed by ten o'clock	1							
TOTAL DAILY POINTZ		40							



WEEK 2 // FAST START . PROGRESS SHEET



DAILY & WEEKLY FITNESS / CLEAN EATZ / FEEL GOOD SCORE

Track your Daily Pointz and then total them at the end of each day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY TOTAL	
Fitness Score How would I rate my Fitness for today on a Scale of 1-10?								/70	
Clean Eatz Score How would I rate my Clean Eating on a scale of 1-10?								/70	
Feel Good Score How do I Feel on a Feel Good Scale of 1-10?								/70	
DAILY POINTZ	/20	/20	/20	/20	/20	/20	/20	/20	
WEEKLY POINTZ	/120								

WEEKLY CALCULATIONS:

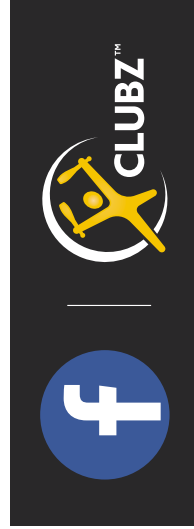
Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Pointz _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / 10 How do you FEEL after the end of a great week?

Weekly Weigh-In _____

Notes: _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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WEEK 3 // HOT SAUCE . PROGRESS SHEET



20 POINTZ SYSTEM ACTIVITIES

Track your Daily Pointz and then total them at the end of each day. Your goal is to get 20 Pointz each day.

#	ACTIVITY	POINTZ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Do your 30-Minute Clubz workout at any point in the day	4							
2	RSVP your proposed Pointz Goal for the day and write it down	1							
3	Do a 10-minute morning stretch	2							
4	Drink 12 oz water or tea before breakfast	1							
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1							
6	Substitute a whole fruit for a morning juice	1							
7	Eat a breakfast that rates a 6-7 with at least 20 grams of protein	2							
8	Eat a post workout meal or snack with at least 20 grams of protein	2							
9	Eat a green salad and squeeze a fresh lemon on it	2							
10	Eat a handful of raw almonds for snack	1							
11	Eat a handful fresh raw vegetables for a snack	1							
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2							
13	Drink a cup of green tea	1							
14	Do 100 push-ups (can be split up or modified)	2							
15	Do 100 squats or better yet squat jacks	2							
16	Calculate 5 Nutritional Labels for Net Carbs	1							
17	Create a journal entry of a positive experience for the day	1							
18	Review your day and chart your progress in the workbook	2							
19	Meditate or simply sit in deliberate quiet for 5 minutes	1							
20	Try a new food, herb or spice	1							
21	Eat a total of 20 grams of daily fiber	2							
22	Eat less than 50 grams of sugar for the day	2							
23	Do some food prep for next day while making dinner	2							
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2							
25	Go to bed by ten o'clock	1							
TOTAL DAILY POINTZ		40							



WEEK 3 // HOT SAUCE . PROGRESS SHEET



DAILY & WEEKLY FITNESS / CLEAN EATZ / FEEL GOOD SCORE

Track your Daily Pointz and then total them at the end of each day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY TOTAL
Fitness Score How would I rate my Fitness for today on a Scale of 1-10?								/70
Clean EatZ Score How would I rate my Clean Eating on a scale of 1-10?								/70
Feel Good Score How do I Feel on a Feel Good Scale of 1-10?								/70
DAILY POINTZ	/20	/20	/20	/20	/20	/20	/20	/20
WEEKLY POINTZ	/120							

WEEKLY CALCULATIONS:

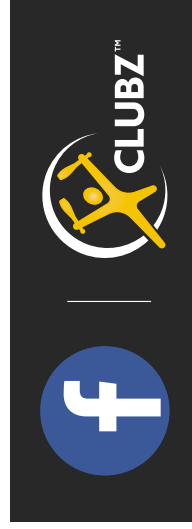
Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Pointz _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / 10 How do you FEEL after the end of a great week?

Weekly Weigh-In _____

Notes: _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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WEEK 4 // HOT SAUCE . PROGRESS SHEET



20 POINTZ SYSTEM ACTIVITIES

Track your Daily Pointz and then total them at the end of each day. Your goal is to get 20 Pointz each day.

#	ACTIVITY	POINTZ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Do your 30-Minute Clubz workout at any point in the day	4							
2	RSVP your proposed Pointz Goal for the day and write it down	1							
3	Do a 10-minute morning stretch	2							
4	Drink 12 oz water or tea before breakfast	1							
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1							
6	Substitute a whole fruit for a morning juice	1							
7	Eat a breakfast that rates a 6-7 with at least 20 grams of protein	2							
8	Eat a post workout meal or snack with at least 20 grams of protein	2							
9	Eat a green salad and squeeze a fresh lemon on it	2							
10	Eat a handful of raw almonds for snack	1							
11	Eat a handful fresh raw vegetables for a snack	1							
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2							
13	Drink a cup of green tea	1							
14	Do 100 push-ups (can be split up or modified)	2							
15	Do 100 squats or better yet squat jacks	2							
16	Calculate 5 Nutritional Labels for Net Carbs	1							
17	Create a journal entry of a positive experience for the day	1							
18	Review your day and chart your progress in the workbook	2							
19	Meditate or simply sit in deliberate quiet for 5 minutes	1							
20	Try a new food, herb or spice	1							
21	Eat a total of 20 grams of daily fiber	2							
22	Eat less than 50 grams of sugar for the day	2							
23	Do some food prep for next day while making dinner	2							
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2							
25	Go to bed by ten o'clock	1							
TOTAL DAILY POINTZ		40							



WEEK 4 // HOT SAUCE . PROGRESS SHEET



DAILY & WEEKLY FITNESS / CLEAN EATZ / FEEL GOOD SCORE

Track your Daily Pointz and then total them at the end of each day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY TOTAL	
Fitness Score How would I rate my Fitness for today on a Scale of 1-10?								/70	
Clean Eatz Score How would I rate my Clean Eating on a scale of 1-10?								/70	
Feel Good Score How do I Feel on a Feel Good Scale of 1-10?								/70	
DAILY POINTZ	/20	/20	/20	/20	/20	/20	/20	/120	
WEEKLY POINTZ	/120								

WEEKLY CALCULATIONS:

Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Pointz _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / 10 How do you FEEL after the end of a great week?

Weekly Weigh-In _____

Notes: _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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WEEK 5 // INFERNO . PROGRESS SHEET



20 POINTZ SYSTEM ACTIVITIES

Track your Daily Pointz and then total them at the end of each day. Your goal is to get 20 Pointz each day.

#	ACTIVITY	POINTZ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Do your 30-Minute Clubz workout at any point in the day	4							
2	RSVP your proposed Pointz Goal for the day and write it down	1							
3	Do a 10-minute morning stretch	2							
4	Drink 12 oz water or tea before breakfast	1							
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1							
6	Substitute a whole fruit for a morning juice	1							
7	Eat a breakfast that rates a 6-7 with at least 20 grams of protein	2							
8	Eat a post workout meal or snack with at least 20 grams of protein	2							
9	Eat a green salad and squeeze a fresh lemon on it	2							
10	Eat a handful of raw almonds for snack	1							
11	Eat a handful fresh raw vegetables for a snack	1							
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2							
13	Drink a cup of green tea	1							
14	Do 100 push-ups (can be split up or modified)	2							
15	Do 100 squats or better yet squat jacks	2							
16	Calculate 5 Nutritional Labels for Net Carbs	1							
17	Create a journal entry of a positive experience for the day	1							
18	Review your day and chart your progress in the workbook	2							
19	Meditate or simply sit in deliberate quiet for 5 minutes	1							
20	Try a new food, herb or spice	1							
21	Eat a total of 20 grams of daily fiber	2							
22	Eat less than 50 grams of sugar for the day	2							
23	Do some food prep for next day while making dinner	2							
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2							
25	Go to bed by ten o'clock	1							
TOTAL DAILY POINTZ		40							



WEEK 5 // INFERNO . PROGRESS SHEET



DAILY & WEEKLY FITNESS / CLEAN EATZ / FEEL GOOD SCORE

Track your Daily Pointz and then total them at the end of each day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY TOTAL
Fitness Score How would I rate my Fitness for today on a Scale of 1-10?								/70
Clean Eatz Score How would I rate my Clean Eating on a scale of 1-10?								/70
Feel Good Score How do I Feel on a Feel Good Scale of 1-10?								/70
DAILY POINTZ	/20	/20	/20	/20	/20	/20	/20	/120
WEEKLY POINTZ								/120

WEEKLY CALCULATIONS:

Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Pointz _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / 10 How do you FEEL after the end of a great week?

Weekly Weigh-In _____

Notes: _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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WEEK 6 // INFERNO . PROGRESS SHEET



20 POINTZ SYSTEM ACTIVITIES

Track your Daily Pointz and then total them at the end of each day. Your goal is to get 20 Pointz each day.

#	ACTIVITY	POINTZ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Do your 30-Minute Clubz workout at any point in the day	4							
2	RSVP your proposed Pointz Goal for the day and write it down	1							
3	Do a 10-minute morning stretch	2							
4	Drink 12 oz water or tea before breakfast	1							
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1							
6	Substitute a whole fruit for a morning juice	1							
7	Eat a breakfast that rates a 6-7 with at least 20 grams of protein	2							
8	Eat a post workout meal or snack with at least 20 grams of protein	2							
9	Eat a green salad and squeeze a fresh lemon on it	2							
10	Eat a handful of raw almonds for snack	1							
11	Eat a handful fresh raw vegetables for a snack	1							
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2							
13	Drink a cup of green tea	1							
14	Do 100 push-ups (can be split up or modified)	2							
15	Do 100 squats or better yet squat jacks	2							
16	Calculate 5 Nutritional Labels for Net Carbs	1							
17	Create a journal entry of a positive experience for the day	1							
18	Review your day and chart your progress in the workbook	2							
19	Meditate or simply sit in deliberate quiet for 5 minutes	1							
20	Try a new food, herb or spice	1							
21	Eat a total of 20 grams of daily fiber	2							
22	Eat less than 50 grams of sugar for the day	2							
23	Do some food prep for next day while making dinner	2							
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2							
25	Go to bed by ten o'clock	1							
TOTAL DAILY POINTZ		40							



WEEK 6 // INFERNO . PROGRESS SHEET



DAILY & WEEKLY FITNESS / CLEAN EATZ / FEEL GOOD SCORE

Track your Daily Pointz and then total them at the end of each day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY TOTAL
Fitness Score How would I rate my Fitness for today on a Scale of 1-10?								/70
Clean Eatz Score How would I rate my Clean Eating on a scale of 1-10?								/70
Feel Good Score How do I Feel on a Feel Good Scale of 1-10?								/70
DAILY POINTZ	/20	/20	/20	/20	/20	/20	/20	/120
WEEKLY POINTZ	/120							

WEEKLY CALCULATIONS:

Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Pointz _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / 10 How do you FEEL after the end of a great week?

Weekly Weigh-In _____

Notes: _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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WEEK 7 // ADDICTION . PROGRESS SHEET



20 POINTZ SYSTEM ACTIVITIES

Track your Daily Pointz and then total them at the end of each day. Your goal is to get 20 Pointz each day.

#	ACTIVITY	POINTZ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Do your 30-Minute Clubz workout at any point in the day	4							
2	RSVP your proposed Pointz Goal for the day and write it down	1							
3	Do a 10-minute morning stretch	2							
4	Drink 12 oz water or tea before breakfast	1							
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1							
6	Substitute a whole fruit for a morning juice	1							
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8	Eat a post workout meal or snack with at least 20 grams of protein	2							
9	Eat a green salad and squeeze a fresh lemon on it	2							
10	Eat a handful of raw almonds for snack	1							
11	Eat a handful fresh raw vegetables for a snack	1							
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2							
13	Drink a cup of green tea	1							
14	Do 100 push-ups (can be split up or modified)	2							
15	Do 100 squats or better yet squat jacks	2							
16	Calculate 5 Nutritional Labels for Net Carbs	1							
17	Create a journal entry of a positive experience for the day	1							
18	Review your day and chart your progress in the workbook	2							
19	Meditate or simply sit in deliberate quiet for 5 minutes	1							
20	Try a new food, herb or spice	1							
21	Eat a total of 20 grams of daily fiber	2							
22	Eat less than 50 grams of sugar for the day	2							
23	Do some food prep for next day while making dinner	2							
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2							
25	Go to bed by ten o'clock	1							
TOTAL DAILY POINTZ		40							



WEEK 7 // ADDICTION . PROGRESS SHEET



DAILY & WEEKLY FITNESS / CLEAN EATZ / FEEL GOOD SCORE

Track your Daily Pointz and then total them at the end of each day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY TOTAL
Fitness Score How would I rate my Fitness for today on a Scale of 1-10?								/70
Clean Eatz Score How would I rate my Clean Eating on a scale of 1-10?								/70
Feel Good Score How do I Feel on a Feel Good Scale of 1-10?								/70
DAILY POINTZ	/20	/20	/20	/20	/20	/20	/20	/120
WEEKLY POINTZ								/120

WEEKLY CALCULATIONS:

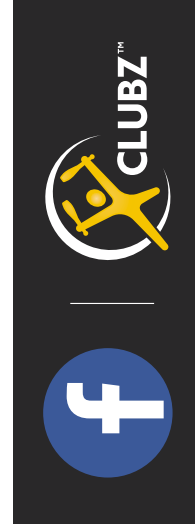
Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Pointz _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / 10 How do you FEEL after the end of a great week?

Weekly Weigh-In _____

Notes: _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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WEEK 8 // ADDICTION . PROGRESS SHEET



20 POINTZ SYSTEM ACTIVITIES

Track your Daily Pointz and then total them at the end of each day. Your goal is to get 20 Pointz each day.

#	ACTIVITY	POINTZ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	Do your 30-Minute Clubz workout at any point in the day	4							
2	RSVP your proposed Pointz Goal for the day and write it down	1							
3	Do a 10-minute morning stretch	2							
4	Drink 12 oz water or tea before breakfast	1							
5	Drink a vegetable juice or vegetable smoothie (only fruit allowed is a lemon)	1							
6	Substitute a whole fruit for a morning juice	1							
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8	Eat a post workout meal or snack with at least 20 grams of protein	2							
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10	Eat a handful of raw almonds for snack	1							
11	Eat a handful fresh raw vegetables for a snack	1							
12	Eat a lunch that rates a 6-7 with a portion of healthy protein and vegetables	2							
13	Drink a cup of green tea	1							
14	Do 100 push-ups (can be split up or modified)	2							
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16	Calculate 5 Nutritional Labels for Net Carbs	1							
17	Create a journal entry of a positive experience for the day	1							
18	Review your day and chart your progress in the workbook	2							
19	Meditate or simply sit in deliberate quiet for 5 minutes	1							
20	Try a new food, herb or spice	1							
21	Eat a total of 20 grams of daily fiber	2							
22	Eat less than 50 grams of sugar for the day	2							
23	Do some food prep for next day while making dinner	2							
24	Eat a dinner that rates a 6-7 with a portion of healthy protein and vegetables	2							
25	Go to bed by ten o'clock	1							
TOTAL DAILY POINTZ		40							



WEEK 8 // ADDICTION . PROGRESS SHEET



DAILY & WEEKLY FITNESS / CLEAN EATZ / FEEL GOOD SCORE

Track your Daily Pointz and then total them at the end of each day.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY TOTAL
Fitness Score How would I rate my Fitness for today on a Scale of 1-10?								/70
Clean Eatz Score How would I rate my Clean Eating on a scale of 1-10?								/70
Feel Good Score How do I Feel on a Feel Good Scale of 1-10?								/70
DAILY POINTZ	/20	/20	/20	/20	/20	/20	/20	/120
WEEKLY POINTZ	/120							

WEEKLY CALCULATIONS:

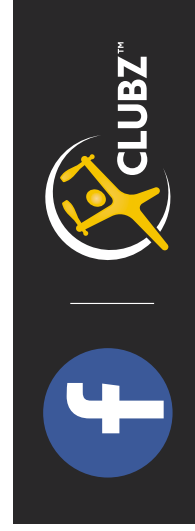
Number of Clubz Workouts _____ / 6 (or more if you've done extra credit)

Weekly Pointz _____ / 120 (or more if you've done extra credit)

Feel Good Score _____ / 10 How do you FEEL after the end of a great week?

Weekly Weigh-In _____

Notes: _____



Don't forget to write these totals on your Clubz Wall Calendar and be sure to take "selfies." After all you're on a journey...and like with any trip you want to document it. Then share your progress with the Clubz Community! Be a part of the Team!

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**3 DO SOMETHING TODAY THAT
YOUR FUTURE SELF WILL
THANK YOU FOR.**

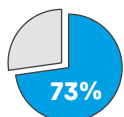


IT. STARTS. NOW.

TOOL #10: SUSTAINABILITY

Welcome to the Clubz Fitness Support Team

FACT



A recent study said a shocking **73% of people who set fitness goals stop before they ever achieve them.** The biggest reasons...lack of time or difficulty following a program. We hope by now that you can recognize that the Clubz Program and the Clean EatZ Nutritional Guide are the perfect answer to this problem.

We know this because we've designed an easy to follow, no nonsense fitness program and eating system that are designed to fit your busy lives! Our philosophy...

K.I.S.S. = Keep it seriously simple!

(We like this version better)

But as with any program, the key is sustainability!! As you'll hear often in the workouts...

Keep Going, Keep Progressing!

We are here to support you! We are your new Team! Your foundation to the New You!

But sometimes we all face challenges. We didn't sleep well the night before, we have a deadline at work or have to travel or maybe the kids have a crazy schedule. At these times, it's easy to skip a day and that's OK. But don't let that turn into a few days or weeks.

SET A GOAL AND WRITE IT DOWN.



This is really important! We can't want this more than you want it!


I want to lose this amount of weight. I want to fit into this dress size or this pant size. I want to add this amount of muscle, or I want my arms and abs to look a certain way. I want to feel better! I want to get addicted to feeling good!

ONCE YOU HAVE SET YOUR GOAL, WRITE IT DOWN. In fact, we have on our website an item called the **Dream Capsule**. You write your goal on a little piece of paper, scroll it up tight, seal it back in and the Dream Capsule becomes a touchstone that hangs over your heart.

It is a daily reminder of what will be, the goal YOU know you will reach!

SHARE, SHARE, SHARE

One of the best and easiest ways to stay motivated is to share! Do the Clubz Fitness program with your friends or family as a fun activity. Do it as a group. Encourage each other!

	<p>That's why we've created the CLUBZ FACEBOOK COMMUNITY! Share your selfies. Share your progress! Share your daily or weekly Pointz totals and your Feel Good Scores. Encourage others! Be a part of a team!</p>
---	--

We are such a big fan of this, we have renamed it! We no longer call it Social Media, it is now...

PDA = Public Display of Accountability

We encourage you to think of **PDA** as an insurance plan for your success. It's connectivity. You are off to a great start and the best way to make sure you feed the fire and keep the momentum going is both to **encourage others** and let others share in your journey so that they can **encourage you!**

Set your goals, start the program, and know that this is just the beginning. Watch for more Clean EatZ content from us via email, chart your progress, share your selfies, be part of the team!

And if you need that little extra boost of encouragement, send us an email! That's what we're here for...to maximize your success!

success@fitclubz.com



Get Addicted to **Feeling Good! Crave it!**
Once you have this feeling,
you're not going to want to lose it.



IT. STARTS. NOW.





GET ADDICTED TO FEELING GOOD!

It. Starts Now. Let's Go!








WHAT'S NEXT?...THIS IS OUR MOST FREQUENTLY ASKED QUESTION!

If you've started with the beginner weight, which we encourage every single person out there to do no matter what your fitness level, then repeat the program with the next size weight. Or maybe do the program with both size weights in front of you and incorporate the one that you are most comfortable with for each exercise.

Again, don't let the size of the weight fool you. With the Clubz program a little bit of weight goes a LONG way!

BEGINNER	ADVANCED	EXPERT
		
<p>2LB CLUBZ If you've never tried a Clubz workout, Start Here!!</p>	<p>3LB CLUBZ Once you've mastered the program, add a little weight.</p>	<p>4LB CLUBZ Only for the Clubz experts... this is a serious challenge!</p>

If you've started with the modified calendar, then switch to the full calendar and repeat the program.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
						
CARDIO	POWER	RECOVERY	CARDIO	POWER	RECOVERY	REST



If you have a favorite group fitness instructor, be sure to show them the Clubz Program and have them contact us for information on bringing Clubz to a class setting in your city or town.

www.fitclubz.com/class.php



Be sure to watch for emails from us with offers on great products, nutritional items, more tools for your Clean EatZ tool kit, and more workouts that will take your Clubz Fitness to the next level.

If you need that little extra boost of encouragement, just send us an email! That's what we're here for...to maximize your success!

success@fitclubz.com

So you are now on your way to Getting Addicted to Feeling Good! We want you to crave it! Because once you have this feeling, you're not going to want to lose it.

Again, I want to thank you and welcome you to the Clubz!!

My dream is to make a difference!

Thank you for giving me an opportunity to make a difference in your life!

It. Starts. Now. Let go!

A handwritten signature in black ink, appearing to read 'Jason Sani'.

Jason Sani

