

The Summer 7 Checklist

Your fat loss and vitality results are a direct reflection of how often you put the following 7 things into practice. Every day, run through this checklist to assess, adjust, and progress towards your transformation!

- Eat Real Food**
Did I eat real food today at every meal? Am I eating enough? Do I apply the Jump-Start Formula? Am I hydrating?
- Train Effectively**
Do I strength train 2-3 days a week and perform High Intensity Interval Training 1-3 times per week? Do I fully rest one day?
- Sleep 7-9 Hours**
Do I turn off all screens at least 1 hour before sleep? Is my room completely blacked out? Do I avoid snacking before bed?
- Actively Reduce Stress**
Did I spend some quiet time today? How are my stress levels? Am I overwhelmed? Did I write down what I am grateful for today?
- 30 Min. of Safe Sun**
Do I get at least 30 minutes of sunshine without sunscreen every day at the time appropriate for my skin type?
- Target Gut Health**
Did I avoid inflammatory foods today? Did I take a probiotic, eat fermented veggies, and/or safe starches?
- Live Intentionally**
Did I set my intention for how I will act, think, feel today? Am I a blessing to everyone I come in contact with today?

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- Am I Training Effectively?
- Do I Sleep 7-9 Hours?
- Am I Reducing Stress?
- Did I get 30 Min. of Safe Sun?
- Do I Target Gut Health?
- Am I Living Intentionally?

Vitality Gauge

Use the following scale to gauge your vitality today! It is directly impacted by how much you put the Summer 7 into practice.



Surviving Vitality
I'm here. Sluggish.
Tired. Bloating. Ready
for today to end.

Energized
I feel good! Life is
great. I know there
could be more.

Vibrant Vitality
I feel amazing! High
energy! Living my
purpose!