



Dear **FIT IN FALL** participant;

Thank you for taking part in **FIT IN FALL**. **FIT IN FALL** challenge marks the 5th and final contest in the *2018 Dojo Challenge Series*.

Most don't do good because they don't feel good. Feeling bad physically or mentally can zap the life out of you and your dreams. Having more energy comes from asking more from yourself everyday.

While the rest of the %normal+world begins gaining weight and trying to not get sick, YOU will be firming up and reaching new levels of health and energy.

This time of year, average health is defined by increases in weight, increased stress, and sickness. Tell your cravings to wait. Rather than follow the average, define a new level for yourself, the 10-week **FIT IN FALL** challenge!

The contest is simple: There are  
**4 OPTION FOR SUCCESS IN 10 weeks**

1) 50 classes 2) Lose 10lbs. 3) Lose 2% Bodyfat 4) Lose 5 inches

The simple rule of nutrition is this ñ ñ .. as long as you're eating the right types of foods from the plan and eating within the feeding window, eating on purpose and not out of habit success will find you. Having a relationship NOT companionship with food puts you in charge.

**You want to take it to the next level?**

Get a food journal to support your awareness. Maintain training and keep your eating to the **FIT IN FALL**

**When are the beginning and ending measurements?**

The AFTER assessments are planned to finish BEFORE Thanksgiving!

Saturday November 17th at 9am **OR**

Monday November 19th at 7pm

See you in Training!

*Peter Johnson*

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you got questions, send me an email: [info@dojousa.net](mailto:info@dojousa.net)

# FIT IN FALL 10 week challenge

## EATING PLAN

### *Do Eat (within the feeding window)*

- Meat, Fish, Fowl
- Eggs
- Vegetables
- Nuts/Seeds
- Healthy Fats

### *Don't Eat*

- Grains
- Pastries
- Breads, rice, pastas
- Beans/Legumes
- Added Sugar
- Unhealthy Fats

### *Limited*

- Fruit
- Dairy
- Alcohol
- Dark Chocolate

## FITNESS PLAN

### *Body Strength Day*

1 strength training workout each week  
Either FLEX or Bag Classes

### *Aerobic Activity*

3-5 TaeBo classes each week

### *Unwind*

- 1 day each week, go for a walk
- Create 10 mins to sit & do nothing.
- Have an "Electronics" fast period

### *Be Consistent*

5 classes every week minimum

## Sleep/Rest

Improve sleep quality and achieve adequate sleep duration every night (~7 hours)

Rest NOT digest between 7pm - 7am

## Sun

Attempt to get 15 minutes of direct sun exposure each day.

## Play

Daily, set aside time to let go, disconnect, sit in silence, unwind and have fun each day.

### ❖ Mini Challenges (Optional)

ÉPurge Your Pantry É1-day-a-week RAW ÉPrepare a Recipe ÉGo Barefoot ÉStand at Work  
ÉLearn Something New ÉFast 1-day-a-week ÉBe Inspired ÉSquat to Poop ÉDance É1 day Fast day  
ÉMorning & Nighttime prayer ÉRead a new book ÉGive a speech ÉSpend 24hours speaking only positive

## HOW TO DO the **FIT IN FALL** COURSE

- 1) I am not a doctor. Please check with your doctor or physician before beginning any fitness, diet or training program.
- 2) The absolute key to your success with this program is the **FIT IN FALL** eating plan. You will not lose fat and get toned if you do not change what you put in your mouth. If you want to change the way you look, you're going to have to change the way you cook.
- 3) Establish and **STICK TO FEEDING WINDOWS** (see sample)
- 4) **THEN** focus on training with this plan. Maintain your training. The power created by a 5-day-a-week training plan will affect everything else in life for the better. **GET 5 DAYS A WEEK**, you write what plan works for your life. Customize, personalize and this **WILL** work for you.

The key to this program will be **CONSISTENCY**. With consistency over time you will achieve your goals whether it takes 4, 6, 7, 16 or 24 weeks or more. **STICK WITH IT AND YOU WILL GET THERE**

### **FINALLY**

People may tell you burning fat and looking good is easy—after 25+ years of training, I have found that false. In fact, I **CAN PROMISE** the opposite. This is going to be tough, even hard at times. When it does get hard, get focused, make this a spiritual challenge of cleansing.

You're not going to feel like doing parts of this plan on many different days in the next 10 weeks. The plan is simplistic, but doing it is not simple. Each day sometimes **ALL DAY** you will need to focus and work each day to follow through. Discipline is built daily, it's a self-control muscle. Live **IN** each day not **FOR** each day.

You **CAN** do this....and it's totally worth it.

90% of the results you will see will be directly because of your change in diet.

**“if you're itching, get **OUT** of the kitchen”**

## **FIT IN FALL Food Shopping Cart Plan**

The following chart is a life line. Print this page and take it with you when you go shopping. Maintain your training and eat whats on this list within the feeding window and you'll experience success. Next time you say "there's nothing to eat" look at this chart and think again.

<b>Proteins</b>	<b>Vegetables</b>	<b>Fats/Oil</b>	<b>Herbs &amp; Spices</b>
Chicken Breast	Asparagus	Coconut oil/milk	Allspice
Chicken Thigh	Avocado	Olive Oil	Basil
Shrimp	Artichoke Hearts	Macadamia Oil	Black Pepper
New York Steak	Arugula	Avocado Oil	Cayenne Pepper
Rib Eye Steak	Asparagus	Lard	Chili Pepper
Round Steak	Bok choy	Butter	Cardamom
Ground Beef	Brussel Sprouts	Sesame Oil	Cilantro
Beef Ribs	Broccoli	Walnut Oil	Cloves
Rump Roast	Celery		Cinnamon
Beef Stew Meat	Cauliflower		Celery Seed
Pork Loin	Cucumbers		Dill
Pork Chop	Carrots		Fenugreek
Pork Ribs	Daikon		Garlic
Baby Back Ribs	Eggplant		Ginger
Bacon	Endive		Curry, red, yellow, green
Pork Roast	Fennel Root		Oregano
Lamb Chops	Green Beans		Cilantro
Venison Steaks	Jicama		Sage
Flounder	Kale		Nutmeg
Snapper	Leeks		Rosemary
Trout	Swiss Chard		Thyme
Tilapia	Romaine Lettuce	<b>Enjoy these</b>	Garam Masala
Tuna	Watercress	<b>Fruits in</b>	Bay Leaf
Sardines	Dandelion Greens	<b>moderation</b>	Salt
Crab	Spinach	<b>Black Berries</b>	Herbs De Provence
Prawns	Red, yellow, green pep- pers	<b>Blue Berries</b>	Chili Powder
Scallops	Red, Green Cabbage	<b>Boysenberries</b>	Paprika
Monk Fish	Napa Cabbage	<b>Cranberries</b>	Cumin
Orange Roughy	Tomatoes	<b>Raspberries</b>	
Halibut	<b>Beets</b>	<b>Apples</b>	
Mackerel	<b>Pumpkin</b>	<b>Grapefruit</b>	
Bass	<b>Acorn Squash</b>	<b>Lemon</b>	
Salmon Steak	<b>Butternut Squash</b>		
Salmon Filet	<b>Yam</b>		
	<b>Sweet Potato</b>		

**“have a relationship not companionship with food”**

## Dealing With A Carb Crash

When you switch to a lower carb lifestyle, you may well experience withdrawal. Taking carbs away from the average American is like taking gas out of the engine

You probably won't shake, or get a crazy look in your eye, but you might experience low energy or sluggishness while your body is transitioning away from burning mostly carbs to burning mostly fat. This is called a **"CARB CRASH"**

The greater your level of dedication, the shorter this will last. This should only last a few days, while your body is transitioning. Once you've made the transition, most people feel higher levels of energy than they did eating their previous diets but WITHOUT highs and lows. BUT, you've got to go through the crash to do this

Here's a few ways to deal with the **carb crash** without going totally off the rails.

### Scale It Down

If you're integrating carbs into your diet, aim for less than 100 grams/day. If you have a hard time getting there, start at 200, then move to 150 the next week and gradually work your way down. Your target is 50-100 grams/day of carbs. Use your food journal and track what you eat .....over time, systematically increase restrictions on what you won't eat. If you're going to have a hard time limiting yourself to "just a few", then why not bite the bullet and go cold turkey 100% instead. Just keep telling yourself "I'm educated, dedicated I can do this."

### Eat Fatty Foods

Stock up on some good healthy fats to guard against hunger pangs. These will usually make up for any dip in energy level that you find yourself having and fatty foods help your food satisfaction levels. Avocados & coconut are two of my favorites for healthy fat that perk me when my energy level is dragging. If you are really struggling with cravings and low blood sugar 1 tsp of pure virgin coconut oil 3 times a day makes those fade away. It's also good for your hair, nails and skin health!

Fats are the main endurance source of energy your body uses for fuel when you're not reprogramming your body by eating lots of sugar. While fats take longer to convert into energy, you can retrain your body to burn fat more efficiently by changing your diet. Utilizing fat as an energy source does not spike your insulin levels or cause fat storage like sugars and carbohydrates do.

### If You Must Eat Carbs, Eat Starchy, Complex Carbs

If you must eat carbs for energy, eat the starchy NOT the sugary kind. They're more complex, and don't wreak havoc on your gut or digestive system. The insulin response to these carbs is less in comparison to those from sugar. Sweet potatoes and squashes are good examples of these safer, starchy-type carbs, but ONLY use them in moderation, especially if you're finding yourself hitting any weight-loss plateaus. There are no limits only plateaus.

# Utilize Feeding Windows

**DON'T DIGEST, GET REST.** If you're looking to either Lose Weight OR Lose BodyFat, it's a great idea to limit or eliminate night time eating. Eating too close to bedtime, robs your body from the quality sleep & rest it needs. A feeding window refers to the timing of your meals. Through the program, utilize a feeding window. Try it, "its only 10 weeks" just keep telling yourself this.

The rule of thumb is an "ON" feeding window, follow by an "OFF" window or fast.

7am—7pm—ON (eat and digest)

7pm—7am—OFF (rest and recover)

As much as possible, maintain an 7am-7pm feeding window. Here's is an example schedule:

8am —Breakfast

10am Snack

12pm—Lunch

2pm—Snack

5pm—Dinner

7pm—Dinner or small snack

7pm to 7 am—FAST

Be sure you customize this for your life. Only YOU know your life best. If you DO have to adjust, keep in mind to eat 2-3hours before you go to bed. Depending on your personal work situation & sleeping schedule, you may want to adjust this as necessary for your own use.

## **A few reasons why feeding windows (also known as fasting) can effective for fat loss:**

### **Caloric Restriction**

Build your self control and rewire your relationship to food. Rather than seeking companionship seek nourishment. It's simply harder to eat as many calories when you limit eating to a set schedule. So, yes, at the very basic level of the equation, you're eating less...but that's not the whole story

### **Fat Loss Focused**

Fasting decreases your overall insulin levels, higher levels inhibit fat burning. During fasting, insulin levels drop and a process called lipolysis (releasing stored body fat) and makes stored fat available for energy to burn.

### **Ease of Use and Adherence**

Counting calories stinks! It's not fun, not intuitive and becomes mechanical over time.

Yes, if you eat a calorie deficit (burn more calories than you eat), you'll lose weight, but that doesn't mean you'll burn fat.

Simply calorie counting doesn't address the quality of food you're eating or your body composition. If you lose muscle, your still losing weight, but not the kind you want to lose. Similarly, if you cut off your arm, you've just lost a lot of weight but you haven't gotten any closer to your goal of getting leaner or more toned.

If you want to burn fat and not just lose weight, calorie counting can become hard to stick with and can make falling out of habit easier. Strive to lose fat to uncover those abs. The best strategy in the world won't work if you cant stick to it.

By comparison, feeding windows are remarkably simple. Instead of counting calories on every single thing you put in your body, simply follow the food plan between 7am and 7pm. Then, when your feeding window is over, stop eating. That's it! It's dramatically simpler than calorie counting and while it may be tough in the beginning, it's a much simpler to stick to once the habit is created.

## How do I make this Change?

This all sounds great in theory, HOW do you make these changes stick in a practical daily manner? GOOD QUESTION. Build routines and habits that ensure success rather than relying on will power in the tank. You WON'T.—especially at first, so here's a few tips to making this stick

### SHOP IN A CIRCLE

Don't even go near temptation. This means stay away from center aisles. Get your veggies and produce from the sides, and your meats, fish and proteins on the sides and back corners where you'll find seafood and meat sections. walk straight to the checkout counter—ignore candy, snacks and junk. You should be eating most meats proteins and veggies throughout the program. Not only will this help you bypass all the crap food you don't want to eat but it also saves you time! Instead of wandering around the store seeing what looks good, you'll begin to realize where the foods you eat are located and make direct shots to each spot.

### HAVE A LAST SUPPER

This week..PURGE...clean your house of ANY temptations. You can do this in a few ways, try having a last supper. Gather all the stuff not in the food plan and make a big supper out of it. If you have way too much or don't like the idea of eating it all by yourself, then give it to your local shelter. If you keep it in the house, you're keeping temptation that will not make this easier. Be fully committed. Eat it, give it away or throw it away but whatever you do, get it out of your house!

### TELL SOMEONE AND TALK TO YOUR PARTNER

Tell one of your good friends that you're doing. Share why making these changes is important to you. Connect some emotion to it also, what will it really cost your life by not getting healthier? Ask them to be supportive. If they laugh at you, find a different friend. Chance are, once you bring up your goals with your friends, if they're really your friends, they'll be supportive even if they're not eager to jump in and join you.

### PLAN AHEAD

If you're going out, check out the restaurant menu online before you leave. Find one or two orders you know you can eat. If there's nothing on the menu you think fit within the food plan, many times you can ask them to customize it. Want a high quality burger without the bun or cheese? ASK FOR IT! The first time you do this is the hardest. After a bit, it will be just like second nature.

### JUST SAY NO

The bully isn't going to beat you up if you don't have the cookies, brownies or cupcakes that your co-workers brought in. If someone wants to feed themselves junk, that's all good for THEM but you can politely say no without causing a scene. This is another area where having an inspired friend to back you up can be helpful.

### REMEMBER IT WONT BE EASY, BUT IT'S WORTH IT

Anytime you do something different than everyone else, its hard! In this country **40% of the population is obese** (not overweight, but obese) This tells you, there are a lot of people making poor choices, so at times you will feel out of place when you make healthy choices. Standing out and doing something different is hard and takes guts, but remember that its not just hard for you! YOU'RE NOT ALONE. Other people have done it and ARE doing this, you can too! It's not easy, but it IS worth it!