

FOOD AND SUPPLEMENT CHECKLIST

WEEK 1

TIME	FOOD/SUPPLEMENTS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
6 A.M. TO 7 A.M.	MEAL 1: PRE-WORKOUT SNACK							
	SUPPLEMENTS							
8 A.M. TO 9 A.M.	MEAL 2: BREAKFAST							
	SUPPLEMENTS							
12 P.M. TO 1 P.M.	MEAL 3: LUNCH							
	SUPPLEMENTS							
3 P.M. TO 4 P.M.	MEAL 4: SNACK P.M. 1							
	SUPPLEMENTS							
6 P.M. TO 7 P.M.	MEAL 5: DINNER							
	SUPPLEMENTS							
9 P.M. TO 10 P.M.	MEAL 6: SNACK P.M. 2							
	SUPPLEMENTS							

WEEK 2

TIME	FOOD/SUPPLEMENTS	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
6 A.M. TO 7 A.M.	MEAL 1: PRE-WORKOUT SNACK							
	SUPPLEMENTS							
8 A.M. TO 9 A.M.	MEAL 2: BREAKFAST							
	SUPPLEMENTS							
12 P.M. TO 1 P.M.	MEAL 3: LUNCH							
	SUPPLEMENTS							
3 P.M. TO 4 P.M.	MEAL 4: SNACK P.M. 1							
	SUPPLEMENTS							
6 P.M. TO 7 P.M.	MEAL 5: DINNER							
	SUPPLEMENTS							
9 P.M. TO 10 P.M.	MEAL 6: SNACK P.M. 2							
	SUPPLEMENTS							

WEEK 3

TIME	FOOD/SUPPLEMENTS	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
6 A.M. TO 7 A.M.	MEAL 1: PRE-WORKOUT SNACK							
	SUPPLEMENTS							
8 A.M. TO 9 A.M.	MEAL 2: BREAKFAST							
	SUPPLEMENTS							
12 P.M. TO 1 P.M.	MEAL 3: LUNCH							
	SUPPLEMENTS							
3 P.M. TO 4 P.M.	MEAL 4: SNACK P.M. 1							
	SUPPLEMENTS							
6 P.M. TO 7 P.M.	MEAL 5: DINNER							
	SUPPLEMENTS							
9 P.M. TO 10 P.M.	MEAL 6: SNACK P.M. 2							
	SUPPLEMENTS							

WEEK 4

TIME	FOOD/SUPPLEMENTS	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
6 A.M. TO 7 A.M.	MEAL 1: PRE-WORKOUT SNACK							
	SUPPLEMENTS							
8 A.M. TO 9 A.M.	MEAL 2: BREAKFAST							
	SUPPLEMENTS							
12 P.M. TO 1 P.M.	MEAL 3: LUNCH							
	SUPPLEMENTS							
3 P.M. TO 4 P.M.	MEAL 4: SNACK P.M. 1							
	SUPPLEMENTS							
6 P.M. TO 7 P.M.	MEAL 5: DINNER							
	SUPPLEMENTS							
9 P.M. TO 10 P.M.	MEAL 6: SNACK P.M. 2							
	SUPPLEMENTS							

EXERCISE CHECKLIST

WEEK 1

EXERCISE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CARDIO 30 to 45 minutes, 6 times a week Power walking, running, cycling, stair-climbing, jumping rope, spinning, kickboxing, skating, rowing, dancing, skiing, swimming, elliptical							
HIGH-INTENSITY INTERVAL TRAINING (HIIT) 3 times a week							
LOW-INTENSITY STEADY-STATE TRAINING (LISS) 3 times a week							
STRENGTH 5 times a week 3 exercises—4 series of 20, 15, 12, and 10 repetitions One day per group Glutes—quadriceps—femorals—biceps/triceps—shoulders/back							
ABDOMINALS 3 days a week 3 exercises—4 series of 25 repetitions							

Download <https://www.fitplanapp.com/athletes/michelle-lewin>, or train with my platform: www.lewinfitnessplatform.com.

WEEK 2

EXERCISE	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
CARDIO 30 to 45 minutes, 6 times a week Power walking, running, cycling, stair-climbing, jumping rope, spinning, kickboxing, skating, rowing, dancing, skiing, swimming, elliptical							
HIGH-INTENSITY INTERVAL TRAINING (HIIT) 3 times a week							
LOW-INTENSITY STEADY-STATE TRAINING (LISS) 3 times a week							
STRENGTH 5 times a week 3 exercises—4 series of 20, 15, 12, and 10 repetitions One day per group Glutes—quadriceps—femorals— biceps/triceps—shoulders/back							
ABDOMINALS 3 days a week 3 exercises—4 series of 25 repetitions							

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WEEK 3

EXERCISE	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
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HIGH-INTENSITY INTERVAL TRAINING (HIIT) 3 times a week							
LOW-INTENSITY STEADY-STATE TRAINING (LISS) 3 times a week							
STRENGTH 5 times a week 3 exercises—4 series of 20, 15, 12, and 10 repetitions One day per group Glutes—quadriceps—femorals— biceps/triceps—shoulders/back							
ABDOMINALS 3 days a week 3 exercises—4 series of 25 repetitions							

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WEEK 4

EXERCISE	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
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ABDOMINALS 3 days a week 3 exercises—4 series of 25 repetitions							

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12-WEEK PROGRESS CONTROL LOG

MEASUREMENTS	1					2					3		
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	
NECK													
CHEST													
WAIST													
HIPS													
THIGHS													
ARMS													
WEIGHT													
% BODY FAT													