

# DAY 4

7-DAY SIZEDOWN



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**On Day 4, doing a program that is this strict and clean becomes much more mental than physical.**

This is where your emotional fitness becomes very important. I suggest writing down your goals. They don't have to be limited to weight, body fat or fitness. Having better communication with friends and family, saving money each month, taking up a hobby – it all counts. In fact, your biggest enemy on this program is boredom. Having nothing or little to do can feed the mind possible temptation of deviating from your goals. By Day 4 and beyond, there is no wiggle room for anything other than five clean meals a day.

## NEGATIVE TALK

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Again, self-talk is usually negative. This is why writing things down is better than saying them aloud. I remember one day on this program, I felt I wasn't getting the results I deserved based on all my hard work. When it was time to go take a shower, I looked in the mirror and could clearly see defined abs. I was ecstatic because looking your best is such an amazing feeling, and one I want all of you to know, too. The point is, up until I actually saw with my own eyes how my work was paying off, I had convinced myself it wasn't working fast enough. Don't get discouraged. When doing this program, the results will follow!



## EATING GUIDE

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Meal 1	Meal 2	Meal 3	Meal 4	Meal 5
3 to 4 egg whites (one yellow optional) and $\frac{3}{4}$ cup of steel-cut oatmeal with $\frac{1}{3}$ cup of berries.	4 ounces of grilled chicken breast, $\frac{3}{4}$ cup of brown rice and 1 cup of veggies.	Same as Meal 2 (can substitute rice with sweet potato).	Same as Meal 2.	3 to 5 ounces of baked or grilled fish, a salad and 1 to 2 cups of veggies.

## EXERCISE GUIDE

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**If there were ever a time to hire a personal trainer, this is it.**

I adhere to a no-pain-is-gain approach to getting in shape. In other words, I don't believe you need to punish yourself to achieve amazing results. In fact, I prefer to eat cleaner over training harder. By pushing yourself just slightly more, you can help elevate your metabolism to new heights. However, many people – especially women – start undereating and over-exercising in an effort achieve faster results. Over-exercising combined with excessive cardio will actually do the opposite of what we want to achieve by slowing down your metabolism. There is little to no reason to ever do more than 60 minutes of cardio five times a week. If you feel the need to ever do so, we can identify the problem as the eating program (or lack of it) versus exercise.

**Day 4 is complete, and now it is time for the home stretch.  
You're going to look your very best for that special occasion.**