

DAY 5

7-DAY SIZEDOWN



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When you wake up on Day 5, you should feel lighter, leaner and fitter, and your hunger pains should start to stabilize.

During any kind of healthy eating program, people come across the problem of staying disciplined and keeping their eating in check.

Discipline is a funny thing. A single parent working two or three jobs, taking care of three kids and working hard to put food on the table and a roof over their heads will tell me he or she has no discipline. Often what we need is help in switching from one discipline to the other. I see it all the time. A CEO can get 10,000 employees to do their jobs, yet cannot get his or her own kids to clean their rooms. Another example is someone who holds a leadership role in the neighborhood and church but can't seem to find his or her way within the work environment. A person may excel in school but cannot seem to make good food choices despite dedicated study habits. The list goes on and on.

Discipline is a choice, not an inherited personality trait. We choose to make better choices to enhance our lives. Given a choice, most people will choose the path of least resistance. It is human nature. However, when we take a group of very undisciplined youths who enter the marine corps and 16 weeks later come out fit, lean and extremely disciplined, it is because the environment helped create the results that required discipline. This is where we can help one another. When you feel yourself slipping or wavering from this program, I will always be here to help keep you on track one way or another.

EATING GUIDE

Day 5 is special because you will be seeing dramatic change in your body.

If you feel tired or weak, you need to increase water consumption, carbs or larger meals in general. Make this program easy by preparing and carrying your food. Don't ever allow yourself to go hungry and not have food with you. In our society, it is challenging to go five days and not be faced with having to eat out with coworkers, friends and family. Should you find yourself in this situation, it is a must that you order food STEAMED, DRY, CLEAN, GREASE-FREE AND NO BUTTER OR ADDED OIL. Doing so should keep you from missing a beat. However, eating out should be avoided at all costs during this program.

You're doing great, and the prize is just around the corner.