

**TRUTH<sup>®</sup>**

DROP YOUR FIRST 5LBS IN 5 DAYS  
WITHOUT HAVING TO GIVE UP FOOD

# DAILY WEIGHT CHART

Weigh yourself each morning after you wake up and log it in the graph below:

DAYS	1	2	3	4	5
WEIGHT					

## MORNING

### Waking Up Routine

- 10 x 4 sec breathe in and out
- Say 5 things you are proud about yourself for
- Exercise wear on, earphones in

### Getting Out Routine

- Cap of Symprove (best quality probiotic, visit [Symprove.com](http://Symprove.com) to order)
- Half a pint of water with a dash of lemon or lime with Himalayan salt

### Exercise Routine

- Get outdoors for a bike ride, row or run for 30 minutes
- Gratitude whilst running (what are you thankful for? Family, health, home, business)

### Morning Food

- Total yoghurt, nuts, seeds, mixed fresh fruit bowl
- 2x fish oils, 1x multivitamin supplement (TRUTH supplements available through [info@truthgym.com](mailto:info@truthgym.com))
- Pint of water and lemon or lime and salt

## AFTERNOON

### Lunch

- Veggie bowl with fish
- Pint of water

### Afternoon Snack

- Raw veg with a dip
- Pint of water

## EVENING

### Evening Exercise

- Boxing, core or flexibility routine
- Pint of water

### Evening Food

- Grilled chicken with vegetables
- Pint of water

### Evening Snack

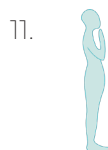
- Dark chocolate
- Daily detox drink - hot water, fresh lemon, fresh ginger and honey

## IMPROVE YOUR SLEEP IN 5 STEPS

1. Turn off all screens 30 minutes before sleep
2. Put some scented lavender oil on your pillow
3. Read a book under a lamp
4. Say 5 things you are grateful for
5. 10 x 4 sec breathe in and out

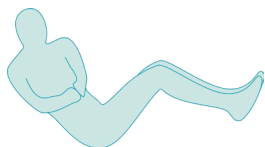
## LOOSEN YOUR BODY IN 6 MINS

Complete the movements below slowly and under control for 30 seconds per pose.

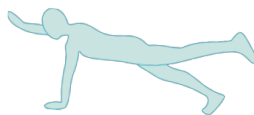


## TIGHTEN YOUR CORE IN 4 MINS

Complete the movements below to the best of your ability for 60 seconds each.



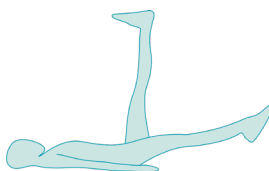
Sitting Twists



Alt arm and leg plank



Knee-ins with twists

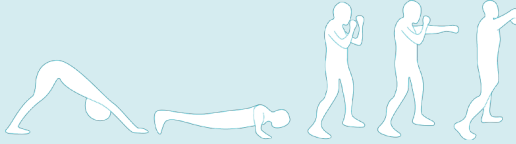


Flutter Kicks

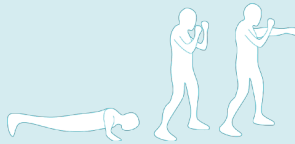
# RELIEVE STRESS IN 30 MINUTES

Complete this circuit twice.

3 Minutes - 4 Judo push ups + Jab Jab Hook



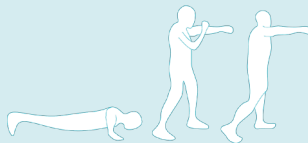
90 Seconds - Tricep push ups + 90 Seconds - Jab crosses



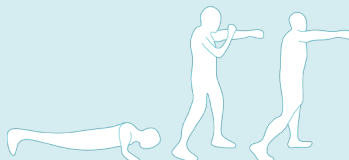
90 Seconds - Triangle push ups + 90 Seconds - Left/right hooks



90 Seconds - Wide press up + 90 Seconds - 2 Jab crosses



90 Seconds - Staggered hands push ups + 90 Seconds - Shadowboxing



# REDUCE THE BELLY BLOAT IN 4 MEALS

## BREAKFAST

Total yoghurt, raspberries, blueberries, blackberries, pumpkin seeds and granola

## LUNCH

Grilled Cod with peppers, red onion, courgette, mushrooms and fresh herbs



## SNACK

Hummus, tomatoes, cucumber, peppers, carrot and celery

## DINNER

Roasted brussels, butternut squash, peppers, quinoa, kale, tomatoes, onion and green beans

You've lost your first 5lbs in 5 days, we can help you lose another 14lbs, eating the foods you love contact [cameron@truthgym.com](mailto:cameron@truthgym.com) for a chat about our 6 week rapid results programme.