



M P C

INTRODUCTION

WELCOME TO MY PEAK CHALLENGE. We're thrilled you're here!

As you likely know, MPC is a global community dedicated to helping its members invest in themselves to lead healthier, more fulfilling lives, while our charity partners use the funds we raise on their behalf to make the world a better place.

We are united in that big-picture goal. But what a healthier, more fulfilling life looks like to you — and how you get there ... well, that's what puts the "My" in "My Peak Challenge."

Maybe you're ready to dive into the MPC workouts. Or maybe it feels better to you to start slower and aim to walk more. Maybe you're here for yoga or mindfulness. Maybe you want to spice up your cooking routine. Maybe you want to do all of the above or mix up various options or do none of that and just enjoy the Peaker community. Amazing. We encourage you to find whatever feels like the right amount of challenge to you and embrace it!

In this booklet, we'll help you get started, show you how to navigate the many choices in the Move program, give you some resources for understanding what body parts you're working and how to track your progress, and then offer a little window into MPC's philosophy on nutrition.

Stick with us — it's going to be an amazing ride!

HOW TO MPC

If you read the previous page, you'll know that there really isn't one single way to MPC. So consider this just one of the many, many possible ways to approach all MPC has to offer.

1. Think about how you'd like to Peak this year. If you have a challenge you're setting yourself with a goal (or goals) you're aiming to reach, consider downloading the Challenge Planning Worksheet (found in the Move: Introduction section) and filling it out. It will help you start to think concretely about how to get where you want to be.
2. If you're simply looking to move a bit more, check out the various options in the Move or Flow sections. Think about where your fitness level currently is and examine your goals to guide you to the right modules for you.
3. Join the private members-only Facebook group. Besides being among the kindest spaces on the internet, our group and all its members host a huge amount of knowledge about MPC, ways to use the program, how to push yourself to succeed, and accountability, motivation and camaraderie.
4. Just start. Like we always say, you don't have to wait to be motivated; you just have to get going. If everything seems too overwhelming, ask for some ideas in the Facebook group. If that feels too overwhelming, commit to spending 30 minutes a day on yourself. Go for a walk. Gaze at the view out your window. Read a book. Dance a little. Put down your phone. Dream a big dream. Sing a song. Just do something. And then let us know what you chose to do — and how it made you feel.
5. Commit to doing something else tomorrow. The more you plan, the more you achieve, and the more you achieve, the bigger your next goals get.

HOW TO ACCESS THE MY PEAK CHALLENGE PROGRAM

1. Navigate to mypeakchallenge.com and click Login at the top of the screen. On the next screen, select MPC2023.
2. Enter your name and password. Upon registration, you should have received an email with instructions on how to access the site and set a new password. If you didn't or can't find it and have not yet accessed the platform, please contact support@mypeakchallenge.com.
3. You then can navigate through the platform via the navigation bar featuring the MPC Pillars at the top of the screen.
 - a. MOVE contains all the MPC exercise courses and the movement library.
 - b. FLOW contains all the MPC yoga courses.
 - c. EXHALE contains the MPC mindfulness program.
 - d. FUEL contains the MPC nutrition library and MPC2023 Cookbook.
 - e. PEAK takes you to our forum, where our coaches answer questions about the program.
4. Move, Flow and Fuel each feature an Introduction section where you can find helpful videos to guide you through the various sections we offer, so consider starting there.
5. If you have questions about the program, head to the Peak forum and ask away! If you have more general questions, hit up the private members-only Facebook group and call on the wealth of knowledge held by our community of members.
6. Dive in! The more you use the program, the more it will open itself up to you!

MOVE INTRODUCTION

WELCOME TO MOVE!

Whether you're new to exercise, have taken a sabbatical from training or are already a fitness aficionado, you're in the right place!

Simply by becoming an MPC member, you've joined a global community full of like-minded people, dedicated to reaching their own individual goals while helping others via our chosen charity partners. From myself and all the MPC coaches, THANK YOU!

Now, before you begin your journey, I want you to start off by thinking about some goals you want to achieve through working with this program. Take 10 minutes to write down any goals you may have for the next six months, then a year, then two-year's time. Essentially, I want you to think about your short-term, medium- and long-term goals, and I want you to use the SMART principle.

SMART is an acronym for Specific, Measurable, Attainable, Relevant and Time-Based. Try keeping your goals specific rather than vague. Change statements like, "I'm going to work out more frequently" to something like, "Monday will be my workout day." That goal is also easily measured; simply record your workout schedule week in and week out to ensure you are keeping on top. If you want to go a bit more in depth, check out the MPC Challenge Planning Worksheet.

In addition, think about your "why." What has brought you here and where are you headed? Those are the two pieces I want you to bring out of your mind and put down on paper. That's the first step in keeping you accountable. So please, take 10 minutes, list three to five goals and let's start working toward those goals together.

OK, Peakers. Let's get to it!

—Coach Valbo
John Valbonesi
MPC Head Coach

MPC MOVE OVERVIEW

MPC Move is a choose-your-own-adventure-style program. We have a number of training options, and choosing between them is as simple as identifying your ability — your level of fitness and experience with movement — or your goals. We'll run through the various options in the Training Details section, but first, a few words about how to use the program.

To make this program work for your own individual needs, consider the Move program as a template for fitness. We will give you the tools and the understanding to adjust the routines to suit your own individual needs. Through the Facebook group and our dedicated Peak forum, you can ask individual questions to deepen your understanding of the program and fitness in general — and narrow down the best path for you.

Because, no matter how you experience the MPC community, one thing is clear: It's vast. Peakers are a variety of ages, fitness levels and abilities. To be clear, every Peaker is different, and each one is on their own path. Some may progress through the programming quickly and others more slowly. Regardless of how quickly or slowly you move through the program, it's all progress! The challenge is not to compare yourself with others but to stay committed to your own path. We want you to work within your own abilities and time frame and enjoy the journey.

Over the coming pages, you will start to get an understanding of human movement and how we encourage progress in your training by manipulating various techniques, including exercise frequency, duration, number of repetitions and weight.

Once you get to grips with the theories and terminology that will be used in the program, it will be time to get ready to complete your first workouts. If you are new to the program, please double-check with your doctor to make sure you are cleared to start a new exercise and nutrition regimen, particularly if you have any pre-existing injuries or medical conditions.

MOVE PROGRAMMING

The MPC Move program consists of four distinct workout tracks: Activate, Ignite, Capacity and Peaker Strong. Activate, Ignite and Capacity tracks are presented via real-time streaming videos in which our coaches guide you through the entire workout, from start to finish. Because lifting weights requires a bit more personalization as far as rest periods go because it's for a more advanced audi-

ence, Peaker Strong offers a brief video overview of each workout and allows you to get lifting very quickly.

As always, the MPC Move programs are designed to be personalized via the use of any of our exercise variations. In addition to the exercises shown on-screen, Peakers can access our extensive list of exercise variations in the Exercise Variations Index in the Movement Library tab on the platform. See "Exercise Selection" for more information about choosing exercises.

As always (and despite the fact that many of the MPC exercise videos are filmed in real time), we encourage you to go at your own pace. If anyone you're following on-screen is moving too fast, stick with what works for your body and slow down (or speed up, as the case may be!).

ACTIVATE

If you are new to MPC and experience issues with mobility or movement, then the Activate program will be the best place to start. It allows you to build your range of motion and strength either while seated in a sturdy chair — or while standing with support. The program also makes great movement breaks for those who spend all day sitting at a desk.

IGNITE

The Ignite program is perfect for complete beginners or those who have taken a long hiatus from exercising regularly, those who are looking to focus on creating a foundation of fitness and who may feel the Capacity and Peaker Strong workout tracks are a bit too intense.

Ignite teaches the fundamental movement patterns of squatting, bending, pushing and pulling. The majority of the early parts of the program sees Peakers moving their own bodyweight through those foundational movement patterns. Once those fundamentals are hammered in — or if you feel you're already familiar with this style of movement — exercise volume will gradually increase and, eventually, you'll be encouraged to add resistance to your movements.

CAPACITY

If you have experience working out or have progressed from the Ignite program, then Capacity is where to get your sweat on. Designed to offer a click-and-go approach to working out, Capacity workouts feature strength-and-conditioning circuit-style workouts. They can be completed in any order and repeated anytime. Each one tells you how long it will take and which body parts it targets so you can develop your own program.

Most of the Capacity workouts require some kind of resistance equipment (though you are welcome to

make good use of the Exercise Variations Index and go bodyweight only at anytime). You will see dumbbells, kettlebells, bands, barbells and plates put into play, but all equipment is interchangeable, so don't fret if you don't have a particular piece. Substitute!

PEAKER STRONG

There's strong ... and then there's Peaker Strong.

The Peaker Strong program is a periodized strength program designed to improve strength through 12-week cycles. Each cycle focuses on three main lifts and allows you to track your progress so you can make consistent strength increases.

In this program, we offer an overview of each exercise day, including a quick demonstration of the main movements and then set you free to turn up the tunes and get lifting. In this way, experienced lifters can work through the program at their own pace.

There is little to no cardio work included in this program, so if you're looking for more of a sweat, feel free to combine this program with Capacity or even Ignite workouts to round out your fitness.

You already may have your eye on a particular pathway, but just remember that as you progress, you can mix-and-match or dabble and sample. For example, if you're following Peaker Strong but are having a rough week and just want to get a little movement in, feel free to do an Ignite workout. Office workers who spend a lot of time sitting at a desk might look to Activate for a lunchtime movement break. Anyone interested in a different kind of warm-up can check out one of the Peaker Strong warm-ups — or go to the Flow tab and find some Dynamic Warm-Ups there, as well! There's a lot to play with, and more will be added throughout.

TRAINING DETAILS

How often you train and what workouts you choose will be based on your ability, fitness level, recovery practices and how much time you have available to work out. Creating a schedule that works for you and your body is of the utmost importance. Fitting fitness into your life (rather than remaking your life to fit the workouts in) is one way to increase the likelihood that you'll be successful at reaching your challenges over the long term.

WORKOUT FREQUENCY

One part of personalizing the MPC program is deciding how often you will work out. All the MPC programs are flexible, but ultimately, it's up to you to create a schedule that aligns with your body, how hard it's working and how it feels after your training. Remember that no matter how hard you train, the magic happens when you are recovering and especially when you're asleep. (Read on for more about rest and recovery.)

Creating a good workout schedule involves scheduling a mix of workout days, active recovery days and rest days. Here is one possible workout structure below with lots of variability, but please make your own based on your schedule and abilities.

You'll find other sample schedules in the Ignite and Peaker Strong booklets, but feel free to make your own — and modify it based on how you're feeling, how you're recovering and what else life is throwing at you.

WORKOUT DAYS

All the movements in each workout day are carefully programmed to combine into a complete program, but as we mentioned above, it's also important to make the workouts fit into your life. Sometimes time constraints or other impediments might mean that you need to adapt certain elements of a workout in order to get it done. If that's the case, our first recommendation would be to choose a shorter-duration workout to plug into that time frame. But if that's not possible, you can adapt the number of sets of each exercise or the time of the routine itself, but don't be tempted to skip the warm-up. That element should always precede any exercise because it prepares you for the workout and decreases the chance of injury, as well.

ACTIVE RECOVERY DAYS

Active recovery days (known as ARDs) are an integral part of the program and will help you recover well from previous workouts and prepare you for future workouts. They are lighter-intensity days consisting of light cardiovascular work (CV for short) or one of our new MPC Yoga classes, which elevates the heart rate and breathing so that lots of blood flows through all your tired muscles.

SAMPLE WORKOUT SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
workout	workout or active recovery or rest	active recovery	workout	workout or active recovery	active recovery	rest

These days can prove vital, especially if you're experiencing the dreaded DOMS, tight and sore muscles resulting from previous training sessions. Moving is one of the best ways to loosen up those muscles and get rid of the ache.

The key point to remember on ARDs is that the intensity shouldn't exceed 60 percent effort. Some great examples of ARD activities are walking, cycling, swimming or light jogging, and we always think it's double the fun if you can find a Peaker pal to join you for an ARD activity.

REST DAYS

No matter how much you love exercise, you have to value rest days, as well. On rest days, there is no scheduled workout. Taking at least one day off a week allows the body (and mind!) to recover from exercise, muscles to repair themselves and our energy tanks to refill before the next workout. Use rest days to spend time with friends and family, plan for the coming week (including doing any laundry or meal prep) and get plenty of sleep (the absolute best recovery tool — see the Recovery Techniques section).

EXERCISE SELECTION

If you've followed other workout programs, you might have expected to be told which exercise to do and when. That's a pretty standard approach. However, the MPC program isn't "one size fits all." While our coaches have prescribed specific exercises to do within each workout, you should expect to see and hear Coach Valbo mention several other exercises that can provide a similar stimulus. That's because we understand that each Peaker is different, with a different medical history and different abilities that might impact their ability to complete a workout as it's written.

But that isn't grounds to give up. Almost every exercise in every program features a number of additional variations that can be used as substitutes to complete a workout with the same results. These variations can be found within our Movement Library, in the Exercise Variations Index. We encourage you to pick which exercise from those variations works for you for each particular workout.

The exercise featured in the program is always the most advanced variation of the exercise and is also the name of the variation list you need to consult in order to substitute. For example, if the workout calls for goblet squats (a weighted lower-body exercise) and that's too advanced for you, you would go to the goblet squat variation list and pick a substitution that is more suited to you. This is how you can personalize the MPC workouts and is what makes the program completely adaptable.

EQUIPMENT SELECTION

The MPC program was designed to be completed either at home or in a gym. But as you'll see, each workout features a specific sequence of exercises, some of which may require equipment that you might not have access to if you're training at home. For the most part, there are unweighted (or bodyweight) variations for each exercise, and you can and should use those to get a challenging workout no matter where you train.

There are also a number of items around your house that you can use to bump up your workouts a bit. Here are some substitutions you might not have thought of:

GYM	HOME
PVC pipe	mop or broom handle, curtain pole
dumbbells, kettlebells	soup cans, jugs of milk or water, weighted door stops
box/bench	chair, couch, stool (safety first — double-check that it's sturdy enough to handle weight and is not on an uneven surface)

If you train at home and have a small budget for equipment, a good starter pack would include the following:

- a foam roller (See "Recovery Techniques" section.)
- a jump rope (fantastic cardiovascular option)
- a set of resistance bands of various widths, most important are small and medium resistance
- a set of dumbbells (lighter to start; you can always get heavier ones when you need them — think 5 or 10 pounds [2.5 or 5 kilograms])
- a kettlebell (one or more of incremental weights; starting around 10 pounds [5 kilograms])

This will allow you to have the option to make the workouts increasingly more challenging as you progress.

If you would like to add to your collection a little later on and have the space, then possible further options include the following:

- a squat rack and weightlifting bench
- an Olympic barbell and variety of weight plates
- a cardio option such as a rower, air bike or treadmill
- a plyometric box
- a slam ball

The above are in no way necessary to complete the MPC2022 program but can be found in most gym facilities. And remember, a lot of gyms offer drop-in sessions, which can be much more economical if you want to make use of them every once in a while.

CARDIO SELECTION

It's a common preconception that cardio can only be done in a gym setting. Not so! There are tons of cardio options that you can choose when planning your workout. In fact, just about any bodyweight exercise in our Exercise Index can serve that function. To spark some sweaty ideas, see the handy Cardio Selection chart directly below.

Once you have selected your cardio option, figuring out how to fit it into a workout is pretty straightforward,

too. Most workouts will call for either a certain amount of time, distance or calories burned. Converting between these parameters is sometimes necessary depending on what kind of cardio equipment you have access to or what types of movements you're interested in working. See the Cardio Option Conversion chart at the bottom of the page for some general guidelines about how to plug your chosen cardio option into workouts.

CARDIO SELECTION

MACHINE-BASED CARDIO	BODYWEIGHT (HIGH IMPACT)	BODYWEIGHT (LOW IMPACT)
Air Bike	Bag Work (boxing)	Shadowboxing
Bike (Spin)	Dancing (high skill)	Zumba (low impact)
Bike (outdoor)	Jumping Jacks	Step Jacks
Elliptical	Jump Rope	Total-Body Extension
Rower	High Knees	High Knee March
SkiErg	Mountain Climbers (fast)	Mountain Climbers (slow)
Stepper	Running	Walking
Treadmill	Seal Claps	Stepping Seal Claps
VersaClimber	Shuttle Runs	Side March
	Stairs (running)	Stairs (walking)

CARDIO OPTION CONVERSION

TIME	RUN (METERS)	ROW (METERS)	AIR BIKE (METERS)	ROW (CALORIES) (MEN/WOMEN)	AIR BIKE (CALORIES) (MEN/WOMEN)
30 seconds	100	100	300	15/12	10/8
1 minute	200	250	600	22/18	15/12
1 minute 30 seconds	300	400	900	36/24	24/16
2 minutes	400	500	1,200	45/38	30/20
3 minutes	600	750	1,800	60/45	40/30
4 minutes	800	1,000	2,400	75/60	50/40
8 minutes	1,600	2,000	4,800	150/120	100/80
10 minutes	2,000	2,500	6,000	180/150	120/100

WORKOUT GUIDE

THE WARM-UP

An effective warm-up is the most important part of any workout day. A proper warm-up not only improves performance within the workout but also greatly reduces the chance of injury by getting blood flow to working muscles and improving range of motion within joints. When performing the Ignite, Capacity or Peaker Strong workouts, you'll notice a range of dynamic warm-up moves that have you move in similar ways to the movements later in the workout. This prepares your body for good quality movement.

Many warm-ups include a short cardio component designed to elevate the heart rate and raise your core body temperature. No matter which cardio modality you choose to do for these segments, keep it at a light to moderate intensity unless otherwise indicated. Remember, a warm-up isn't designed to exhaust you but rather prepare you for an amazing workout.

MOBILITY DRILLS

Mobility drills are a series of movements designed to loosen up muscles and restore range of motion. Most MPC workouts include a number of dynamic mobility movements as part of the warm-up, but if you feel you need to actively improve your mobility, additional work may be necessary.

If this is the case, after completing your prescribed warm-up in each workout session — or really any time you feel the need — pick one, two or even all of the following mobility drills to free up tight muscles, lubricate creaky joints, and get you moving and feeling ready for anything the coaches throw at you.

- 10 reps of knees side-to-side
- 30 seconds of leg pullovers (per side)
- 10 reps of glute raises
- 10 reps of opposite arm opposite leg
- 10 reps of elbow rotations

Feel free to add more reps or time to the above, or if you are feeling exceptionally tight, add in one or more of the following:

- shoulder dislocates
- banded elbow rotation
- band pull-apart
- banded hip flexor stretch
- X-band walk
- zombie walk

MOVEMENT PREP AND PREP SETS

Movement prep exercises are programmed either right after or sometimes instead of the cardio element of the warm-up and are considered more of a specific warm-up, intended to help drill technique but also prepare the muscles and joints for the workout to come. For example, if squatting is on the day's workout menu, the movement prep might include exercises like hip openers or bodyweight squats to loosen and warm up the hips and legs.

Similarly, prep sets are sets of the same exercise or movement pattern programmed in the workout performed with lighter weights. Prep sets serve as a secondary warm-up and help continue to drill the exercise movement before heavier or more advanced versions of the exercises.

THE WORKOUT

The workouts involved in the program vary depending on the session. No matter whether they have a specific rep scheme or time frame or exercise sequence, each one can be adapted to suit your fitness level, abilities or availability.

In the Ignite and Capacity workouts, Coach Valbo and the athletes demonstrate a number of variations in real time to choose from. However, the easiest way to personalize your program is to familiarize yourself with the Exercise Variations Index, part of the Movement Library, where you can choose from an extensive list of exercises that work similar muscles or movement patterns to the one prescribed in the workout.

Those exercises then can be “plugged into” the workout framework of the particular session you're working on. The following are some workout types that you will come across in the MPC program.

AMRAP

AMRAP stands for “as many rounds as possible.” In this type of workout, you will be given a time frame and a series of exercises to complete in circuit fashion. Completing the entire series of exercises equals one round, and the aim is to complete as many full rounds of the circuit as you can within the given time frame.

Circuit

These are workouts that involve different exercises performed back-to-back, completed either for a certain number of reps or for time. They can have themes like “bodyweight circuits,” in which all exercises will be bodyweight only, “weightlifting circuits,” “cardio circuits” or a combination of all of the above.

EMOM

EMOM stands for “every minute on the minute” and is a way of doing a lot of work with minimal rest. You will have a set number of reps or a specific time frame of work to do in each minute of this routine, then you rest for the remainder of that minute before proceeding to the next exercise at the top of the next minute.

For Time

When you see these words, you know you have to put your pedal to the metal. “For time” means that you must complete the prescribed workout in the quickest time you can, taking few or even no breaks between exercises.

Ladder Rep Scheme

A ladder rep scheme is a way of organizing reps. It involves reps either descending, ascending or both. An example of a descending ladder format is a 10-to-one rep scheme, in which you first do 10 reps of an exercise, then nine, then eight, then seven and so on until you get to one, for a total of 55 reps.

Other examples include both ascending and descending rep schemes such as a 5-10-15-20-15-10-5 rep scheme. In this scheme, you perform five reps of an exercise, then 10 reps, then 15, 20, 15, 10 and finally finishing with five reps to complete the ladder for a total of 80 reps. Or the variable could be minutes: 4 minutes–3 minutes–2 minutes–1 minute–2 minutes–3 minutes–4 minutes. Or even distance: 100 meters–200 meters–300 meters–400 meters–500 meters–400 meters–300 meters–200 meters–100 meters.

Tabata

A Tabata is a protocol that alternates a set amount of work time and a set amount of rest time. They are usually completed at high intensity, with the work time double the rest time. A standard Tabata is a four-minute round consisting of eight intervals of:

20 seconds of work
10 seconds of rest

You can perform one exercise for all eight intervals or a combination of two exercises alternated four times, or even four exercises repeated twice.

THE COOL-DOWN

Just as a warm-up is intended to get your body and brain into a ready state for the training to come, a cool-down is necessary at the end of a workout to bring your heart rate and breathing back to baseline and to get one last bit of stretching and movement to pump blood through all those muscles you just used.

The type of cool-down you should do largely depends on the type of workout session you’ve just completed, but a general cool-down would start with three to five minutes of light-paced cardio and stretching and soft-tissue work. Here are some options to try.

1. Complete 1 and a half minutes of couch stretch per leg + 3 minutes of foam rolling: quads.
2. Complete 2 rounds of the following:
 - 100 reps of shoulder dislocates
 - 1 and a half minutes of banded shoulder stretches per arm
3. Complete 2 minutes of walking, nasal breathing only.
4. Complete 1 minute of child’s pose + 1 minute of Samson stretch per leg + 1 minute of child’s pose.
5. Complete 1 minute of cobra stretch + 1 and a half minutes of towel hamstring stretch per leg.
6. Complete 5 minutes of foam rolling: quads + foam rolling: adductors.
7. Complete 5 minutes of foam rolling: T spine + foam rolling: lats.
8. Complete 2 minutes of foam rolling: lower back + 1 minute of cobra stretch + 1 minute of seated forward fold + 2 minutes of foam rolling: quads.
9. Complete 2 minutes of calm nasal breathing + 5 minutes of any MPC Yoga session.
10. Complete 1 minute of scorpion stretch per leg + 1 minute of cobra stretch + 1 minute of child’s pose.

WORKOUT TERMINOLOGY

Here are some other terms you will come across in the MPC Move program.

CARDIO

This is any form of cardiovascular activity that involves increasing your heart rate and breathing. In the MPC2021 workouts, cardio work (or CV work, for short) can take many forms and varying intensities. For instance, in a warm-up, the cardio will likely be at a light or moderate pace, whereas later in a workout, you may be expected to work at a higher intensity.

MOBILITY DRILLS

Used in warm-ups, these are a number of drills that will put your joints through their range of motion in order to prepare for exercise and also as prehabilitation tactic if you have any underlying mobility issues.

PREP SETS

These are two or three sets of the exercise that is to be performed in the workout, done with a light weight. Prep sets serve as a secondary (or even tertiary) warm-up and help drill the movement and work up to heavier or more advanced versions of the exercise.

REPETITION

A repetition (or rep for short) is the number of times you will perform a given exercise per set. Each workout features a variety of different rep ranges. One handy thing to remember for weighted exercises is that the lower the reps, the heavier the weight you should be lifting for that particular workout. Higher reps indicate lower weight. There will also be times when you are instructed to get as many reps as possible in a given time frame. (See AMRAP.)

ROUND

A round can be used interchangeably with "set," but it also can mean a group of exercises performed consecutively.

SET

A set is one group of reps for a given exercise. Workouts will prescribe a number of sets to be completed for each exercise.

MUSCLES AND MOVEMENT GUIDE

While we have an extensive Exercise Variations Index to help you choose alternate exercises that suit your fitness level or ability, it also can be helpful to know which exercises target which muscle groups. Listed here are

the primary movements for each region of the body. Some compound exercises, like burpees, plate ground to overhead, headcutters, manmakers, among many others, recruit a variety of muscles, so we've tried to keep it simple here and illustrate the primary movement patterns that target each muscle group.

■ SHOULDERS (DELTS)

- Elbow Rotations
- Wall Slide
- Front Raises
- Lateral Raises
- Overhead Presses (including Cuban Press and Arnold Press)
- Overhead Holds

■ BICEPS

- Curls
- Biceps Hold

■ FOREARMS

- Farmer's Carry and Hold
- Dead Hang

■ CHEST (PECS)

- Push-Ups
- Bench Presses
- Floor Presses
- Dumbbell Flye

■ CORE/ABDOMINALS/OBLIQUES

- Static Holds (Planks, Hollow Hold, V-Sit Out Hold, Side Plank)
- Moving Planks (Military Plank, Plank Dumbbell Slide, Plank Dumbbell Tap, Plank Shoulder Tap)
- Sit-Up Series (Crunch, Two-Touch Sit-Up, V-Up, V-Sit Out)
- Hanging Series (Hanging Knee Raise, Hanging Leg Raise)
- Swiss-Ball Rollout
- Hip Thrust
- Back Saver
- Dumbbell Side Bend

■ THIGHS (QUADRICEPS)

- Squats
- Lunges
- Split Squats
- Step-Ups
- Thrusters
- Headcutters
- Squat Cleans

■ BACK (TRAPS, LATS, SPINAL ERECTOR)

- Pull-Up Variations
- Banded Lat Pulldown
- All Rows
- Dumbbell Pullover
- Bat Wings
- Band Pull-Apart
- Band Pull to Body
- Supermans

■ TRICEPS

- Banded Triceps Pressdown
- Lying and Overhead Triceps Extensions
- Triceps Kickback

■ BUTT (GLUTES)

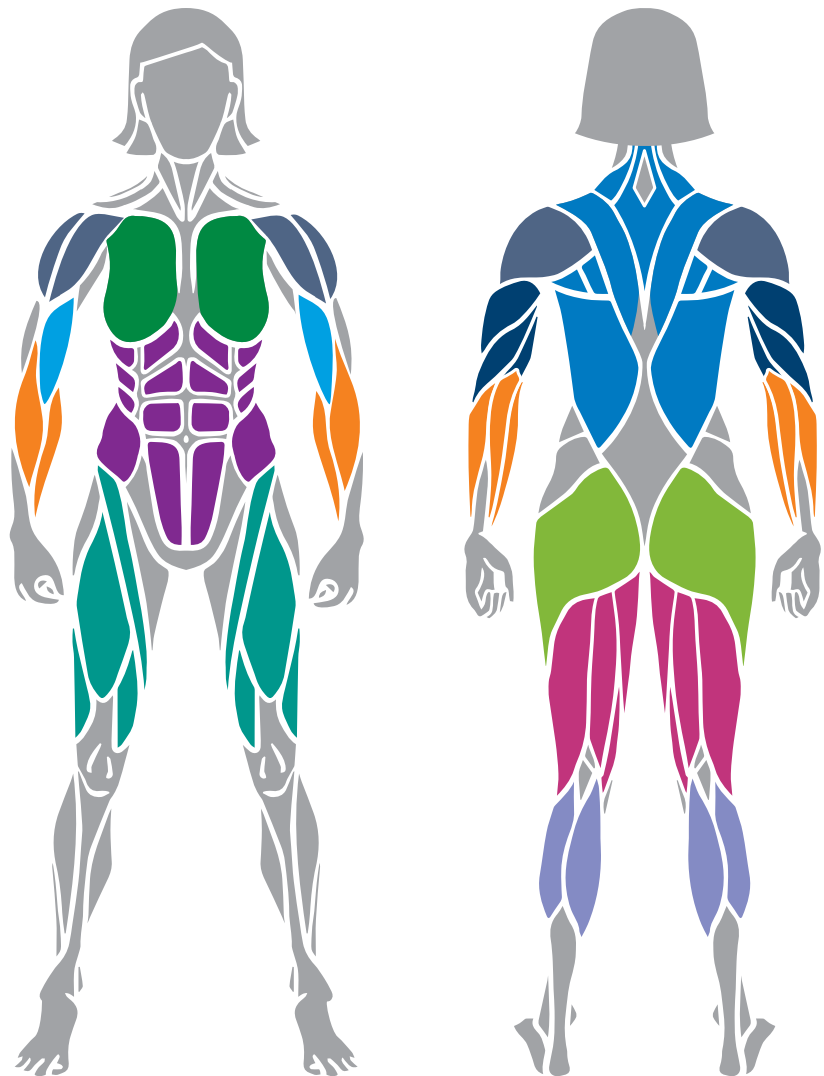
- Glute Raise Variations
- Glute Lifts
- Clam Shell
- Banded Hamstring Stretch

■ BACK OF THE THIGHS (HAMSTRINGS)

- Good Mornings
- Deadlift
- Romanian Deadlift
- Swiss-Ball Leg Curl
- Kettlebell Swing

■ CALVES

- Jump Rope
- Plate Hops
- Jumping Jacks
- Penguin Claps



RECOVERY TECHNIQUES

Once you start the MPC program, not only have your activity levels changed dramatically, but chances are your lifestyle also has undergone numerous changes. Now like anything, if not carefully monitored, these changes can actually have the opposite effect — making you feel unwell and, worse, putting you at greater risk of injury, which is why it's important to incorporate the right recovery techniques.

The simplest recovery technique is simply following the training programming and making sure to observe active recovery days (ARDs) and full rest days. We've highlighted these as necessary in our weekly overview, but please remember that it's very possible that you might need to take more ARDs or rest days than we've programmed, particularly at the beginning of the training program. Always listen to your body and incorporate more rest, if necessary.

SLEEP

If you aren't sleeping, then you are not recovering efficiently. Think of your car running out of gas and the engine failing. Sleep is the most underused recovery tool in your training arsenal and among the most important. It not only helps repair working muscles but also helps regulate hormones.

Major things that can affect sleep are the following:

- caffeine intake (either excessive or at the wrong times)
- stress
- electronic device usage
- bedtime

Aim to limit caffeine intake later in the day because it works in your body longer than you may think and is, of course, a stimulant.

Stress, be it the result of work, family or relationships, can have a detrimental effect on sleep patterns and the quality of sleep. Aim to do one thing each day that helps with stress, whether it's a breathing technique, meditation or just cornering yourself to have five minutes of alone time. Schedule time to manage stress just like you schedule time for your workouts.

It seems slightly ironic to discuss the impact of electronic devices on sleep when the majority of people will be reading this on one such device, but the light

emitted by screens on phones, computers and televisions can have a stimulant effect on the brain akin to caffeine. Aim to turn off all screens at least an hour before bed. And while you're at it, make your bedroom pitch black to improve sleep quality.

Last, if you get to bed late and get up early, the quality of your sleep and therefore your recovery is diminished. The My Peak Challenge program is first and foremost a challenge, so we challenge you to get one more hour of sleep nightly than you are right now.

FOAM ROLLING

Foam rollers offer many of the same benefits as a sports massage without the price tag, which makes them worth their weight in gold. It's very common to feel stiff after workouts, and using a foam roller regularly with good technique can offer the following:

- decreased muscle soreness after exercise
- increased flexibility and range of motion
- improved recovery time between exercise when combined with active recovery days and rest days
- improved posture

SPORTS MASSAGE

A sports massage (and no, not that relaxing soft Swedish version) delivers similar benefits to foam rolling with the added benefit that a professional masseuse will know by feel exactly what your muscle tissues need most and can adapt pressure and technique to suit.

EPSOM SALT BATH

Relaxing and beneficial, not to mention cheap. The mineral content of salts such as Epsom help relieve muscle soreness and relax you, which in turn helps decrease stress. Full bang for your buck ... assuming you have access to a bathtub.

At the start of the program, we want you to get used to tracking not only your workouts but also your body composition.

MONITORING PROGRESS

SCALE

For a lot of people, the main measurement used to monitor change is the scale. And yet, it's important to understand that while the scale will give you a numerical value, it doesn't tell us anything about the body composition of the individual on it. Scales don't measure your level of fitness. (They only measure your relationship with gravity.) It is very likely that over the next year, you will gain muscle and lose fat — and yet you will find that the number on the scale will not change.

In addition, bodyweight can fluctuate pretty significantly from day to day, so monitoring the scale too often can be discouraging and lead to setbacks. We suggest weighing yourself at most once per month (if at all) to see those bigger-picture changes.

PHOTOS

Trust us, one of the best ways to track your progress is with photos. Before you start the training program, we strongly recommend that you take a couple of photos of yourself — one from the front and one from the side. Don't worry: You don't have to share them with anyone, but by the end of the year, you'll be glad you have them. At the end of each month, take the same two photos, ideally wearing the same clothes you did previously, so that you can best see any changes.

CIRCUMFERENCE MEASUREMENTS

Because sometimes you need more data than a photo can provide, we strongly recommend taking measurements. I find these the best way to measure progress alongside photographs. They highlight body composition changes, so we recommend doing the full measurement every month. Grab a tape measure and measure the following points on your body:

- neck
- chest (with tape measure just above nipple level and arms down at your sides)
- waist (right at the bellybutton)
- hips (where they're widest)
- biceps (pick one side and mark which one for consistency)
- thigh (pick one side and mark which one for consistency)

DAILY MONITORING

There's one more way that we suggest you mark your progress, and that's by logging your workouts. In the training booklets, there are places to mark down what exercises were completed (highlight any substitutions), any weights used, and the number of repetitions and rounds performed (especially if we've given you options for this). You also can jot down any notes about how you felt that day, what felt good, what felt not so good, etc.

This process will allow you to keep an active record of how challenged you were during a workout and may highlight the need to change an exercise, the amount of weight you're using or the length of time that you're performing an exercise for. It also provides you with an overview of your progress week over week and serves as a handy reminder of what weight you're able to do for certain exercises.

CIRCUMFERENCE MEASUREMENTS

NECK

DATE	MEASUREMENT

CHEST

(with tape measure just above nipple level and arms down at your sides)

DATE	MEASUREMENT

BICEPS

(pick one side and mark which one for consistency)

DATE	MEASUREMENT

WAIST

(right at the bellybutton)

DATE	MEASUREMENT

HIPS

(where they're widest)

DATE	MEASUREMENT

THIGH

(pick one side and mark which one for consistency)

DATE	MEASUREMENT

TROUBLESHOOTING

Like the owner's manual for any new appliance in your home, here's a troubleshooting guide at the back of this booklet for when you run into issues with the program.

CHOOSING EXERCISES

If you have an issue with a particular exercise in the program, check out the Exercise Variations Index to select a more appropriate exercise for your own individual needs.

CHOOSING WEIGHTS

For the most part, if the program offers a specific rep range, the weight you select will be based on that selection. The rubric is that the higher the reps, the lower the weight. And therefore, the lower the reps, the higher the weight. For example, if the prescribed rep range is 10 reps, then you want to select a weight that makes it challenging to complete those 10 reps and makes an 11th or 12th rep impossible.

If the rep range is lower than 10, then the weight would be significantly heavier than what you could lift for 10 reps and the same rules apply. For example, if the rep range is five reps, the weight should be heavy enough that a sixth or seventh rep would be impossible.

TECHNICAL QUESTIONS

If you run into issues accessing any of the MPC content, including the daily videos or crib sheets, please email support@mypeakchallenge.com.

TRAINING QUESTIONS

You can direct training (or yoga or nutrition) questions to our forum, found under the Community tab on the program website. Our coaches will do their best to get back to you!

PERSONAL ISSUES

We all sometimes experience times in our lives when our problems seem big and overwhelming and beyond our control. This program was developed to work on things that are within our control, but if you feel that you are dealing with something personal that is affecting your participation and having a major impact on your life, then we strongly encourage you to seek local support. Remember, there are a number of agencies that exist to help, so please look up your local mental health hotline at the very least and reach out. Your mental health is just as (if not more!) important as your physical health, and we want you to be as healthy as possible.

FUEL INTRODUCTION

WELCOME TO FUEL!

Quick: Close your eyes and think about improving your lifestyle, whatever that means to you. Maybe it's improving performance or gaining strength, maximizing endurance or losing weight. Whatever it is, imagine what it looks like.

Now, tell us. Did you envision a kitchen?

When people think about setting fitness or lifestyle goals, they tend to envision a gym and focus on all the sweat it will take to meet them. But what they overlook is that the real hard work of lasting lifestyle change is often undertaken in the kitchen. Working out is critical to good health and certainly to improving performance, but you'll realistically spend maybe an hour (two, maximum?) moving, and most of the work the body does to build muscle and burn fat and improve cardiac function and boost mental well-being happens after you step off the mat or out of the gym. How well it does that work depends on what you're eating during the other 22-plus hours of the day.

Being mindful of nutrition, then, is paramount when trying to reach goals, no matter what they are. And just like anything that's worth doing, it's not always easy. Between the information overload delivered near daily by the media to the constantly changing recommendations of governments and other nutrition bodies, it often can be very difficult to know what to eat, let alone why — or when.

So we'll begin with something that may or may not have already resonated with you: There is no one right or wrong way to eat. And something else that you may seem obvious once we say it: Stressing about food is not one of the steps on a solid pathway to health.

These interrelated concepts underpin the new iteration of the MPC Fuel program. We have invited three registered dietitians, each with a solid knowledge of nutrition basics and their own area of focus within nutrition, to break down this gargantuan and often thorny subject.

Together, they build off of and expand on the principles that form My Peak Challenge's nutrition philosophy, which are as follows:

EAT FOR LIFE

Making healthful and mindful food choices is a simple way to lead a healthier life. After all, you can choose to move or not, but you can't choose not to eat.

Focusing primarily on making whole — and wholesome — foods the basis of your plates is really all you need to do. Think: lean meats and fish (if you eat them; vegetable proteins if you don't), dairy, whole grains, fresh vegetables and fruit, nuts and seeds.

EAT ENOUGH

Eat enough calories to fuel activity and keep your body's engine running, from all three macronutrient groups: protein, carbohydrates and fat.

EAT WELL

Maintain a healthy relationship with food. That means embracing eating a wide variety of foods while celebrating food as fuel, as celebration, as culture.

Food is an important part of human life on earth and a critical element in MPC's objective that its members strive to lead better, fuller, healthier lives.

The MPC Fuel video library contains a slew of information to help you incorporate this nutrition philosophy into your life. Our three registered dietitians tackle everything from the basics of human nutrition to the subversive ways diet culture might have influenced your thinking about food. They bust nutrition myths, offer culinary tips and tricks, and do deep dives on topics like sodium and just why, exactly, is there so much conflicting nutrition information available? And then they introduce a few ways of structuring diet that aren't too restrictive and don't require eliminating entire food groups.

One last note: The Fuel program was not designed to promote weight loss, though some who follow it might. Rather, we want to build powerful bodies and minds — and empower you to manage your own thinking about food and how you eat it so that you can effect lifelong lifestyle change.

WHAT'S ALL THIS ABOUT MACROS?

For the previous seven years, which is in fact, the entirety of time that the MPC program has existed, we have encouraged Peakers to track their macros as a means of ensuring that they're eating enough protein, carbohydrates and fat to fuel their bodies through all the challenges they want to undertake.

This year, we've expanded our Fuel program to include education on other methods of structuring food intake, but surprise! No matter what program you're following or how you're planning to eat, macros remain relevant. To supplement the MPC Fuel video library, here we offer a quick overview of the very basic tenets of human nutrition.

ACCOUNTING FOR CALORIES

Like any machine, the body needs fuel to function, and calories are, of course, the body's fuel. All foods contain calories, but how many of them a body needs per day is the subject of much discussion, mostly because it varies from body to body. The primary issues are that the human body is enormously complex and that it's exceedingly difficult to study the impact of nutrition on something that is extremely complicated, very willful (people tend to be very bad at following nutrition rules, even when they're part of a scientific study; they're even worse at remembering what they ate, not to mention how much, days, weeks and years after the fact, which is what most nutrition research studies commonly ask of their subjects) and comes in an almost infinite number of permutations.

That's right — no other body is quite like your body, and even your body is the product of its experiences, as well as its activities. Calorie needs can be influenced by the obvious and measureable (activity level, for example; it makes sense that bodies that move a lot need more calories than bodies that don't) and the less obvious and impossible to measure (the makeup of your microbiome, aka the type, number and variety of bacteria that live in your gut and help break down food).

The U.S. Department of Agriculture Food and Nutrition Service, which regularly attempts to put together guidelines around nutrition and diet, has a very rough estimate of how many calories women and men should be eating daily, depending on how active they are. By its accounting, sedentary means that you only do the light physical activity associated with daily life. Moderately active means you complete the equivalent of walking

1.5 to 3 miles (2.4 to 4.8 kilometers) per day at a pace of 3 to 4 miles (4.8 to 6.4 kilometers) per hour in addition to the regular daily-life activity, and active means you're doing the physical equivalent of more than 3 miles (4.8 kilometers) of walking at that same pace. Plus, the USDA model employs a standard reference size: women who are 5 feet 4 inches (1.63 meters) tall and 126 pounds (57 kilograms) and men who are 5 feet 10 inches (1.78 meters) tall and 154 pounds (70 kilograms). Which is all to say, the following charts are very broad estimates of how many calories a very narrow description of a human would need to take in to maintain his or her weight.

That said, please take a minute to note three things: 1) These numbers are likely larger than you might have anticipated; 2) there is not a huge amount of variance among the age ranges; and 3) nowhere do we see the number 1,200 calories, which some popular food-tracking tools might lead you to believe is a reasonable number of calories to eat over the course of a whole entire day.

The best way to get a better understanding of what your own personal calorie range might be is to spend a

WOMEN

AGE	SEDENTARY	MODERATELY ACTIVE	ACTIVE
19-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-50	1,600	2,000	2,200
51-60	1,600	1,800	2,200
61-76+	1,600	1,800	2,000

MEN

AGE	SEDENTARY	MODERATELY ACTIVE	ACTIVE
19-20	2,600	2,800	3,000
21-25	2,400	2,800	3,000
26-35	2,400	2,600	3,000
36-40	2,400	2,600	2,800
41-45	2,200	2,600	2,800
46-55	2,200	2,400	2,800
56-60	2,200	2,400	2,600
61-65	2,000	2,400	2,600
66-75	2,000	2,200	2,600
76+	2,000	2,200	2,400

few days (up to a week, if you can) eating the way you always do and simply tracking everything you put in your mouth. (See the end of this booklet for a diet tracking sheet — or check out an app like MyFitnessPal, which makes the process much easier). Once you have that data, you can take an average of your daily calorie intake and get a baseline of what your calorie intake has been — and then decide how or whether to adapt it. If one of your goals is to lose weight, you might need to adjust your caloric intake down. But keep in mind, if you're adding a lot of new activity to your days, you might actually have to *increase* your calorie intake to keep your body working well, even (or especially) if weight loss is one of your goals. Active, muscular bodies are more efficient calorie burners, so be sure to fuel yourself well.

PROTEIN

While all the macronutrients are important, protein is really important. Every single cell in the body is made up of proteins, and you need to eat protein to make sure that your body has enough available to repair damage to existing cells and to create new ones. Plus, working out creates small tears in muscle tissue, and repairing those tears is what makes muscles bigger and stronger. That entire process requires protein.

There are other benefits to eating protein, one being that protein has a high satiety factor, which means that it makes you feel fuller longer. Eating some with every meal can help you resist grazing and prevent overeating.

As with anything, the kind of protein you eat can be important. Amino acids are the building blocks of protein, and essential amino acids are ones the body can't make itself and therefore must get from food. Certain protein sources contain the essential amino acids in a proportion similar to what the body needs, which gives those foods what's called a "high biological value." Animal proteins like meat, fish, eggs and dairy are complete proteins of high biological value, whereas most vegetable proteins are low in one or more of the essential amino acids, making

PROTEIN POWDER 101

Though we are firm believers in getting the majority of your daily protein from whole-food sources like lean meats, eggs, dairy and certain plant sources, protein powder can be enormously beneficial. For one thing, it is much more quickly digested than a steak or chicken breast, which means that its amino acids can get into the bloodstream and directed to where they're needed much quicker. That's particularly good in the mornings, when you've been fasting through the night, and around workouts, when you're about to deal your muscles some damage that will need to be repaired. Protein powder also can be an excellent way to get more protein without adding a lot of extra carbs or fat to your diet.

The best protein powders are those containing the milk proteins, whey and casein. They are of high biological value, are easily absorbed and used by the body, and are particularly rich in certain amino acids, like leucine, which are especially important to the process of muscle repair.

them incomplete proteins that are, therefore, of lower biological value. The best plant-based sources of protein include legumes like peanuts and beans; nuts; certain soy products like edamame and tempeh; hemp; and "pseudo-grains" like quinoa and amaranth, all of which contain significant amounts of all the essential amino acids.

CARBOHYDRATES

There's a reason we crave bread, pasta and other grains — and why eating them is so satisfying. The carbohydrates found in those and other foods are the easiest for the body to break down into fuel it can use — and glucose, among the simplest of all carbs, is what the brain uses for fuel. But it's also easy for the body to store carbs for future use, primarily thanks to the actions of the hormone insulin.

Insulin's primary job is to shuttle sugar out of the bloodstream, either to be used as fuel by working muscles or to be stored for future use in muscle and liver tissue. When you consume a bunch of simple carbs like table sugar, the body quickly breaks them down and they flood the bloodstream, sending blood sugar skyrocketing. In response, the body releases a load of insulin to take care of that blood sugar. The more often this cycle is repeated, the more likely it is to break down. Surges of insulin become more and more poorly tolerated by receptors on cells, which means more insulin is required to manage blood sugar, and eventually you're looking at Type 2 diabetes.

CALORIC CONTENT

These are the calories per gram of each of the macronutrients.

MACRONUTRIENT	Protein	Carbs	Fat
CALORIES (per gram)	4	4	9

The answer is not to completely remove carbohydrates from your diet but rather to be mindful about what kinds you eat and how often. Fiber, an indigestible type of carbohydrate, is critical to bowel health, and eating higher quantities of it is associated with being leaner. Carbohydrate sources that contain more fiber are digested more slowly, limiting the amount of sugar that is released into the bloodstream at one time and making you feel fuller longer. While there's nothing wrong with sugar, eating carb sources that are lower on a scale called the "glycemic index," which measures how fast carbohydrates are digested, will digest slower.

Glucose, which is, again, among the smallest carbohydrate molecules and is therefore most easily and quickly digested, has a glycemic index score of 100. Foods that are in the 50s or below include those with more fiber — foods like fruits; vegetables; whole grains like brown rice, quinoa and oats; and legumes like lentils and beans. If you want to find slower-digesting pastas or breads, read the label and look for ingredients like "whole-wheat flour."

One type of carbohydrate that you should be aware of is added sugars, and in particular high-fructose corn syrup. Developed as a cheap and sweet alternative to cane sugar, high-fructose corn syrup contains a higher ratio of fructose than table sugar does, and that not only makes it taste sweeter but also makes it more difficult for the body to process. Unfortunately, it's turning up in more and more unlikely places, including in bread, condiments and salad dressings. Assiduous label reading can help you limit or even eliminate your intake of high-fructose corn syrup and other added sugars, which are often masked by names like dextrose, corn syrup or evaporated cane juice. One easy cheat-sheet note: High-fructose corn syrup is not organic and therefore cannot be included in organic foods. And of course, a diet primarily composed of lean meats and whole foods like fruits and veggies will already be low in added sugars.

FATS

Of all the macros, fat has acquired the worst reputation. For a variety of unsound reasons, fat has been pilloried by mainstream nutrition sources for the past five decades, blamed for a host of conditions from obesity to heart disease. More enlightened researchers are now finding that fat has most likely been wrongly accused and that it might actually be carbohydrates that are to blame for at least some of that long list of health problems. That means it's time to shake off what we thought we knew about fat.

Fat is incredibly important, and consuming it in your diet is necessary for optimal health. It's used by the body not just as a fuel source (after the body has burned through available carbs, of course) but also as insulation and protection for organs and bones. Fat is essential to the formation of critical hormones (including testosterone and estrogen) and to the absorption of certain vitamins and antioxidants. Fat also seems to be involved in the mechanisms that burn stored fat (meaning eating fat can help you lose fat). Plus, foods that contain it in larger measure taste good and digest more slowly, so eating fat makes you feel more satisfied and fuller for longer.

That said, some fats are better than others. Monounsaturated fats are particularly good for the cardiovascular system (they've been found to lower "bad" LDL cholesterol levels and raise "good" HDL cholesterol levels) and overall health, with certain studies showing that they can improve insulin sensitivity, thereby reducing the risk of diabetes.

Polyunsaturated fats are more of a mixed bag. Omega-3 fatty acids, which you've likely heard about in reference to fish oil (because they're found in high amounts in fatty fish like salmon) are incredibly beneficial fats that possess a whole host of benefits, from promoting fat loss and muscle gain to reducing the risk of chronic disease. Omega-6 fatty acids, which are also polyunsaturated fats, have a more complicated impact, primarily because Western diets tend to contain an awful lot of them from processed foods and sources like corn and soybean oils.

Maintaining an appropriate dietary ratio of omega-6 to omega-3 fats is important because the machinery involved in processing them in the body is shared, so getting too much of one can interfere with the absorption of the other. An ideal ratio of omega-6 to omega-3 fats should be about 2:1 or 3:1. When the ratio climbs to 4:1, that starts to become problematic. The ratio found in the average American diet has been reported as high as an alarming 15:1. Fortunately, by avoiding processed foods and focusing on cooking the majority of your own meals at home using quality ingredients, you can ensure your ratios remain on the healthy side.

If there's one kind of fat that's been most wronged by nutrition scientists, it's saturated fat. While it's not something you want to eat in excess, saturated fat is not the pariah it has been made out to be. For one thing, saturated fat makes up roughly half the structure of cell membranes and is a large component of the structure of the brain and nervous system and is responsible for proper functioning of nerves. It also promotes immune function,

is critical to hormone production and suppresses inflammation, a dangerous condition that, if left unchecked, can lead to chronic disease. Some saturated fats, like those found in coconut, are even more likely to be burned for fuel than stored as fat.

The one type of fat we (and everyone else) will categorically tell you to avoid is trans fat. Cooked up in laboratories as a replacement for saturated fat and used to increase the shelf life of processed foods (primarily baked goods), trans fats are not recognized by the body, so they are not digested well. Eating too much trans fat can negatively impact cholesterol levels and increase the risk of heart disease, cancer and obesity. Thankfully, the U.S. Food and Drug Administration, along with other nutrition bodies around the world, has realized that these fats are profoundly unhealthy and has introduced regulations to limit their availability. The best way to avoid them is to cut processed foods from your diet — and read nutrition labels. Trans-fat content is marked on them, but be sure to read ingredient lists, too. If you see the word “hydrogenated” anywhere on there, you know that product contains trans fat.

FINDING FABULOUS FATS

The best way to get a variety of healthful fats is to eat a well-rounded diet of whole foods that includes these sources.

TYPE OF FAT	BEST SOURCES
monounsaturated fat	nuts; nut butters; seeds; avocado; oils, including olive, canola, avocado and almond
omega-3 fatty acids (polyunsaturated fat)	fatty fish like wild salmon, sablefish and sardines, grass-fed beef and dairy, goat milk, omega-3 eggs, walnuts, flax, chia seeds and hempseeds
saturated fat	grass-fed meats, including game meats; grass-fed dairy, including yogurt, butter and milk; coconut oil; red palm oil; and dark chocolate



DAILY MEAL TRACKER

DATE:	CALORIES	PROTEIN (grams)	CARBS (grams)	FAT (grams)
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
TOTAL:				