

Cheat Sheet

Earning your cheats

Your cravings can be a great motivator to stick to your healthy habits. No matter how dedicated you are, sometimes situations come up that tempt you to cheat. Rather than relying on willpower and feeling guilty when that fails, you should allow yourself to earn cheats. When you earn your cheats, you can enjoy them without guilt. Of course, this *only* works if you **don't eat cheats you didn't earn**.

How it works

You can earn one cheat every day. To earn a cheat, collect 10 points doing the challenges for that particular day. As soon as you collect 10 points, you are done for that day (you can of course earn additional points but they will not earn you another cheat). If you don't have time to earn a cheat, don't worry. No one said you have to eat cheats every day.

Each earned cheat allows you **one meal or snack with no limitations**. You can save up to three earned cheats at a time; after that, any additional earned cheats are discarded until you use one of your cheats. We recommend you find some tokens (like plastic chips) to represent your cheats. This way you can keep them in your wallet or purse and physically spend them when you eat a cheat meal or snack.

Every Sunday, you determine your challenges for each day of the following week (see opposite). This way, you can plan ahead and shop for what you need. To easily record your challenges, print out the schedule on the next page, laminate it and write on it with a whiteboard marker (note that the circles indicate how many points each challenge gives you).

When you've determined the results for Monday to Sunday, you are allowed to swap your results around to make them fit your personal schedule for the week. On Friday (TGIF) all your actions give you double points, so swap wisely!

Food Challenge

Roll two dice and add them together. The result determines your challenge for the day:

- 2 Drink a cup of bone broth
- 3 Eat fermented foods (*like pickles, sauerkraut, kimchi or yogurt*)
- 4 Eat orange or red vegetables
- 5 Skip one meal (*don't snack to compensate*)
- 6 Eat fish or seafood
- 7 Eat green vegetables
- 8 Eat red meat (*grass fed if possible*)
- 9 Eat a big protein-rich breakfast
- 10 Eat berries
- 11 Eat mushrooms
- 12 Eat liver

If you're required to eat something, base one of your meals around that ingredient






















Exercise Challenge

Roll two dice to determine your exercise challenge:

- 2 Red (*sprint*) or yellow (*strength*) exercise
- 3-4 Red (*sprint*) exercise
- 5-7 Blue (*walking*) exercise
- 8 Blue (*walking*) or yellow (*strength*) exercise
- 9-12 Yellow (*strength*) exercise

If you want to build muscle mass, choose the yellow (*strength*) exercise whenever your result gives you a choice. Below are some exercise suggestions. See our [exercise guide](#) for more details.



Monday	<p>FOOD CHALLENGE: _____</p> <p>EXERCISE CHALLENGE:   </p>	<p>3</p> <p>3</p>	<p>For EVERY exercise you complete</p> <p>Do 1 minute of high intensity exercise</p> <p>Drink 6 glasses of water (300ml)</p> <p>Try a new recipe for lunch or dinner</p> <p>Don't drink any alcohol</p> <p>Don't snack after dinner</p> <p>Turn off your phone/tablet after 20:00</p> <p>Go to bed by 22:30</p>	<p>1 1 1 1 1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>
Tuesday	<p>FOOD CHALLENGE: _____</p> <p>EXERCISE CHALLENGE:   </p>	<p>3</p> <p>3</p>	<p>For EVERY exercise you complete</p> <p>Do 1 minute of high intensity exercise</p> <p>Drink 6 glasses of water (300ml)</p> <p>Try a new recipe for lunch or dinner</p> <p>Don't drink any alcohol</p> <p>Don't snack after dinner</p> <p>Turn off your phone/tablet after 20:00</p> <p>Go to bed by 22:30</p>	<p>1 1 1 1 1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>
Wednesday	<p>FOOD CHALLENGE: _____</p> <p>EXERCISE CHALLENGE:   </p>	<p>3</p> <p>3</p>	<p>For EVERY exercise you complete</p> <p>Do 1 minute of high intensity exercise</p> <p>Drink 6 glasses of water (300ml)</p> <p>Try a new recipe for lunch or dinner</p> <p>Don't drink any alcohol</p> <p>Don't snack after dinner</p> <p>Turn off your phone/tablet after 20:00</p> <p>Go to bed by 22:30</p>	<p>1 1 1 1 1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>
Thursday	<p>FOOD CHALLENGE: _____</p> <p>EXERCISE CHALLENGE:   </p>	<p>3</p> <p>3</p>	<p>For EVERY exercise you complete</p> <p>Do 1 minute of high intensity exercise</p> <p>Drink 6 glasses of water (300ml)</p> <p>Try a new recipe for lunch or dinner</p> <p>Don't drink any alcohol</p> <p>Don't snack after dinner</p> <p>Turn off your phone/tablet after 20:00</p> <p>Go to bed by 22:30</p>	<p>1 1 1 1 1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>
Friday (TGIF)	<p>FOOD CHALLENGE: _____</p> <p>EXERCISE CHALLENGE:   </p>	<p>6</p> <p>6</p>	<p>For EVERY exercise you complete</p> <p>Do 1 minute of high intensity exercise</p> <p>Drink 6 glasses of water (300ml)</p> <p>Try a new recipe for lunch or dinner</p> <p>Don't drink any alcohol</p> <p>Don't snack after dinner</p> <p>Turn off your phone/tablet after 20:00</p> <p>Go to bed by 22:30</p>	<p>2 2 2 2 2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p>
Saturday	<p>FOOD CHALLENGE: _____</p> <p>EXERCISE CHALLENGE:   </p>	<p>3</p> <p>3</p>	<p>For EVERY exercise you complete</p> <p>Do 1 minute of high intensity exercise</p> <p>Drink 6 glasses of water (300ml)</p> <p>Try a new recipe for lunch or dinner</p> <p>Don't drink any alcohol</p> <p>Don't snack after dinner</p> <p>Turn off your phone/tablet after 20:00</p> <p>Go to bed by 22:30</p>	<p>1 1 1 1 1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>
Sunday	<p>FOOD CHALLENGE: _____</p> <p>EXERCISE CHALLENGE:   </p>	<p>3</p> <p>3</p>	<p>For EVERY exercise you complete</p> <p>Do 1 minute of high intensity exercise</p> <p>Drink 6 glasses of water (300ml)</p> <p>Try a new recipe for lunch or dinner</p> <p>Don't drink any alcohol</p> <p>Don't snack after dinner</p> <p>Turn off your phone/tablet after 20:00</p> <p>Go to bed by 22:30</p>	<p>1 1 1 1 1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>