













PROGRAM RULES

Jumpstart your journey to a healthier lifestyle by establishing good habits over the course of 45 days. Along with our highly effective FitCamp workouts, you'll receive nutrition consultation, meal plan guidelines, progress tracking and an accountability coach to help you stay on-track.

-  **YES** **EAT REAL FOOD** → Load up on protein, raw veggies and fruit; complex carbs; natural herbs + spices; drink lots of water!
-  **NO** **AVOID FOR 45 DAYS** → Restrict processed carbs + meats, as well as refined sugars.
-  **YES** **EXERCISE MIND + BODY** → Focus on exercising both your mind + body for at least 45 minutes per day.

-  Workout 45 minutes every single day (doesn't have to be hardcore and intense, can include light exercise or walking)
-  Spend 5 minutes in silence to meditate and set your intentions on 3x things you're grateful for
-  Drink 1 gallon of water per day, starting with a 16 oz glass of water first thing in the morning
-  Track your caloric intake daily using MyFitnessPal app.
-  Have a minimum of 1 protein shake per day: either after your workout or before bed
-  Restrict alcohol consumption to 2-3 glasses per week
-  Take "before / after" pictures and track your weekly progress measurements
-  Tag [#teamicon](#) & [#iconfit45](#) in your social media posts
-  Stay disciplined and get the job done...YOU CAN DO IT!