

■ Slim Gym Water 21-Day Jumpstart Plan

Hydrate. Hustle. Get Snatched.

This 21-Day Jumpstart is your gateway to feeling lighter, stronger, and more confident—without starving or spending hours in the gym. Just one Slim Gym Water pouch a day + 7 minutes of focused movement = results that last.

STEP 1: Drink Slim Gym Water

Each 3.4 oz pouch is packed with all-natural ingredients that curb cravings, support fasting, and boost hydration and energy.

How to Use:

1. Drink one pouch at the start of your fasting window or 15 minutes before a meal.
2. Hydrate with 8–12 oz of water afterward.
3. Feel the “Craving Killer” effect in 20 minutes or less.

STEP 2: 7-Minute Slim Gym Workout

Time	Move	Focus
0:00–1:00	Jumping Jacks	Warm-up + Cardio
1:00–2:00	Bodyweight Squats	Legs + Glutes
2:00–3:00	Standing Crunch Twists	Core + Waist
3:00–4:00	Push-ups (wall or floor)	Upper Body
4:00–5:00	High Knees or March in Place	Burn Fat
5:00–6:00	Side Lunges	Thighs + Booty
6:00–7:00	Deep Breathing + Stretch	Cool Down

STEP 3: The 21-Day Routine

Day	Goal	Focus
Days 1–3	Hydrate & Reset	Drink Slim Gym daily + 7-min workout
Days 4–7	Light & Focused	Add 16:8 fasting (fast 16 hrs, eat 8 hrs)
Days 8–14	Discipline Mode	2 Slim Gym pouches daily on tough hunger days
Days 15–18	Glow-Up Week	Add morning affirmations & mirror talk
Days 19–21	Celebration Phase	24-hr fast or “clean day” + reward ritual

MINDSET MANTRA:

"I don't chase weight loss—I attract wellness."

■ Reduced cravings ■ More energy ■ Flatter stomach ■ Stronger self-control

Next Steps: Upgrade to the Slim Gym 30-Day Challenge or join the Free Affiliate Program at SlimGymWater.com.

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