

Your personalized RAMP metabolic prescription has been created based upon your current fitness capacity utilizing the most precise and scientific muscle conditioning formulas.

RAMP incorporates 7 components to success that help you achieve your goals and maintain them in the shortest time possible. These seven components are 1)Strength Training, 2) Cardiovascular Endurance, 3) Flexibility, 4) Body Composition, 5) Nutrition, 6) Mind / Body, 7) Supplementation.

Included with your workout is a Sample Meal Plan that illustrates an estimation of the type and amount of foods your body needs to achieve your goal. Please consult with a certified professional if you believe you have food related conditions before beginning.

We track your success with a progress report every 8-weeks. Please let contact us one week in advance to schedule and update and new plan.

Our heath coaches are here to provide you with the support you need.
Please don't hesitate to ask for assistance.

Here are a few tips to help you get started:

- Perform 10 minutes of cardio upon waking to enhance fat loss
- Eat all meals 2.5-3 hours apart
- Consume a protein shake within 30 minutes following a workout to increase lean mass and reduce fat
- Drink water before, during and after exercising
- Get an adequate amount of sleep to optimize your metabolism (7-8 hours is optimal)
- Repeat. Flourish and prosper by living a healthy lifestyle

We know from years of experience that the first 30 days are the most exciting & challenging.

Stay determined and watch the changes happen as you start to look and feel your best.

Remember, your greatest wealth is your health!

Beach Body 2750 Calories



Everything your body needs, nothing it doesnt. NA

Use this checklist to track all feeding times.

After eating, place a check in the corresponding box.

Meals should be eaten approximately 2.5-3 hours apart.

Choosing healthy food is vital to your long term success!

Be true to yourself and reap the benefits of a healthy life!



	PUK		and the			PUL	W/L 0		144
S	Meal 1	Wk I	Wk 2	Wk 3 O Sun	Wk 4 O Sun	Wk 5 O Sun	Wk 6 O Sun	Wk 7	Wk 8
	1 Scoop Whey Protein 1 Cup Oats (dry)	O Mon O Tue	O Mon O Tue	O Mon O Tue	O Mon O Tue	O Mon O Tue	O Mon	O Mon O Tue	O Mon O Tue
ion	3/4 Cup Blueberries	O Wed O Thu	O Wed O Thu	O Wed O Thu	O Wed	O Wed O Thu		O Wed O Thu	O Wed O Thu
JCA	8 oz Water	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat
ose	Meal 2	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
	7 Egg Whites w/ 1 yolk	O Sun	O Sun	O Sun	O Sun	O Sun	O Sun	O Sun	O Sun
	1 Cup Mixed Vegetables 2 Slice Whole Grain Toast	O Mon O Tue	O Mon O Tue	O Mon O Tue	O Mon O Tue	O Mon O Tue	O Mon O Tue	O Mon O Tue	O Mon O Tue
L	1 oz Colby Jack Cheese or Other White Cheese	O Wed	O Wed	O Wed O Thu	O Wed	O Wed	O Wed	O Wed O Thu	O Wed O Thu
/	8 oz Water	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat	O Fri O Sat
	Meal 3	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
	1 Scoop Whey Protein 1/2 Cup Plain Greek Yogurt	O Sun O Mon	O Sun O Mon	O Sun O Mon	O Sun O Mon	O Sun O Mon	O Sun O Mon	O Sun O Mon	O Sun O Mon
RE	1 oz Slivered Almonds	O Tue O Wed	O Tue O Wed	O Tue O Wed	O Tue O Wed	O Tue O Wed	O Tue O Wed	O Tue O Wed	O Tue
UR	POSE3	O Thu O Fri	O Thu O Fri	O Thu O Fri	O Thu O Fri	O Thu O Fri	O Thu O Fri	O Thu O Fri	O Thu O Fri
0 - 1	8 oz Water	O Sat	O Sat	O Sat	O Sat	O Sat	O Sat	O Sat	O Sat
i–	Meal 4	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
i-	6 oz Grilled Chicken				Wk 4 O Sun O Mon		Wk 6 O Sun O Mon		Wk 8 O Sun O Mon
101	LOW - VEES	Wk 1 O Sun	Wk 2 O Sun	Wk 3 O Sun	Wk 4 O Sun	Wk 5	Wk 6 O Sun	Wk 7	Wk 8 O Sun O Mon O Tue
i- 101 t ₈ N	6 oz Grilled Chicken 3 Cups Green Salad 2 tbs. Balsamic Vinegarette	Wk 1 O Sun O Mon O Tue O Wed O Thu O Fri	Wk 2 O Sun O Mon O Tue	Wk 3 O Sun O Mon O Tue O Wed O Thu O Fri	Wk 4 O Sun O Mon O Tue O Wed O Thu O Fri	Wk 5 O Sun O Mon O Tue O Wed O Thu O Fri	Wk 6 O Sun O Mon O Tue O Wed O Thu O Fri	Wk 7 Sun Mon Tue Wed Thu Fri	Wk 8 O Sun O Mon O Tue
101	6 oz Grilled Chicken 3 Cups Green Salad 2 tbs. Balsamic Vinegarette 8 oz Water	Wk 1 O Sun O Mon O Tue O Wed O Thu O Fri O Sat	Wk 2 O Sun O Mon O Tue O Wed O Thu O Fri O Sat	Wk 3 O Sun O Mon O Tue O Wed O Thu O Fri O Sat	Wk 4 O Sun O Mon O Tue O Wed O Thu O Fri O Sat	Wk 5 O Sun O Mon O Tue O Wed O Thu O Fri O Sat	Wk 6 O Sun O Mon O Tue O Wed O Thu O Fri O Sat	Wk 7 O Sun O Mon O Tue O Wed O Thu O Fri O Sat	Wk 8 O Sun O Mon O Tue O Wed O Thu O Fri O Sat
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101 ten	6 oz Grilled Chicken 3 Cups Green Salad 2 tbs. Balsamic Vinegarette 8 oz Water	Wk 1 O Sun O Mon O Tue O Wed O Thu O Fri O Sat Wk 1 O Sun O Mon	Wk 2 O Sun O Mon O Tue O Wed O Thu O Fri O Sat Wk 2 O Sun O Mon	Wk 3 O Sun O Mon O Tue O Wed O Thu O Fri O Sat Wk 3 O Sun O Mon	Wk 4 O Sun O Mon O Tue O Wed O Thu O Fri O Sat Wk 4 O Sun O Mon	Wk 5 O Sun O Mon O Tue O Wed O Thu O Fri O Sat Wk 5 O Sun O Mon	Wk 6 O Sun O Mon O Tue O Wed O Thu O Fri O Sat Wk 6 O Sun O Mon	Wk 7 O Sun O Mon O Tue O Wed O Thu O Fri O Sat Wk 7 O Sun O Mon	Wk 8 O Sun O Mon O Tue O Wed O Thu O Fri O Sat Wk 8 O Sun O Mon
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