



For a minimum of 40 Days.

- One 40-minute workout per day. This must be dedicated exercise time (not employment or chore-related like lawnmowing, snow shoveling, taking kids to park, etc.). You may break this into two separate 20-minute workouts.
- Choose a nutritional goal and plan and STICK TO IT every day! No deviating. No exceptions.
- No alcohol. No illegal substances. Prescription meds OK, only as prescribed.
- No pornography.
- Read 5 pages of a faith-based spiritual/personal improvement. No audio books – you *must* read!
- Read one chapter of the Bible (this can be done via audio if you choose).
- Drink ½ gallon of water per day. No additives to water – must be pure. Adding something like electrolytes, a lemon or orange slice is acceptable.
- If you miss an item or cheat, you need to start over at day one. No excuses.