

THE CHALLENGE CHECKLIST

1. Eat during an eight-hour window, then fast for 16 hours. 12:00 PM-8:00 PM is the ideal eating window.

2. Keep carbohydrates low and ideally after training. Avoid starches, sweets, and fruit.

3. Hunger is not an emergency. You're simply resetting your hunger signals and enhancing fat burning. Drink water and chew sugar-free gum.

4. Avoid calorie-containing beverages. Stick to tea, coffee, and water during your fasting window.

5. Walk after dinner for 15 minutes. This will aid digestion and burn a few more calories.

6. Sleep the same hours each night, ideally 10 PM-5 or 6 AM. 7+ hours of sleep helps you control cravings, improves hormone levels, and gives you more energy.

7. Enjoy copious amounts of dead animal flesh and plants. Basically, you could eat steak and broccoli, bacon/eggs, and peppers all day and get leaner.

8. Avoid the following:

Anything overly processed that comes in a box, drugs/alcohol, candy, chips, waffles, pancakes, pizza, bread, rice, grains, sugary condiments (BBQ), potatoes, anything crispy or fried, oats.

9. No, you don't need to track calories or macros.

