



# Ultimate Balanced Lifestyle

F u e l l e d b y H e r b a l l i f e

# THE ULTIMATE BALANCED LIFESTYLE PLAN

## What is The Ultimate Balanced Lifestyle Plan?

This plan will help you find a healthy life balance where you can achieve your personal targets while enjoying yourself along the way. You will have the support of a small team to help motivate you and keep you accountable on your journey.

The plan works in 3 week 'CYCLES' and each individual can remain an active player for as many cycles as it takes to achieve their personal targets. This plan is NOT A CHALLENGE and it is NOT A QUICK FIX DIET. The objective of this plan is to educate people on healthier nutritional choices that are SUSTAINABLE LONG TERM.

**GOOD NUTRITIONAL HABITS WILL FUEL YOUR BODY CORRECTLY AND MAKE YOU FEEL AMAZING**

## The Basic Plan

The plan is made up of 3 main elements; Nutrition, Hydration and Exercise  
Get these 3 elements right and you will achieve unbelievable results and feel incredible.

### Nutrition

70% – 80% of effective fat loss is a direct result of your nutrition.

**'You can't out train a bad diet!'**

You will receive further information throughout the cycle, regarding how to balance your meals, the importance of different food groups, along with meal ideas.

This is the plan you need to follow if you are on a fat loss journey:

**Breakfast:** Herbalife Shake

**Mid-Morning Snack:** 150 – 200 Calories with a MINIMUM of 10g of protein

**Lunch:** Herbalife Shake

**Mid-Afternoon Snack:** 150 – 200 Calories with a MINIMUM of 10g of protein

**Dinner:** Healthy balanced evening meal

The key is to eat 'little and often', keeping your body fuelled throughout the day. When you get the balance correct you should never feel hungry and you should never feel full.

**PORTION CONTROL IS VITAL IF YOU WANT TO ACHIEVE YOUR DESIRED RESULTS.**

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## Hydration

Keeping your body hydrated properly is essential for your organs to function properly. You will learn more about this throughout the cycle.

You should aim to drink between 2 – 3 litres of water EVERY day.

## Exercise

Exercising is extremely important for your general wellbeing and will burn the calories to achieve your results.

We say that you should be aiming for a MINIMUM of 10,000 steps EVERY DAY. This amount of steps burns approximately 300 – 400 calories. This can also be achieved by completing a 30 – 45 min high intensity workout.

Everyone is going to have a different level of mobility and athletic ability, therefore healthy steps are a fantastic way to get the exercise you need each day, however some may also choose to do HIIT workouts or weight training.

## Cycles:

The plan works in 3 week cycles.

Each cycle has 15 days of 'FOCUS' and 6 days to 'MAINTAIN'.

During each cycle, you will be active in your small teams to help support each other to achieve personal goals as well as collective team targets.

Remember this is not a challenge or a quick fix, this is about team support to implement new healthier habits to help you achieve your personal targets. Each individual will have different goals and everyone will take different periods of time to achieve their goals. We support everyone's individual journey without judgement.

Your FOCUS days are Monday – Friday where you aim to accelerate your results and then the weekends are your days to MAINTAIN weight. Over the weekend period, you are looking to maintain the hard work that you have put in during the week. Over the weekend, it's important to allow yourself a small treat so that you continue to enjoy your journey, however it's important you still stick to the plan as best as you can so that you maintain weight ahead of the weigh in Monday Morning. The plan is not to binge out at the weekend, put all the weight back on and start the next week in the same place you started the previous week!

## Teams:

Each cycle you will be placed into an active team of between 6 and 12 players.

Each team will have a TEAM LEADER who is there to motivate, support and guide you through each cycle. The teams are your small support groups to keep you motivated and accountable on your journey. This is your safe space to share ideas and ask any questions. Daily eBooks will be shared into the group, which will include workouts, recipe ideas as well as a focus of the day. You are also encouraged to share your own personal meal plans along with pictures of your healthy balanced meals. The more you share with your team, the more ideas everyone will get to add variety into their own daily plans.

## Daily Weigh Ins:

On this plan you are required to weigh in every WEEKDAY morning, which helps to keep you accountable. This is nothing to fear and the process will educate you on what factors contribute towards your overall body weight. It is important on this journey not to confuse BODY WEIGHT with BODY FAT. You will learn more about this throughout the cycle, as well as gaining a better understanding of why the number on the scales goes up sometimes when you have eaten really clean and completed 3 workouts the day before!

### Morning Routine (Repeated daily):

- Wake up
- Go to the toilet
- Weigh yourself (Set your scales to lbs\*)  
*\*If your scales are only in kg then you can use google to convert kg to lbs*
- Take a picture of the scales\*\*
- Submit the picture to your Team Leader\*\*  
(This must be submitted straight away, but NO LATER THAN 10am)
- Have a glass of water (important to hydrate your body as soon as you wake up)

*\*\*You are only required to submit your weight Monday - Friday*

Some Team Leaders will use a Google Docs form to collect the players weights and others may request that you send the picture of the scales to them personally. Your Team Leader will notify you how they want you to submit your weight.

## Targets:

### Weight Loss Targets

On Day 1 you will be asked to submit 2 different targets to your Team Leader. The 2 targets will be:

- **ULTIMATE TARGET** – What is your end goal? What is the ideal weight that you want to achieve? This target may take multiple cycles to achieve.
- **CYCLE TARGET** – What is your realistic short-term target to achieve on the next 3 week cycle? The cycle target must be between 1 and 7 lbs, therefore have a think today so that you are prepared to lock in that target Monday morning.

These 2 targets will really help your Team Leader to support you on your journey and understand what your end goal is.

- **TEAM TARGET** - Based on each players individual 'cycle targets', the Team Leaders will add them all together to create the team target for the cycle. This adds additional accountability as you're not only trying to achieve for yourself, you are also trying to achieve for the team.

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## Cycle Trackers:

We have produced Tracker Wall Charts to help you track your progress with regard to your nutrition, exercise and your body measurements.

We encourage everyone to print off the trackers and start to use them from Monday.

At the end of each cycle you can take a picture of your tracker charts to send to your Team Leader. This will allow your Team Leader to see the true progress you are making and support you with your plan if necessary.

To print a copy of the Tracker Wall Charts simply click on the link below:

## [Printable Tracker Wall Charts](#)

## Non-Scale Measurements:

We HIGHLY RECOMMEND that you take measurements and pictures when you first start your journey and then repeat at the end of each cycle.

Non-Scale Measurements are vitally important to help track your progress and keep you motivated on your journey. Although we weigh in everyday, the scales do not tell the full story and you could be achieving an amazing body transformation without seeing any change to the number on the scales. There are also many other non-scale victories that you will achieve along your journey as well and you can see a few examples below.

Take your measurements and pictures first thing Monday morning after you do your starting weight. Take a FULL BODY picture front on and side on.



### Example Pictures:

You can see from these pictures how powerful photo timelines can be to keep you motivated and see the progress you are making.



From Monday, use your 'MEASUREMENTS TRACKER' Wall Chart to document your measurements as you progress through the cycles. The Wall Chart Trackers will be posted in the group for you to print, however if you can't find them just ask your Team Leader. At the end of each cycle take a photo of your Measurement Tracker Chart and send it to your Team Leader so that they can see your progress. THIS IS NOT MANDATORY, however it adds additional accountability and it also allows your Team Leader to get a better idea of your true progress, allowing them to support you more effectively. If your Team Leader only sees your weight, it is very difficult to fully understand if your daily plan is working for you. If they can see the non-scale measurements and pictures as well, they can see the change in inches and body shape transformation. This will really help your Team Leaders to support you.

REST ASSURED THAT THESE DETAILS WILL BE KEPT PRIVATE AND WILL NOT BE SHARED PUBLICLY UNLESS YOU GIVE CONSENT FOR THEM TO BE SHARED.

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## Daily Scheduled Content:

Every weekday morning at 6am there will be an eBook posted into the group with valuable content and information to help support your journey.

**The eBook content will include:**

### Daily Workouts

- Morning Wake 'N' Shake (15 minute high energy blast to kick start your day)
- Workout of the day (focus on a different body area each day)

### Focus of the Day

Each day there will be a different focus topic, which will provide important information to help you better understand about your nutrition and the process towards achieving amazing results.

### Recipes of the Day

- Shake of the Day
- Snack of the Day
- Meal of the Day

### Product of the Day

Each day we will provide information about different products that you can look to incorporate into your plan to boost your personal results.

### Quote of the Day

### Daily Checklist

These eBooks will be pinned to the top of your group chat so that you can read them at your leisure

## Meal Plans and Confession Corner:

Each weekday we encourage players to post pictures of their healthy snacks and healthy evening meal in the group chat. This allows the players to see all the different meals, which helps everyone add variety to their daily plans and it also allows the Team Leader to see how you are balancing your plate and your portion sizes. Even if this is not realistic for you to do every day, we highly recommend you do this a few times on each cycle as it adds to your accountability and helps your Team Leader to support you effectively.

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## Daily Results:

Each weekday at 5pm the daily results will be posted into your group. These will include:

- **TEAM GRID** - This will display the daily weight changes for each individual
- **DAY LEADER** - The person who has lost the most weight in the last day
- **CYCLE LEADER** - The person who has lost the most so far on this cycle

## WEEKEND WEIGHT CHANGE RESULTS

On the Monday of week 2 and week 3, the results will show the weekend weight change, therefore the change from the Friday weigh in, through to the Monday weigh in. This will help you to really stay accountable for your weekend activity in the middle of the cycle!

## PROGRESS TOWARDS YOUR PERSONAL TARGET

On the Friday in week 2, we will post (as a percentage) how near each player is towards achieving their own personal cycle target. This will help to highlight if players are following a plan that is suitable for the target they have set themselves. Remember, your personal target counts towards the team target, therefore it is important that you work hard to achieve your personal target so that you play your part to support the whole team.

## FINAL RESULTS

On the Thursday of week 3, we will not post the leader board with everyone's weight changes. We like to build the suspense for the final 48 hours before we announce the final results on the Friday. We will however post a picture of the Day Leader but that is all, and we will not announce how much the Day Leader has lost on that day.

## The Nutrition Hub:

This is the Facebook Page that will provide you with a vast amount of information to help you on your journey. Getting new ideas so that you can add variety into your meal plans will be the key to making this process enjoyable and sustainable.

To join the Nutrition Hub simply click on the link below:

<https://www.facebook.com/groups/188965423040880/>

We look forward to supporting all of you on your journey with the Ultimate Balanced Lifestyle. We are here to help you, therefore don't be afraid to ask questions or approach your Team Leaders personally if you need to discuss your plan, targets and results.

Let's smash the next Cycle

## Paul & James

Ultimate Balanced Lifestyle Mentors



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