

ULTRA DAYS:



Jill suggests you work out 20 to 30 minutes a day.

Exercise sets you up for the day and helps to reset your metabolism. You will burn 400% more calories if you exercise. Morning is best, but consistency is even more important.

As you plan each day, fill in the time in the left column.

TIME:	ACTION:	DONE
<i>Upon waking</i>	Fortitude 85 - (2 capsules)	
	Exercise (optional)	
<i>Before 9 a.m.</i>	BREAKFAST: Zallevo Ultra 30 Shake (2 scoops in water) eVibe in water (½ to 1 stick)	
<i>Lunch</i>	1 Protein selection 3 Veggie Selections	
<i>Dinner</i>	Zallevo Ultra 30 shake (3 hours before bedtime)	
<i>3 Hours later</i>	Biome Sync - 1 with water Biome Trim - 1 with water Burn Mode: (Optional) For accelerated results you can take Burn Mode every night or every other night. (You will need 2 more packages if you do this)	

Snacks:

If you need a snack, have something low carb. A half-shake or an extra small meal can be helpful for those with a high metabolism (the rate the body burns energy.)

This program is *not* about deprivation. This is about abundance of nutrition and feeling GREAT all the time - especially during intermittant fasting. Fasting for many people is tough, if not entirely impossible without the Burn Mode nutrition.

BURN MODE DAYS:

Use this to map out the terrain before you start.

Jim Rhoades, Nutritionist, says, *"To my knowledge, no one has ever put together a nutritional program that can help someone sustain an Intermittant Fast of 48 hours or longer and have energy and help maintain the fast. Burn Mode is the only one I have encountered to make that possible for me and countless others."*

Fuel every 4 hours with Burn Mode except when sleeping. Fill in your times.

Burn Mode Plan of Action

DAY <i>(Fill in the blanks below)</i>	TIME <i>(Fill in the blanks below)</i>	DONE	WHAT HAPPENS
	<i>Before Bed</i>		Hours 4 thru 8 - Blood Sugar drops
			Hours 8 thru 12 - Fat Burning Begins
	<i>4 Hours Later</i>		Hours 12 thru 16 - HGH increases
	<i>4 Hours Later</i>		Hours 16 thru 20 - HGH increases
	<i>Before Bed</i>		Hours 20 thru 24 - Autophagy begins
	<i>Morning Time</i>		Hours 32 thru 36 - Autophagy begins
	<i>4 Hours Later</i>		Hours 36 - Autophagy increases 300%
	<i>4 Hours Later</i>		Hours 48 - HGH increases 500%
		48 Hours gives incredible results.	
	<i>4 Hours Later</i>		Hour 60 - Finish!
		No longer than 60 hours is recommended.	

REMINDER: Listen to your Body.

If your body wants to stop fasting early, stop. No guilt. No worry. Just listen and be kind to your marvelous body. You are thrusting it into a whole new reset. Every 4 hours ask yourself, *"Is it time to end the fast?"* Do so according to your body's needs.

Massive amounts of junk are moving out of your cells.

They are pouring into your blood stream to be expelled through the kidneys and the liver. Your body knows how to do this. Respect its time frame.

Track Your Progress

	Day 1	Day 8	Day 15	Day 22	Day 30	Inches Lost
Neck						
Upper Arm (L)						
Upper Arm (R)						
Chest/Bust						
Rib Cage						
Waist						
Abdomen						
Hips						
Thigh (L)						
Thigh (R)						
Above Knee (L)						
Above Knee (R)						
Calf (L)						
Calf (R)						
Total Inches:						

Total Inches Lost: Day 30 minus Day 1 = _____

Track Your Progress

Rate on a scale of 1 to 10:

1 = Poor 5 = Good 10 = Fabulous



	Day 1	Day 8	Day 15	Day 22	Day 30	TOTALS
Energy						
Mental Focus						
Joint Ease						
Flexibility						
Sleep						
Mood						
Self Respect						
Overall Wellness						

The last 2 lines are for whatever you want to measure.

Take time to meditate and be grateful. Then write down a few A-has!

"Gratitude is the wine for the soul. Go on. Get drunk." - Rumi

CAST YOUR VISION:



There are Ultra Days and Burn Days.

On Ultra days you will be drinking 2 Ultra 30 shakes a day; one for breakfast and one for dinner. On Burn days you'll be fasting using Burn Mode and eVibe.

You can rearrange your Burn days (Intermittant Nutritional Fasting days) to fit your schedule. Once you see the pattern to follow, all you need to do is "add water and drink."

Sketch out what days you're going to do what in the upcoming month.

Schedule your Zallevo Master Reset

Month: _____ Year: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday