Our signature challenge is BACK!
Say hello to Commit2Fit 3.0!

Are you ready to take it to the next level? New challenges, new recipes and a new outlook on life...what more could you ask for? Our Commit2Fit philosophy focuses on results. With our fitness challenges, our 10-point nutrition checklist and your accountability calendar, you will discover how truly strong you are. Gain strength. Gain endurance. Best yet, gain the confidence we know is already within you to take your life to the next level!

Challenge Dates:
April 1st – April 30th
Completed packets are due to your Head Trainer April 30th!

Here are your steps to complete the challenge:

1. Declare your entry to the challenge with a BEFORE picture on April 1st. Use the hashtag #Commit2FitBurn & tag @BurnBootCamp and your Burn Boot Camp location, too!

2. Attend the Commit2Fit Kick Off on Saturday April 1st after our last camp and learn more about the challenge, get your before picture taken, weigh in and hang with your Burn Family!

3. Commit to using your accountability calendar! While using your accountability calendar, anywhere it asks you to post on social media,
use the hashtag #Commit2FitBurn & tag @BurnBootCamp and your Burn Boot Camp location, too!

4. Attend camp 4-6 days per week.

5. Commit to completing the fitness challenges. Challenge days are on Mondays and Thursdays. We also have an Extra Mile challenge, which will take place on Saturdays!

6. Commit to the 10 Point Nutrition Plan.

7. Commit to the 17-Minute stretch routine at least 3x/week.

8. Post your AFTER picture on April 30th. Use the hashtag #Commit2FitBurn & tag @BurnBootCamp and your Burn Boot Camp location, too!

9. On April 30th, attend the Commit2Fit Final Celebration, take your after picture, weigh in and get the chance to win various prizes!
The Fitness:

1. **Monday Fun-day Camps!** You’ll have to wait to learn more… 😊
   - April 3rd: Unleash Your Inner Beast
   - April 10th: Circle Of Burn
   - April 17th: The Burn Casino
   - April 24th: Burn Beats LIVE

2. **Total Volume Thursday (4/6, 4/12, 4/20, 4/28)** – You trainer will lead a warm-up and set-up of how to properly do the exercises & modifications of the exercises listed below. Each round, you will earn a point value based on the number of reps you complete. On your Accountability Calendar there is a spot to record your score for the week. Your goal is to beat your total number of reps each week.

   - **Max Rep Set #1 (8 minutes)**
     - Squat Press 3, 6, 9
     - Full Burpees 3, 6, 9
     - Frog Crunches 3

   - **Max Rep Set #2 (8 minutes)**
     - Sprint Lap (The run starts 1 one lap & goes up by 1 each round) 1, 6, 9
     - Power Plank 3, 6, 9
     - V-Up 3, 6

   - **Max Rep Set #3 (8 minutes)**
     - Power Press 3, 6, 9, 12
     - Renegade Rows 3, 6, 9
     - In & Outs 3, 6

3. **The Extra Mile** – These challenges will take place outside of and after camp on Saturday. They’re not required but always recommended! Chat with your trainer to see when they’re leading a group extra mile – **OR** – find a group of Burn Swolemates to get moving!

   - April 8th: One mile Indian Run
   - April 15th: One mile walking lunges
   - April 22nd: One mile traveling Burpees
   - April 29th: One mile back pedal
10 Point Nutrition Plan:

- Drink daily boost ELIXIR immediately upon waking.
- Eat breakfast within 30 minutes of waking.
- Eat your body weight in grams of protein each day.
- Do not consume any artificial sweeteners.
- Do not consume any grains.
- Do not consume soda.
- Do not consume alcohol.
- Consume less than 50 grams of sugar per day.
- Drink your body weight in ounces of water.
- Do not eat 2 hours prior to bed.

Daily Boost Elixir
12 ounces of water
1-2 tbsp of Apple Cider Vinegar
2 tbsp of Fresh Lemon Juice
1 tsp of Raw Honey
1-2 tsp of Cinnamon
Dash of Cayenne
burn

Calculate your daily calorie allotment:

Fuel your body to become a fat burning machine and a muscle-building machine. Eating your daily calorie allotment is so important! If you don’t eat enough, it is hard to reach your optimal performance levels.

If your goal is to LOSE WEIGHT, follow this equation:

Current Body Weight X 10 = Total Calories Per Day

Never eat below 1200 calories per day. For example, if you weigh 120lbs or less, use the GAIN formula shown below.

If your goal is to GAIN LEAN MUSCLE, use this equation:

Current Body Weight X 10 + 500 = Total Calories Per D
17-Minute Stretch Routine

Flexibility is key to overall performance. Follow our 17 Minute Stretch Routine at least 3x/week to help you take your camp sessions to the next level!

- **Hip Flexor Stretch**: 2 minutes per side
- **Elbow to Inside of Foot Stretch**: 2 minutes per side
- **Pigeon Stretch**: 2 minutes per side
- **Hamstring Stretch from Knee**: 1 minute per side
- **Quad Stretch**: 2 minutes per side
- **Deep Squat Hold**: 1 minute total
## The Grocery Guide

### LEAN PROTEIN
- Pasture Raised Skinless Chicken
- Grass Fed Beef
- Wild Caught Seafood – Salmon, Tilapia, Mahi-Mahi, Tuna, Shrimp, Scallops
- Ground Lean Turkey
- Cage-Free Eggs
- Nitrate Free Bacon
- Nitrate Free Deli Meats

### HEALTHY CARBS
- Sweet Potatoes
- Red Skin Potatoes
- Bananas
- Berries
- Apples
- Lemons
- All Green Veggies
- Spaghetti Squash
- Tomatoes
- Carrots
- Celery
- Mixed Peppers
- Fresh Salsa
- Kale
- Spinach

### FATS, OILS, DRESSING
- Avocado
- Raw Nuts
- Raw Nut Butter
- Sunflower Seeds
- Flax Seed
- Chia Seed
- Coconut Oil
- EVOO
- Grape Seed Oil
- Any Fresh Herbs (Basil, Mint, Cilantro)

### DAIRY
- Feta or Goat Cheese
- Almond/Cashew Cheese
- Almond/Cashew/Coconut Milk
- Almond/Coconut/Greek Yogurt
- Organic Cottage Cheese

### NATURAL SWEETENERS
- Stevia in the Raw
- Raw Honey
- Pure Maple Syrup

### ADDITIONAL ITEMS
- Organic Chicken/Vegetable Broth
- Dried Fruit (single ingredient - unsweetened)
- Pumpkin Puree
- Tomatoes
- Almond/Coconut Flour (for baking)
- Baking Soda
- Onion
- Vanilla Extract
- Sea Salt or Pink Himalayan Salt
- Black Pepper
- Garlic
- Cinnamon
- Dried Italian Seasonings
- Cayenne Pepper
- Garlic Powder
- Taco Seasoning
- Chili Powder
- Ground Cumin
- Crushed Red Pepper
**Commit2Fit: Try These New Recipes**

**Breakfast Recipe: Egg-O-Cado**  
**PREP** 10 MIN | **COOK** 15 MIN | **READY** IN 25 MIN

*Ingredients*  
+ 2 small eggs  
+ 1 Avocado, halved and pitted  
+ 2 slices of nitrate free turkey bacon  
+ Pinch of sea salt and pepper

1. Preheat the oven to 425 degrees.  
2. Crack eggs into a bowl, being careful to keep the yolks intact.  
3. Arrange avocado in halves in baking dish, resting them along the edge so avocado won't tip over. Gently spoon 1 egg yolk into the avocado hole. Continue to spoon egg white into the hole until fill. Repeat with remaining egg yolk, egg white and avocado. Season each filled avocado to taste.  
4. Gently place baking dish in preheated oven and bake until eggs are cooked, about 15 minutes. Sprinkle nitrate free bacon on avocado.

*Approximate Nutrition Facts:*  
**Serving Size:** 1 whole avocado  |  **Calories:** 248kcal  |  **Fat:** 20.9 grams  |  **Carbs:** 9.2 grams  |  **Protein:** 9 grams  |  **Cholesterol:** 144mg

**Breakfast Recipe: Goat Cheese & Zucchini Frittata**  
**PREP** 10 MIN | **COOK** 10 MIN | **READY** IN 20 MIN

*Ingredients*  
+ 2 eggs  
+ 1/8 teaspoon of fine sea salt  
+ 1 teaspoon of EVOO  
+ 1/2 medium zucchini  
+ 1 red pepper  
+ 1/4 teaspoon of ground black pepper

1. Preheat the oven to 425 degrees.  
2. Whisk eggs together with salt and black pepper.  
3. Heat EVOO in ovenproof skillet and cook zucchini 2-3 minutes to soften.  
4. Add eggs and cook 1-2 minutes until set.  
5. Dot with goat cheese and red pepper.  
6. Place in oven for 2-3 minutes until golden brown.

*Approximate Nutrition Facts:*  
**Calories:** 310kcal  |  **Fat:** 21 grams  |  **Carbs:** 11 grams  |  **Protein:** 20 grams  |  **Cholesterol:** 285mg
**Snack Recipe: Afterburn Yogurt**  
**PREP 5 MIN | COOK -- MIN | READY IN 5 MIN**

*Ingredients*
+ Afterburn
+ Plain Greek Yogurt (Substitute Almond or Coconut Yogurt if needed)
+ Fresh Berries
+ Raw honey

1. Mix one scoop of Afterburn with a dash of water in a small glass bowl. Mix until small paste forms.
2. Scoop your yogurt into your Afterburn Protein paste. Mix well.
3. Top with fresh berries of your liking – strawberries, raspberries or blueberries.
4. Finish off with a small lining of raw honey & enjoy!

Approximate Nutrition Facts: **Serving Size:** 1  |  **Calories:** 258 kcal  |  **Fat:** 1 gram  |  **Carbs:** 39.2 grams  |  **Protein:** 27.6 grams  |  **Sugar:** 28.1 grams

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**Snack Recipe: Apple Sandwiches with Peanut Butter**  
**PREP 5 MIN | COOK -- MIN | READY IN 5 MIN**

*Ingredients*
+ 2 small apples, cored & cut cross-wise into ½ inch thick rounds
+ 3 tablespoons of almond butter

1. Cut apple
2. Spread one side of half of the apple with almond butter.
3. Top with remaining apple slice!
4. Enjoy!

Approximate Nutrition Facts:  **Calories:** 300 kcal  |  **Fat:** 16 gram  |  **Carbs:** 36 grams  |  **Protein:** 8 grams  |  **Sugar:** 25 grams
Lunch Recipe: Turkey Hash
PREP 5 MIN | COOK 40 MIN | READY IN 45 MIN; + leftovers 😊
This recipe serves 4

Ingredients
+ 2 tablespoons of Extra Virgin Olive Oil
+ 1 large onion
+ 3 cups of chopped pumpkin
+ 1 cup of water
+ 2 cups of cooked ground turkey
+ ½ teaspoon of sea salt
+ ½ teaspoon of ground black pepper

1. Heat EVOO in large skillet.
2. Sauté onion until caramelized, 10 minutes.
3. Add pumpkin, cover skillet, and cook 10 minutes.
4. Add water, cover and cook for an additional 10 minutes.
5. Add turkey, salt and pepper. Cook for 10 minutes.
6. Serve warm!

Approximate Nutrition Facts: Calories: 373.5 kcal | Fat: 13.2 grams | Carbs: 10.8 grams | Protein: 33.5 grams | Sodium: 129mg |

Lunch Recipe: Dijon Chicken Salad
PREP 10 MIN | COOK 0 MIN | READY IN 10 MIN
This recipe serves 4

Ingredients
+ 4 cooked chicken breasts
+ 1 stalk of celery
+ 1 green onion
+ 3 tablespoons of balsamic vinegar
+ 2 tablespoons of Dijon mustard
+ ½ teaspoon of ground black pepper

1. Shred cooked chicken meat into a large bowl.
2. Stir in celery, green onion, vinegar, mustard, parsley and pepper until well combined.

Approximate Nutrition Facts: Calories: 280 kcal | Fat: 10 grams | Carbs: 3 grams | Protein: 41 grams | Sodium: 210mg |
Dinner Recipe: Cumin Roasted Salmon & Sweet Potato

**PREP** 5 MIN | **COOK** 40 MIN | **READY** IN 45 MIN; + leftovers 😊

This recipe serves 4

**Ingredients**
+ ½ tablespoon of Grass Fed Butter
+ 8 ounce of Salmon
+ ½ teaspoon cumin
+ ¼ teaspoon of salt
+ 2 1/4 teaspoon of black pepper
+ 1 sweet potato

1. Preheat oven to 425.
2. Lightly butter the baking dish with Grass Fed butter.
3. Season the fish with cumin, salt and pepper.
4. Place the fish, skin side down. Add sweet potatoes.
5. Bake for 20 minutes.
6. Plate & serve!

Approximate Nutrition Facts: **Calories:** 510 kcal | **Fat:** 26 grams | **Carbs:** 24 grams | **Protein:** 47 grams |

Dinner Recipe: Turkey Burger with Roasted Pepper and Avocado Salsa

**PREP** 20 MIN | **COOK** 20 MIN | **READY** IN 40 MIN

This recipe serves 4

**Ingredients**
+ **Salsa**
  + 1 tablespoon of lime juice
  + Sea Salt to taste
  + 21/4 teaspoon of black pepper
  + 1 sweet potato
  + 2 tablespoons of thinly sliced basil

+ **Turkey Burger**
  + 1 pound ground turkey
  + 2 eggs, lightly beaten
  + 2 tablespoons finely chopped basil
  + 1/2 teaspoon ground black pepper

For the salsa, combine avocado, red peppers, lime juice, basil and salt into a bowl and gently stir. Set aside.

For the burgers, prepare a grill for medium-high heat cooking. Combine turkey, eggs, basil and pepper into a large bowl and mix together well. Shape turkey mixture into 4 patties, then grill, flipping once, until just cooked through. Serve turkey burgers topped with salsa.

Approximate Nutrition Facts: **Calories:** 400 kcal | **Fat:** 22 grams | **Carbs:** 20 grams | **Protein:** 30 grams |
The Accountability Calendar

When we work together to hold others and ourselves accountable, we make a great team. Use this Accountability Calendar to truly commit to making a lasting change! Turn this sheet to your trainer at the Commit2Fit Final Celebration (4/30) and get the chance to win* one of many various prizes!

*When you post on social media, use the #Commit2FitBurn, tag @BurnBootCamp and tag your Burn Boot Camp location.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Prep and post a picture of it! Tag Burn Boot Camp &amp; your Burn Boot Camp location.</td>
<td>2 Min Stretch Routine</td>
<td>Challenge Day: Unleash Your Inner Beast</td>
<td>Attend camp and complete the 12 Minute stretch routine! Check into camp on Facebook!</td>
<td>Download the Burn Boot Camp app &amp; sign up for a Focus Meeting</td>
<td>Check into camp and post a picture with your Burn sisters!</td>
<td>1 Commit2Fit Kick Off Celebration! Post your before picture and record your starting measurements!</td>
</tr>
<tr>
<td>Grocery Shopping time!? Snap a picture of your healthy cart! Tag Burn Boot Camp &amp; your Burn Boot Camp location.</td>
<td>2 Min Stretch Routine</td>
<td>Challenge Day: Circle of Burn</td>
<td>Attend camp and complete the 12 Minute stretch routine! Check into camp on Facebook!</td>
<td>Attend camp and take a picture with your Burn Sister to post on social media!</td>
<td>Challenge Day: Total Volume Thursday Record your score _________</td>
<td>7 Extra Mile Challenge Wear BLUE! Take a group picture and share it on Facebook!</td>
</tr>
<tr>
<td>Share your Sunday night dinner! Tag Burn Boot Camp &amp; your Burn Boot Camp location.</td>
<td>2 Min Stretch Routine</td>
<td>Challenge Day: The Burn Casino</td>
<td>Attend camp and complete the 12 Minute stretch routine! Check into camp on Facebook!</td>
<td>Attend camp and snap a picture with your trainer to post on social media!</td>
<td>Challenge Day: Total Volume Thursday Record your score _________</td>
<td>15 Extra Mile Challenge Wear BLUE! Take a picture with a new Burn Sister and share it on Facebook!</td>
</tr>
<tr>
<td>Make a healthy and Commit2Fit approved treat and take a picture! Tag Burn Boot Camp &amp; your Burn Boot Camp location.</td>
<td>2 Min Stretch Routine</td>
<td>Challenge Day: Burn Beats LIVE</td>
<td>Attend camp and complete the 12 Minute stretch routine! Check into camp on Facebook!</td>
<td>Sign up for a Focus Meeting.</td>
<td>Challenge Day: Total Volume Thursday Record your score _________</td>
<td>22 Extra Mile Challenge Wear BLUE! Share on Social Media why you’re LOVING Burn Boot Camp!</td>
</tr>
<tr>
<td>Turn in your packet at the Commit2Fit Final Celebration! Check your location’s Facebook page for the time!</td>
<td></td>
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<td>29 Extra Mile Challenge! Wear BLUE! Go chat with your trainer about how you can continue your journey at Burn Boot Camp!</td>
</tr>
</tbody>
</table>

Name ____________________________________________________________

Signature ________________________________________________________

*Prizes will vary by location.