



**120STRONG**

01

### PHASE 1



- 3-4 liters of water per day
- Tracking daily calories using journal/app
- Minimum of 10,000 steps per day
- No missed workouts or cardio
- 6 alcoholic drinks or less (during 30 day phase)

02

### PHASE 2



- 3-4 liters of water per day
- Tracking daily calories using journal/app
- Minimum of 10,000 steps per day
- No missed workouts or cardio
- 4 alcoholic drinks or less (during 30 day phase)
- Cold shower 5x per week (Wk 1: 10 sec | Wk 2: 20 sec | Wk 3: 30 sec | Wk 4: 40 sec)

03

### PHASE 3



- 3-4 liters of water per day
- Tracking daily calories using journal/app
- Minimum of 10,000 steps per day
- No missed workouts or cardio
- 2 alcoholic drinks or less (during 30 day phase)
- Cold shower 5x per week (Wk 1: 50 sec | Wk 2: 60 sec | Wk 3: 70 sec | Wk 4: 80 sec)

04

### PHASE 4



- 3-4 liters of water per day
- Tracking daily calories using journal/app and be within 200 calories of goal
- Minimum of 10,000 steps per day
- No missed workouts or cardio
- No alcoholic drinks
- 7-8 hours of sleep per night
- Cold shower 7x per week (Wk 1: 90 sec | Wk 2: 100 sec | Wk 3: 110 sec | Wk 4: 120 sec)
- All home cooked meals (protein shakes + high protein snacks [jerky, bars] are allowed)
- Write one paragraph per day in a gratitude journal