28 DAYS LATER 2.0 LIFESTYLE GUIDE

TIPS ON HOW TO MAKE YOU THE BEST YOU

TITUS UNLIMITED

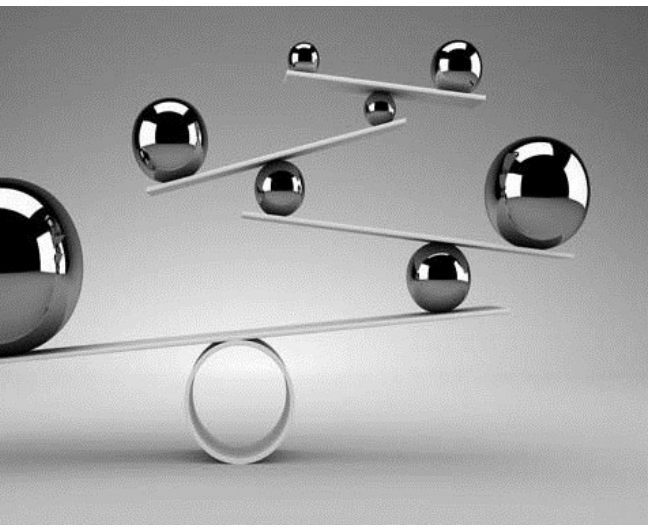
DIRECTION IS MORE IMPORTANT THAN SPEED, MANY ARE GOING NOWHERE, FAST.

Welcome to the Titus Unlimited's 28 Days Later 2.0 Lifestyle change. I am very excited and grateful to be a part of your journey to better health and fitness. I am here to help and answer any questions, no matter how big or small. When developing a healthy lifestyle, the key to success is developing and practicing consistent healthy habits & behaviors. It is time to SAY Yes to your health and to yourself. Over the next 28 days, we are going to take it day by day, step by step to make you feel more comfortable and confident in the lifestyle choices you are making. Each day we will expand and grow the skills and habits learned during this change. The 5 main areas we will be focusing on during this transition are: Balance, Detox, Fitness, Lifestyle, and Nutrition.

Titus Unlimited is founded on the premise that 'We rise by lifting others". Through practical, results-focused fitness and nutrition coaching, personal training, and motivational speaking, Jean Titus, Founder & CEO, provides the tools to help you achieve the lifestyle and fitness success you want. This 28 Day Lifestyle Change is where the new you begins.

KEYS TO SUCCESS

This program will guide you through these keys to success in an effort to help begin to develop those healthy & fundamental habits for success.



BALANCE

In order to see the success of this program and maintain the results & habits there after, you will need to be able to master the delicate balance of life. As old habits become obsolete and new habits take hold, you must try to set reasonable expectations for your **NEW** self. We will walk you through how to do so.

LIFESTYLE

One of the main ways to foster balance in your life is by setting up your lifestyle to be healthy, stress-free and flexible. This program will guide you through the steps of establishing and maintaining a healthy lifestyle on all levels: Mind, Body, & Spirit.

DETOX

Every day we take in things that are not only harmful to our body's but also to our overall well-being. This tends to age us way before our time. This program will teach you the Art of the daily detox that will free you of all those pollutants that can stifle your growth and success.

KEYS TO SUCCESS

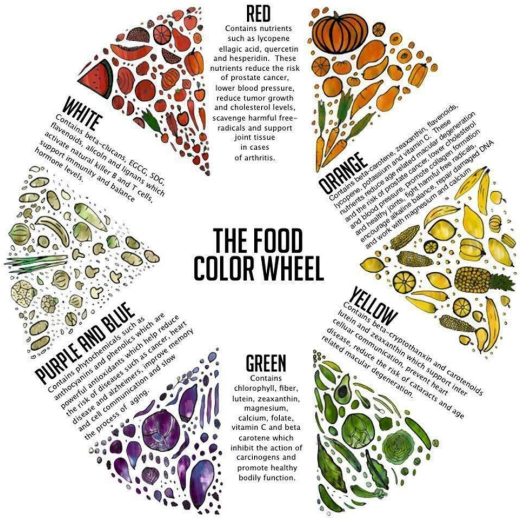
This program will guide you through these keys to success in an effort to help begin to develop those healthy & fundamental habits for success.

FITNESS

Fitness is not about just the body being in top physical condition, it is the additional accent piece that helps you to sculpt and define your most desired features physically, mentally and spiritually.

NUTRITION

People often think you create your body in the gym. That is sadly not the case. Your body is created & maintained in the kitchen. This program will guide you through healthy nutrition choices that will help you get and keep the body you deserve.



LET'S GET STARTED

Under the guidance of Mr. Unlimited himself, you will learn the skills to help you on your overall wellness journey. You will learn things such as daily detox, basic nutrition, the fundamentals of work-life balance & more!

LETS NOW TAKE THE 1ST STEPS ON THE PATH OF INVESTING IN **YOU**, YOUR BEST ASSET.

There are a few things when going on this journey, you will need to keep in mind. First, this is not a DIET. Diets do not work. What we are aiming to do over the next 28 days is educate you on healthy, delicious food and how they work within your body, how to detox your system of toxins and pollutants, and how to integrate fitness into your life which is reasonable & sustainable, all by teaching you coping skills to help balance your busy life. This program is going to feel different to anything else you may have tried. Everything we eat during this plan has the aim of increasing energy and vitality and not leaving you feeling hungry, deprived and craving more food. With fitness in this program, we will be doing moves that will help us burn more calories, sculpt your body and increase energy as well as shed a few pounds.

We realize with all that is going on in life, such as work commitments and people's social lives, that it is often hard sticking to a plan. It isn't always as easy as we would like it to be. And we understand that we are all different and want different things/results from this plan. However, the more you stick to the program, the better the results and the more confident you will be in making healthy choices in the future. Remember It's 28 days, not 28 years. It will take time and you must allow yourself the space and opportunity to grow. And we are here to assist you along the way.

TRAVEL ITINERARY

"The journey of 1000 miles begins with 1 step"

- Lao Tzu

PREP WEEK

The first week we will take the time to prepare you for the journey ahead. It will be a little tough in the beginning, but all worth it in the end. We will go through workouts, meal planning and a brief over-view of the program.

DAY 1-7

- Day 1: Action Plan
- Day 2: Purge/Detox
- Day 3: Meal Prep / Shopping List
- Day 4: Water, Water, Water
- Day 5: Learning a New Language
- Day 6: Scheduling Meals & Workouts
- Day 7: Meditation

DAY 8-14

- Day 8: Less C.R.A.P. more C.L.E.A.N
- Day 9: Importance of Breakfast
- Day 10: Limited Dairy
- Day 11: Daily Stretching
- Day 12: Increase Fiber Intake
- Day 13: The right vitamins and supplements
- Day 14: Mid-way Intervention

DAY 15-21

- Day 15: Daily Cardio
- Day 16: Increase Your Protein
- Day 17: Try Something New
- Day 18: Eating Out / Fast Food: CHOICES
- Day 19: Re-evaluating your workout plan
- Day 20: Balancing Rewards: "Cheat Day"
- Day 21: Workouts for Anywhere

DAY 22-27

- Day 22: Carbs & Sugars: Do's & Don'ts
- Day 23: Time to be Grateful
- Day 24: Adding More Fruits & Veggies
- Day 25: The Proper Way to Snack
- Day 26: Holistic / Eastern Care
- Day 27: Annual Check-ups

DAY 28

Day 28: You made it! On the final day, we will take a look back on the 1st part of our journey. We will figure out what worked, what didn't, and how to have continued success now that you have taken the steps to becoming the best you.

SHOPPING LIST

TITUS UNLIMITED'S 28 DAYS LATER 2.0

SAUCES & CONDIMENTS

- ☐ Olive / Sunflower Oil
- ☐ Apple Cider Vinegar
- ☐ Just Mayo
- ☐ Organic Peanut Butter
- ☐ Salad Dressing
- ☐ Soy Sauce
- ☐ Honey / Agave
- ☐ Hummus
- ☐ Olives
- ☐ Guacamole
- ☐ Capers
- ☐ Worcestershire Sauce
- ☐ Horseradish

DRINKS

- ☐ Organic Apple Juice
- ☐ Green Tea
- ☐ Water
- ☐ Organic Orange Juice
- ☐ Organic Cranberry Juice

GRAINS

- ☐ Whole Wheat Pasta
- ☐ Brown / Yellow Rice
- ☐ Barley
- ☐ Chickpeas
- ☐ Quinoa / Couscous
- ☐ Lentils
- ☐ Granola
- ☐ Oatmeal
- ☐ Panko Breadcrumbs
- ☐ Beans (black, pinto, etc.)

SNACKS

- ☐ Apples Chips
- ☐ Dark Chocolate
- ☐ Nuts
- ☐ Dried Fruit
- ☐ Popcorn
- ☐ Pretzels

FROZEN

- ☐ Veggies
- ☐ Fruits (for Smoothies)

DAIRY

- ☐ Eggs / Egg Whites
- ☐ Butter (vegan)
- ☐ Almond/Coconut Milk
- ☐ Almond/Coconut/Greek Yogurt
- ☐ Lactose-free Milk
- ☐ Feta Cheese

BREADS

- ☐ Wheat Bread
- ☐ Whole Wheat Wraps
- ☐ Ezekial Bread

SHOPPING LIST

TITUS UNLIMITED'S 28 DAYS LATER 2.0

SEAFOOD

- ☐ Fish (Salmon, Cod, Tuna, Sea Bass)
- ☐ Shrimp
- ☐ Crab
- ☐ Lobster
- ☐ Oysters / Mussels / Clams

SUPPLEMENTS

- ☐ Whey Protein (HI-Tech)
- ☐ BCAA
- ☐ CLA
- ☐ Fish Oil
- ☐ Vitamin D3
- ☐ Calcium
- ☐ Magnesium
- ☐ Zinc
- ☐ Iron
- ☐ Fat Burner (consult doctor 1st)

FRUITS

- ☐ Apples
- ☐ Bananas
- ☐ Oranges
- ☐ Pears
- ☐ Grapes
- ☐ Peaches
- ☐ Plums
- ☐ Cherries
- ☐ Lemons
- ☐ Limes
- ☐ Strawberries
- ☐ Blueberries
- ☐ Blackberries
- ☐ Raspberries
- ☐ Pineapples
- ☐ Grapefruit
- ☐ Melons
- ☐ Mangos
- ☐ Kiwi
- ☐ Plantains
- ☐ Star Fruit

MEATS

- ☐ Chicken Breast
- ☐ Turkey
- ☐ Lean Pork
- ☐ Lean Beef
- ☐ Lamb / Goat
- ☐ Duck

VEGETABLES

- ☐ Mixed Greens Salad
- ☐ Cucumbers
- ☐ Tomatoes
- ☐ Bell Peppers
- ☐ Carrots
- ☐ Celery
- ☐ Onions
- ☐ Leeks
- ☐ Bachoy
- ☐ Sweet Potatoes / Yams
- ☐ Corn
- ☐ Peas
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Zucchini
- ☐ Squash
- ☐ Spinach
- ☐ Kale
- ☐ Collards
- ☐ Cabbage
- ☐ Asparagus
- ☐ Eggplant
- ☐ Beets
- ☐ Avocado
- ☐ Sprouts
- ☐ Brussel Sprouts

FRESH HERBS

- ☐ Parsley
- ☐ Cilantro
- ☐ Basil
- ☐ Thyme
- ☐ Rosemary
- ☐ Green Onions
- ☐ Mushrooms
- ☐ Ginger

SHOPPING LIST

TITUS UNLIMITED'S 28 DAYS LATER 2.0

HERBS & SPICES

- ☐ Salt
- ☐ Pepper
- ☐ Minced Garlic
- ☐ Tumeric
- ☐ Red Pepper Flakes
- ☐ Bay Leaves
- ☐ Tarragon
- ☐ Paprika
- ☐ Cumin

OTHERS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NOTES

WORKOUT SCHEDULE

Day 1 Upper Body	Day 2 Lower Body	Day 3 HIIT	Day 4 Rest	Day 5 Upper Body	Day 6 Lower Body	Day 7 HIIT
Day 8 Rest	Day 9 Upper Body	Day 10 Lower Body	Day 11 HIIT	Day 12 Rest	Day 13 Upper Body	Day 14 Lower Body
Day 15 HIIT	Day 16 Rest	Day 17 Upper Body	Day 18 Lower Body	Day 19 HIIT	Day 20 Rest	Day 21 Upper Body
Day 22 Lower Body	Day 23 HIIT	Day 24 Rest	Day 25 Upper Body	Day 26 Lower Body	Day 27 HIIT	Day 28 Rest

NAME:

DATE:

PHYSIQUE GOAL:

BY WHEN:

BECAUSE:

MEASUREMENTS	DAY 1	DAY 14	DAY 28
Weight			
Neck			
Upper Arm			
Chest / Bust			
Waist			
Hips			
Thigh			
Calf			

WAVIER OF LIABILITY:

WHAT YOU ARE ABOUT TO UNDERTAKE IS A FITNESS & NUTRITION PROGRAM. INJURIES MAY OCCUR IN ANY WORKOUT PROGRAM AS WITH THIS SPECIFIC PROGRAM WRITTEN BY JEAN TITUS. BY DOWNLOADING THE PROGRAM, YOU ARE WAIVING ANY LIABILITY TO JEAN TITUS AND/OR TITUSUNLIMITED.COM. THIS IS A RECOMMENDED PROGRAM THAT HAS WORKED FOR MANY OTHERS. IT MAY NOT BE RIGHT FOR YOU. ALL PRODUCTS ARE ONLY BY RECOMMENDATION, AND NOT REQUIRED TO COMPLETE THE PROGRAM. IT IS RECOMMENDED THAT YOU CONSULT A PHYSICIAN BEFORE UNDERTAKING ANY NEW FITNESS AND/OR NUTRITION REGIMEN.

"AGE WRINKLES THE BODY; QUITTING WRINKLES THE SOUL."

— DOUGLAS MACARTHUR

TITUS UNLIMITED

DISCLAIMER

WAIVER OF LIABILITY:

WHAT YOU ARE ABOUT TO UNDERTAKE IS A FITNESS & NUTRITION PROGRAM. INJURIES MAY OCCUR IN ANY WORKOUT PROGRAM AS WITH THIS SPECIFIC PROGRAM WRITTEN BY JEAN TITUS. BY DOWNLOADING THE PROGRAM, YOU ARE WAIVING ANY LIABILITY TO JEAN TITUS AND/OR TITUSUNLIMITED.COM. THIS IS A RECOMMENDED PROGRAM THAT HAS WORKED FOR MANY OTHERS. IT MAY NOT BE RIGHT FOR YOU. ALL PRODUCTS ARE ONLY BY RECOMMENDATION, AND NOT REQUIRED TO COMPLETE THE PROGRAM. IT IS RECOMMENDED THAT YOU CONSULT A PHYSICIAN BEFORE UNDERTAKING ANY NEW FITNESS AND/OR NUTRITION REGIMEN.

© TITUS UNLIMITED - ALL RIGHTS RESERVED. ANY PART OF THIS BOOK MAY NOT BE REPRODUCED WITHOUT THE PERMISSION OF THE AUTHOR. ANY UNAUTHORIZED TRANSMISSION ELECTRONIC OR PRINTED IS PROHIBITED.

WWW.TITUSUNLIMITED.COM

— POWERED BY —