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PROGRAM GUIDE

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CONGRATULATIONS!

You've just taken the first step toward owning your life with me, Diamond Dallas Page, and the whole DDPY team! I developed this program for people who wouldn't be caught dead doing yoga. That's why we put such emphasis on DDPY.

With DDPY, I'll teach you how to channel your own personal power, through something called Dynamic Resistance, into the physical results you've always wanted. This physical and MENTAL change creates a lifestyle that lasts a lifetime! YOU CAN DO THIS! You'll lose weight, gain strength, reduce pain, and increase flexibility. I've seen this transformation on countless people, just like YOU.

The program guide will provide you with the important structure you need to OWN YOUR LIFE! So, if you're ready to totally transform your body and your mind - READ ON. We didn't write this book for my health -- we wrote it for YOURS.

I'll walk you through the basics of the workouts and everything you need to take your fitness to the next level. Read through my philosophy on nutrition and the results that have worked for me and countless others. The Phase 3 nutrition plan is my lifestyle. I eat this way every day. The workouts alone aren't going to get you the results you want. You can't out-train a bad diet, and if you truly want to have the life you have dreamed of, then you're going to have to take a hard look at what you're putting in your mouth. Together, the DDPY Workouts and the DDPY Nutrition Plan, will get you in the best shape of your life.

I believe that ANYTHING is possible with discipline, drive, and determination.

It's time to believe in YOURSELF, and believe in what DDPY can do for you - if you put in the work. Is it easy? Ha! It's hard; really hard. But the more difficult the goal, the greater the sense of accomplishment you'll feel when you CRUSH IT! Trust me, this program guide is your road map to living your life at 90%. What does that mean? I live by the philosophy that Lou Holtz coined, "Life is 10% what happens to you and 90% how you react to it." Living life at 90% means having a positive outlook and stubborn determination that you can do ANYTHING!

So, remember... If you want what you've never had before, you must do what you've never done!

Sincerely,



-Diamond Dallas Page

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*We recommend downloading any QR code application to your smart device. This will allow you to instantly access additional FREE content to help you with your DDPY journey.

CHRISTINA RUSSELL

OWN YOUR LIFE

INTRO TO DDPY

-60 lbs
in five months

C H A P T E R

01

WHAT IS DDPY?

Developed by former professional wrestler Diamond Dallas Page, DDPY is a combination of traditional yoga positions, old-school calisthenics, sports rehabilitation therapy principles, and Dynamic Resistance. Dynamic Resistance teaches you how to engage your muscles during every aspect of the workout by slowing down, resisting, or pressing against, each move. You add the tension, as though you are moving your arms through clay. This combination gives you an aerobic low-impact workout, and adds strength and endurance to everything you do. You'll strengthen your core, increase your flexibility, turn fat into lean muscle and increase your heart rate.

The goal of DDPY is to help you become a healthier person and unlock the secret to staying youthful for life.

DDPY can be done in the comfort of your own home. Trips to the gym and expensive equipment are not necessary.



HOW DDPY CAME TO BE

Diamond Dallas Page originally developed DDPY for athletes like himself, who had suffered years of injuries due to high-impact sports. For the first 42 years of his life, Dallas was a guy who “wouldn’t be caught dead” doing yoga, or anything like it.

When he ruptured his L4 and L5 spinal discs during the height of his professional wrestling career, he was so desperate to keep his dream alive, he was willing to try anything. So, he tried yoga for the first time in his life.

Because Dallas (DDP) had so much experience in many other areas of fitness, he quickly started mixing elements of yoga with his rehab exercises and traditional calisthenics. For almost a decade, DDP has refined his program and has become a master at teaching it to others, as well as motivating individuals to believe that anything is possible with dedication and hard work.

Along the way, Dallas learned that very deconditioned men and women could

do DDPY as well -- he was amazed to see stories of people doing DDPY losing literally hundreds of pounds! As Dallas puts it, “weight loss just happens to be a really awesome side effect of DDPY!”

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TRANSFORMATION STORIES

Who inspires you? What will keep you going? What are your goals? In the following few pages you'll hear incredible transformation stories from REAL people just like you who at one point in time were staring at this book feeling overwhelmed, but determined to OWN THEIR LIVES. People reach out to us every day who have turned things around! What's your success story going to say?



ARTHUR BOORMAN

Arthur Boorman, a partially disabled, depressed and overweight Gulf War veteran could hardly walk due to his military injuries. He weighed 297 pounds and was morbidly obese. He could only walk with the use of leg braces, a back brace and crutches. For 15 years, Arthur's doctors told him that his condition would limit his ability to walk for the rest of his life.

Arthur decided that he didn't want to resign himself to that type of life. He found DDPY and threw himself in. Due

to his disabilities, he started with the easiest workout, The Diamond Dozen. Even that was hard for him. He fell over again and again, but each time he did something amazing. He got back up. He used a chair for stability, he made DDPY his own by modifying the positions. He kept at the workouts and completely transformed his eating.

Months later, he was down over 150 lbs and not only could he walk without his canes, but could actually run.

DDPY worked for him because he

made it his own. He could barely walk, but he was able to modify the positions and build up strength over time. He committed to the program 100% and dove right into the Phase 3 eating plan mentioned later.

To this day, Arthur's story has been seen by millions and he continues to do DDPY and is featured in several of our workout videos.



STACEY MORRIS

Stacey had struggled with her weight her entire life. She was a typical American, hardcore overeater. She was worn out from physically and emotionally carrying over 300 lbs of baggage for 20 years. There wasn't a magic cure for Stacey.

She started by changing her eating habits, addressing the emotional reasons why she was overeating, and embracing physical activity. At 345 lbs, she couldn't do much, but she could do DDPY.

In 10 months, Stacey lost 180 lbs and transformed herself inside and out.



FARON THEBEAU

Unlike a lot of people and stories you'll hear about, Faron wasn't looking to lose weight when he started DDPY. He herniated a disc in his back in 2013 and the pain was excruciating. He recalls that, "Just a sneeze felt like somebody turning a knife in my spine." After the doctor told him that he was looking at needing back surgery, he was desperate to find an alternative. He found DDPY and started right away.

He admits that it was very challenging, but he kept at it. He slowly started to notice a difference. One day he bent over to put his socks on and realized that he wasn't hurting anymore! At 42 years young, he is now pain-free 90% of the time, and the other 10% is much more bearable than before. He can hold positions he never thought possible, and frequently will post photos of him doing a forearm stand in all sorts of random places.

1

NOW YOU HAVE TO MAKE A DECISION

The Latin origin for “decide” means “to cut off all other possibilities.” So if you want to get fit, if you want to OWN YOUR LIFE, you need to DECIDE that you are going to do it, and cut off all other possibilities. If you follow the program and make it your own, you will see results. If you leave it sitting in the case, you’ll stay where you are right now.



MICHELE O'NEIL

Michele started DDPY looking for something to help her manage her fibromyalgia pain and lack of mobility. When she started she had lost about 80% of the range of motion in her arms and shoulders and could barely walk to the mailbox at the end of the driveway. Her doctor recommended she start taking medication to help her get through her day, but she was wary of taking that many pills. Her husband showed her DDPY and she took it to her doctor and they struck a deal - if she showed no improvement after 30 days of DDPY she would do the pills.

It was painful and rough for the first

several workouts, but slowly she started to show improvement. By the end of the 30 days she was able to show her doctor her progress by folding forward, popping back into a plank and doing a push-up.

She's gone over two years without a major flare-up of her fibromyalgia. Every few months, she still has minor flare-ups but nothing heat, ice & anti-inflammatories can't take care of. Michelle says, "When I was in the military, I had a mission to accomplish every single day. Then I got sick, wallowed around in self-pity for years and sort of gave up. Nowadays, my mission

is to help people like myself get back on track to feeling better about themselves and to help them see that there is a light at the end of the tunnel, that living life at 90% is an awesome thing." Now you have to make a decision.



SUPPORT SYSTEM

You are not alone on this journey. There are thousands of people and resources out there to help you get to the next step. Build your support system early so if you slide, you'll have people around you to pick you back up again.

The DDPY community is an incredible resource and support network. The [TeamDDPYOGA.com](https://www.teamddpyoga.com) community is a whole crew of people, just like you, who will inspire you and help you reach your goals. The community page is full of motivational stories, fitness advice, diet plans, recipes, workout tips, events and live chats with the DDPY community full of people who are making fitness a priority.

If you are big on Facebook, you can join the DDPY group at facebook.com/groups/DDPYOGA. This member-run group has over 20,000 people who encourage each other, celebrate victories together, and swap tips and tricks while on the journey.

RESOURCES

This program has everything you need to transform your life, but if you find yourself needing more, or wanting to take DDPY to the next level, you've got to check out DDP YOGA NOW app.

The app gives you everything you need to follow the program in the palm of your hand. Stream over 150 recorded workouts, participate in weekly live workouts streamed from the DDPY Performance Center, watch weekly motivational videos, learn new cooking techniques and recipes, and most importantly, track your progress with photos and measurements. You can even connect a Bluetooth Heart Rate Monitor and log each of your workouts, while earning points towards awesome DDPY swag.

The app is free to download and you can sign up for free at ddpyoganow.com

SOCIAL MEDIA

If you've seen people posting about DDPY on social media, you know that our community is doing some incredible things. We encourage you to share your victories and struggles with us on our official Facebook Page, Twitter, or Instagram. Post your progress photos, share your daily inspiration, show us your pets getting in the way while you're trying to do a workout. Just use #DDPYworks and #OwnYourLife so we can share in your journey.

And make sure you've signed up on DDPYOGA.COM to receive monthly encouraging emails from us. These emails are full of motivational stories. Also, learn about our newly certified trainers and their journey to teach DDPY, the whereabouts of DDP himself, recipes, tips and more.

FACEBOOK: [/ddpyoga](https://www.facebook.com/ddpyoga)

TWITTER: [@ddpyoga](https://twitter.com/ddpyoga)

INSTAGRAM: [@ddpyoga](https://www.instagram.com/ddpyoga)

YOUTUBE: [/dallapage](https://www.youtube.com/dallapage)

PINTEREST: [ddpyoga](https://www.pinterest.com/ddpyoga)

GABE CRIPE

-130 lbs
in eleven months

DDPY FITNESS
THE BASICS

CHAPTER | 02

2

MINDSET + GOALS

Before we get started, think about why you bought the DDPY program? What are you hoping to achieve? Was it to help reduce lower back pain, to lose weight, to be more flexible, to gain muscles, to keep up with the grandkids, etc. Whatever your reason, write it down and tape it to your bathroom mirror, to your computer or your refrigerator to remind yourself to stay focused. Think **SMACKDOWN** – make goals that are **S**pecific and **M**asurable, start off slowly and set realistic, **A**chievable goals. This will help you to build your confidence as you achieve milestones along the way. Then make sure your goal is **C**ompatible to your lifestyle. Maybe you decide to do three DDPY workouts a week, make that your ritual. Once you do all of that, **K**eep it going! The last part stands for **D**o it. **O**wn it. **W**rite it down. **N**ow! Embracing an active lifestyle is essential to your mental and physical health.



BREATHING

Learning how to breathe is one of the most important principles of DDPY. Your muscles need oxygen to convert glucose into energy. In any workout, controlling your breath makes your workout easier and helps break down stored fat and convert it to high octane fuel. Breathing correctly is not only important for losing fat and fueling muscle energy, it is the key to life itself!

With DDPY we practice diaphragmatic breathing (we call it “belly breathing”). As you inhale, fill your stomach/

diaphragm with air until it blows up like a balloon. Then take a long exhale and push the air out as you press your bellybutton to the back of your spine. Inhale and blow up that balloon, then exhale and press all the air out. Each proper breath fuels your muscles as you exercise, and helps you push through each move for maximum benefit.



HEART RATE

Most of us think the harder we work, the better results we’ll see... not true when it comes to exercise! Working smarter is more important than working harder. Wearing a heart rate monitor will let you know exactly how much effort you need to burn fat rather than muscle. What we want to find is your target Fat Burning Zone. This zone tells you just how much effort to exert to achieve the best DDPY results.

Calculating your Fat Burning Zone is simple. Subtract your age from 180. For a 40-year-old, your maximum heart rate would be 140. Now to find the lower limit your range, subtract another

20. For a 40- year-old, the Fat Burning Zone is between 120-140 beats per minute.

DDPY Fat Burning Zone
 $180 - (\text{Your Age}) = \text{Top of Range}$
 $\text{Top of Range} - 20 = \text{Bottom of Range}$

Wear your heart rate monitor during all DDPY workouts. It’s not only your guide, it’s your speedometer and your RPM gauge! Check it frequently. If you are not at your minimum, ramp it up! Engage those muscles and add more Dynamic Resistance. And if you’re over your maximum, take it down a notch. Stop engaging in Dynamic Resist-

ance, or go into Safety Zone. You will find that DDPY provides a comparable workout to running on a treadmill, or the asphalt, but with no impact! Your knees and hips will thank you.

The easiest way to keep up with your Heart Rate is to pair your Bluetooth monitor to the DDP YOGA NOW app! All of our DVD packs come with three months FREE on the app, so you can easily set it up to track your workouts, see your heart rate, and see how many calories you’re burning during each workout. Plus, you can earn points that can be redeemed for some cool DDPY swag.



TRACKING PROGRESS

If you really want to succeed, then you need to set more than just a goal, you need to track your progress towards that goal! It doesn't have to be just the numbers on the scale. Each month, or week, write down something that you're able to do or a change you've noticed since you started. Can you climb stairs without getting winded? Do you get through a workday without lower back pain? Do your jeans feel a little looser? Can you start to see some muscles poking through your bicep? Make sure your progress is tied to your individual goal!

Progress photos are a MUST! They

will keep you motivated and give you solid proof that you have indeed made tremendous progress when you might be feeling frustrated and impatient. At the beginning of your program we encourage you to take 6 key photos. Most people don't want to do their before photos, but trust us, they are so important! Every person who has owned their life with DDPY and skipped this step has told us they regret not doing it. Nobody else needs to see them right now, but you will want to see your progress over time, as sometimes the scale doesn't reflect all your hard work. Even if you don't want to look at them, file them away

for later... DO IT!

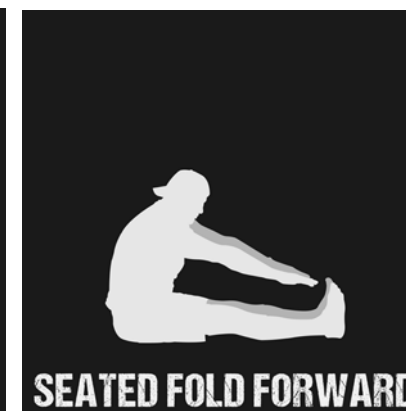
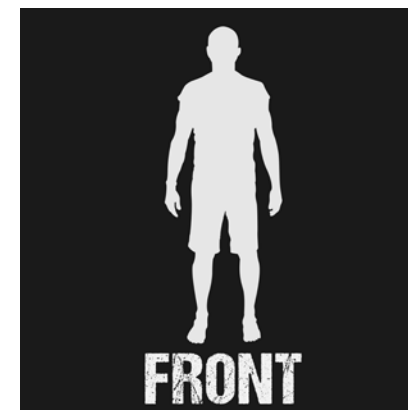
The easiest way to monitor your progress is through the **DDP YOGA NOW** app. You don't need to subscribe to the app's premium content to use all the tracking tools, so take advantage of it! You can even keep your beginning 6 progress photos right in the app and we'll remind you when it's time to update.

Please SHARE your victories with us! We put new stories of transformations on our website regularly. Nothing gives us more satisfaction than seeing your results.

DDP YOGA NOW
AVAILABLE ON:



Initial 6 picture examples



MODIFICATIONS & INJURIES

You're going to hear this a lot so you can get used to it now, make the DDPY workout your own! What sets DDPY apart from many other fitness systems is that you can modify it for your needs. During each workout, especially during the Diamond Dozen, you'll hear Dallas walk you through different modifications. Those aren't just casual suggestions. Everyone who has had a dramatic transformation will tell you that they modified the heck out of the workouts in the beginning.

If you are currently dealing with any injuries or problem areas, modification is going to be essential. You might need to use a chair, lower to a knee, refrain from engaging on a position, step in, or lower to safety zone. IT'S OK! Each day you'll get a little stronger and you'll get to a point where you'll be able to challenge yourself more.

This is also the time where we have to tell you that we can't guarantee your results and none of the advice we're

giving you will replace instructions from your physician. The workouts have been designed so that there's no running, jumping or lifting which often cause the most problems. BUT, use your best judgment and don't be that guy or gal who breaks their neck trying to do a forearm stand your first workout.

MICHELE O'NEIL

DDPY 2 . 0

WORKOUTS

REDUCED PAIN

caused by fibromyalgia

C H A P T E R

03

DDPY 2.0 WORKOUTS



The DDPY 2.0 DVDs include workouts that have been time tested and developed for over a decade. If you've been sedentary for a while and you're just getting back into exercise, or you're a seasoned athlete who wants a challenge, there's a workout included for you. Everyone should start with the Diamond Dozen to get the basics down, and as you get more

confident with each workout, don't get stuck in your comfort zone, challenge yourself! You can always modify and go into safety zone in every one of these workouts! If you have balance or mobility issues, you might want to start with our Rebuild workout series, which is covered in the next section!

Workout Difficulty Key:

Easy



Challenging

WAKE UP



Disc 1, 11 minutes
Work out the kinks first thing in the morning, wake up your muscles, loosen your joints, and fill your body with energy, all before getting out of bed!

THE DIAMOND DOZEN



Disc 1, 60 minutes
The DDPY Diamond Dozen are the key 13 positions that make up the core of the DDPY Fitness System. These moves make up the heart of every workout. While going through the Diamond Dozen workout you'll learn about Dynamic Resistance and the key modifications that you might want to use.

RED HOT CORE (+)(-)



Disc 1-4
After a few weeks with Energy and Fat Burner you're body will be excited to add in some variety with RHC. In just 12 minutes, you'll start to build a toned midsection and really work on that core strength that is so essential to health. Ready to take it to 15 minutes, then the RHC+ workout is for you!

STAND UP



Disc 2, 34 minutes
This workout will have you on your feet. We'll keep you off the mat so you can really focus on your balance and core strength. This workout is perfect for those with bad knees.

DDPY 4 KIDZ BEGINNER



Disc 4, 25 minutes
DDPY is for the whole family! Get your kids moving and exercising with this beginner workout made just for kids ages 8 - 15.

ENERGY



Disc 2, 25 minutes
This workout takes all of the key moves you learned in the Diamond Dozen and combines them into an easy-to-follow flow that gets your body energized! It's the perfect starting point for getting started with DDPY. And at just over 20 minutes, it's a quick way to start to make fitness part of your daily routine.

BELOW THE BELT



Disc 3, 40 minutes
Start to sculpt and build strength in your two largest muscle groups - your gluts and thighs.

STRENGTH BUILDER



Disc 3, 42 minutes
This time-saving 42-minute workout focuses on strengthening techniques for those body parts that tend to break down first - knees, hips, shoulders, and back. This no-impact workout helps to build up your weakest link and keep you in top form.

DDPY 4 KIDZ FUN & ENERGY



Disc 4, 30 minutes
Help those kids burn off some of that energy with this quick workout designed just for kids ages 8 - 15.

FAT BURNER



Disc 2, 30 minutes
Once you have the hang of Energy, it's time to move on to Fat Burner. Even if you're not looking to lose weight, this workout is a great way to build muscle and target problem areas like abs, arms, thighs, and gluts.

DIAMOND CUTTER



Disc 3, 57 minutes
Build strength, increase flexibility, and give your body a cardio workout like never before. This 57 minute workout is perfect for anyone looking to tone up or lose weight.

DOUBLE BLACK DIAMOND



Disc 4, 60 minutes
This workout is for anyone who is ready for a challenge. In DBD we turn up the burn, sweat it out, and take strength, cardio, and flexibility to a whole new level.

DDPY 4 KIDZ EXTREME



Disc 4, 30 minutes
Push those athletic kids to the next level with this extreme workout designed just for them!

BONUS WORKOUTS!



DDPY EXTREME DVD

DDP YOGA Extreme is the workout that has taken professional football players, wrestlers and MMA fighters to their limit. It will not only make you stronger but build your stamina and teach you how to maintain breath control in extreme conditions. DDP Extreme will also make you much more flexible and build your core strength in ways that you never thought possible. How? DDP YOGA Extreme puts ZERO impact on your joints while giving you a kick-ass Cardio Workout using Dynamic Resistance. It also increases your flexibility, all while building incredible core strength.

HIP, BACK AND KNEE OPENER

Extreme DVD, 37 minutes
The perfect workout for opening up and stretching out your lower muscles. Ideal for anyone with sciatica or lower back pain who needs to get those muscles moving again.

EXTREME PSYCHO

Extreme DVD, 60 minutes
In this hour long workout, you'll sweat and swear and get the most intense DDPY workout in existence.

3

NEED MORE?

Looking for more variety or modifications? Take advantage of over 150 workouts, plus live classes streamed each week! The DDP YOGA NOW app is available for download on the App Store, Google Play and at ddpyoganow.com.



DDPY YOGA NOW
AVAILABLE ON:



3

DDPY 2.0 PROGRAMS

Structure and consistency are vital for your success with any fitness program. That’s why we’ve put together these recommended 13-week program schedules for each fitness level. Feel free to use these as a guide and make it your own!



BEGINNER PROGRAM



Just like it says, this is where you want to start if you’re just getting into fitness or you have a condition that has limited your ability to work out.

If your body is beat up, if you can’t balance on one leg, if you can’t get from standing down to the floor, then you need to check out the DDPY Rebuild series which modifies the Diamond Dozen so that you’ve got a chair to help with stability. This will give you a great foundation to start to strengthen your ligaments, muscles, and tendons.

DDPY BEGINNER 2.0				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
S	Week 1 Guide	Week 2 Guide	Week 3 Guide	Week 4 Guide
M	Diamond Dozen 2.0	Energy 2.0	Energy 2.0	Energy 2.0
T				
W	Diamond Dozen 2.0	Energy 2.0	Diamond Dozen 2.0	Energy 2.0
	Energy 2.0		Energy 2.0	
TH				
F	Energy 2.0	Energy 2.0	Fat Burner 2.0	Fat Burner 2.0
SA				
DAY	WEEK 5	WEEK 6	WEEK 7	WEEK 8
S	Week 5 Guide	Week 6 Guide	Week 7 Guide	Week 8 Guide
	Energy 2.0	Fat Burner 2.0	Energy 2.0	
M			Fat Burner 2.0	Energy 2.0
T				
W	Energy 2.0	Energy 2.0	Red Hot Core 2.0	Fat Burner 2.0
				Red Hot Core 2.0
TH	Diamond Cutter 2.0	Fat Burner 2.0	Fat Burner 2.0	
F	Fat Burner 2.0			Below The Belt 2.0
SA				
DAY	WEEK 9	WEEK 10	WEEK 11	WEEK 12
S	Week 9 Guide	Week 10 Guide	Week 11 Guide	Week 12 Guide
M	Diamond Cutter 2.0	Energy 2.0	Below The Belt 2.0	Energy 2.0
	Below The Belt 2.0	Below The Belt 2.0		Red Hot Core 2.0
T				
W	Below The Belt 2.0	Fat Burner 2.0	Energy 2.0	Energy 2.0
	Energy 2.0		Energy 2.0	Red Hot Core 2.0
TH				
F	Energy 2.0	Energy 2.0	Fat Burner 2.0	Below The Belt 2.0
	Fat Burner 2.0	Red Hot Core 2.0	Red Hot Core 2.0	
SA				
DAY	WEEK 13			
S	Week 13 Guide			
M	Fat Burner 2.0			
	Red Hot Core 2.0			
T				
W	Below The Belt 2.0			
	Red Hot Core 2.0			
TH				
F	Diamond Cutter 2.0			
SA				

*Weekly Guides are only available in the DDP YOGA NOW app.



INTERMEDIATE PROGRAM



If you are a pretty active person or you’ve completed the Beginner program, the Intermediate program will give you a good challenge and a way to continue to build strength and start to hone in on those muscles.

You’ll start off with the core workouts from the beginner program but you can make them work harder for you by using the challenge positions that are called out during the workouts.

DDPY INTERMEDIATE 2.0				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
S				
M	Diamond Dozen 2.0	Fat Burner 2.0	Fat Burner 2.0	Fat Burner 2.0
T				
W	Energy 2.0	Energy 2.0	Fat Burner 2.0	Fat Burner 2.0
				Red Hot Core 2.0
TH				
F	Energy 2.0	Fat Burner 2.0	Fat Burner 2.0	Below The Belt 2.0
SA				
DAY	WEEK 5	WEEK 6	WEEK 7	WEEK 8
S				
M	Fat Burner 2.0	Red Hot Core 2.0	Fat Burner 2.0	Below The Belt 2.0
		Energy 2.0		
T			Below The Belt 2.0	Stand Up 2.0
			Red Hot Core 2.0	Red Hot Core 2.0
W	Fat Burner 2.0	Below The Belt 2.0		
	Red Hot Core 2.0			
TH			Diamond Cutter 2.0	Diamond Cutter 2.0
F	Below The Belt 2.0	Diamond Cutter 2.0	Strength Builder 2.0	Strength Builder 2.0
SA				
DAY	WEEK 9	WEEK 10	WEEK 11	WEEK 12
S				
M	Fat Burner 2.0	Strength Builder 2.0	Below The Belt 2.0	Strength Builder 2.0
	Red Hot Core 2.0		Red Hot Core 2.0	Red Hot Core 2.0
T	Stand Up 2.0	Below The Belt 2.0	Fat Burner 2.0	Below The Belt 2.0
	Red Hot Core 2.0	Red Hot Core 2.0	Strength Builder 2.0	Red Hot Core 2.0
W				
TH	Below The Belt 2.0	Stand Up 2.0	Stand Up 2.0	Stand Up 2.0
		Red Hot Core 2.0	Red Hot Core 2.0	Red Hot Core 2.0
F	Diamond Cutter 2.0	Diamond Cutter 2.0	Diamond Cutter 2.0	Diamond Cutter 2.0
SA				
DAY	WEEK 13			
S				
M	Stand Up 2.0			
	Red Hot Core 2.0			
T	Strength Builder 2.0			
W				
TH	Below The Belt 2.0			
	Red Hot Core 2.0			
F	Diamond Cutter 2.0			
SA				



ADVANCED PROGRAM



Ready for a challenge? If you’re an athlete or you’ve already completed the beginner and intermediate programs, it’s time to move to the next level. You’ll pick up the pace and challenge yourself with some of our personal favorites.

DDPY ADVANCED 2.0				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
S				
M	Diamond Dozen 2.0	Energy 2.0	Strength Builder 2.0	Below The Belt 2.0
	Energy 2.0	Red Hot Core 2.0		Red Hot Core 2.0
T	Fat Burner 2.0	Strength Builder 2.0	Fat Burner 2.0	Strength Builder 2.0
			Red Hot Core 2.0	Red Hot Core 2.0
W				
TH	Strength Builder 2.0	Stand Up 2.0	Below The Belt 2.0	Stand Up 2.0
				Red Hot Core 2.0
F	Fat Burner 2.0	Below The Belt 2.0	Stand Up 2.0	Diamond Cutter 2.0
		Red Hot Core 2.0	Red Hot Core 2.0	Red Hot Core 2.0
SA				
DAY	WEEK 5	WEEK 6	WEEK 7	WEEK 8
S				
M	Below The Belt 2.0	Strength Builder 2.0	Strength Builder 2.0	Diamond Cutter 2.0
	Red Hot Core 2.0	Red Hot Core 2.0	Red Hot Core 2.0	Red Hot Core 2.0
T	Diamond Cutter 2.0	Below The Belt 2.0	Below The Belt 2.0	Strength Builder 2.0
W				
TH	Below The Belt 2.0	Strength Builder 2.0	Stand Up 2.0	Below The Belt 2.0
	Red Hot Core 2.0	Red Hot Core 2.0	Red Hot Core 2.0	Red Hot Core 2.0
F	Diamond Cutter 2.0	Diamond Cutter 2.0	Diamond Cutter 2.0	Diamond Cutter 2.0
SA				
DAY	WEEK 9	WEEK 10	WEEK 11	WEEK 12
S				
M	Below The Belt 2.0	Strength Builder 2.0	Stand Up 2.0	Below The Belt 2.0
	Red Hot Core 2.0	Red Hot Core 2.0	Red Hot Core 2.0	Red Hot Core 2.0
T	Diamond Cutter 2.0	Diamond Cutter 2.0	Diamond Cutter 2.0	Diamond Cutter 2.0
W		Below The Belt 2.0	Below The Belt 2.0	Stand Up 2.0
TH	Strength Builder 2.0	Stand Up 2.0	Strength Builder 2.0	Below The Belt 2.0
	Red Hot Core 2.0			
F	Double Black Diamond 2.0	Double Black Diamond 2.0	Double Black Diamond 2.0	Double Black Diamond 2.0
SA				
DAY	WEEK 13			
S				
M	Strength Builder 2.0			
	Red Hot Core 2.0			
T	Diamond Cutter 2.0			
W	Below The Belt 2.0			
TH	Strength Builder 2.0			
F	Double Black Diamond 2.0			
SA				

STEVEN URBAN

DDPY R E B U I L D

W O R K O U T S

-100 lbs
in eleven months

C H A P T E R

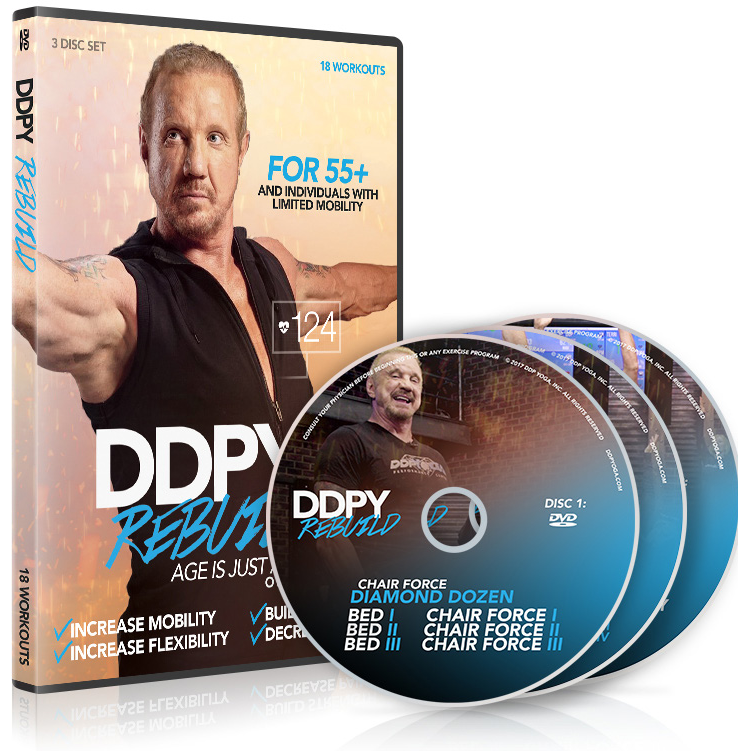
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4

DDPY REBUILD DVDs

We realized that as versatile as the DDPY 2.0 workouts are, there are those of you who may have additional physical limitations that require more modifications. We designed the DDPY Rebuild Series of workouts so there is absolutely no reason why you can't start owning your life!

Designed specifically for those older than 55, and who may have limited mobility. You can start with workouts that are solely in a bed, progress to sitting in a chair, and when you get strong enough, you can progress to standing strong and using a chair to assist with balance. You can do this!



BED FLEX I



Disc 1, 14 minutes
This workout is the perfect starting point if you're injured or just haven't been active for a while. There is nothing too challenging with this workout and you can do it right from your bed. This will get you moving in the bed to help loosen those joints and help you gain flexibility.

BED FLEX II



Disc 1, 12 minutes
Ready to challenge yourself a bit more? Fill your body with more energy by learning a few more positions with this workout including strengthening your core stomach muscles to make sitting up easier.

BED FLEX III



Disc 1, 15 minutes
We're stepping it up a bit more in this workout to help build your endurance. Add this to your routine and then you'll be ready to move to the Chair Force workouts.

Workout Difficulty Key:

Easy



Challenging

CHAIR FORCE DIAMOND DOZEN



Disc 2, 50 minutes
This tutorial walks you through the key positions that make up the Chair Force series. You will learn the names of the different moves and how to properly do them using the chair. You will learn about Dynamic Resistance and how to modify the moves based on your needs.

CHAIR FORCE III



Disc 1, 20 minutes
Not only will you stretch out those shoulders, arms and legs, you will work on stretching out your back so you can tie those shoes again!

STAND STRONG DIAMOND DOZEN



Disc 2, 46 minutes
The Stand Strong Diamond Dozen walks you through where to position the chair so you can work out safely. In this tutorial, you will learn the same moves as the Chair Force Diamond Dozen, but this time you'll be learning them in a standing position while using the chair for support and balance.

STAND STRONG III



Disc 2, 20 minutes
We've cranked this one up a notch with a little more time and a new move that will get your heart pumping. This workout will help you gain back some of that lost energy!

CHAIR FORCE I



Disc 1, 14 minutes
This workout is a good starting point if you are having trouble with balance or standing for long periods of time. You will be working on getting your legs moving and raising your heart rate by using Dynamic Resistance.

CHAIR FORCE IV



Disc 1, 20 minutes
Build upon what you've already learned and challenge yourself a bit further with this workout. A bit more challenging than the previous chair workouts, but you will be gaining more muscle as you work through this 20 minute workout.

STAND STRONG I



Disc 2, 18 minutes
In this workout, you will be on your feet using a chair to assist you with balance. Use this workout to familiarize yourself with using the chair. Without question, this workout will help strengthen your legs and get your heart rate up!

STAND STRONG IV



Disc 2, 21 minutes
The fourth and final workout in the Stand Strong series! In this 21 minute long workout, continue engaging your muscles using Dynamic Resistance as you perfect your form in all the moves you've learned in this series.

CHAIR FORCE II



Disc 1, 18 minutes
This time, we'll be working on strengthening and stretching your shoulders, arms, legs and getting some movement back in your neck. You'll loosen up your joints and increase your flexibility with this 18 minute workout!

CHAIR FORCE V



Disc 1, 24 minutes
You should feel stronger and ready to graduate to our Stand Strong series by the time you finish the most challenging and the last workout in our chair workout series.

STAND STRONG II



Disc 2, 19 minutes
Adding just a little bit extra in this 19 minute workout, we walk through how to do lunges using the chair to help you balance.

BONUS WORKOUTS!

Included with DDPY REBUILD



*Connect any Bluetooth heart rate monitor for best results.

CHAIR WARRIOR I

Disc 2, 50 minutes
Build strength in your lower and upper body with Arthur Boorman, a disabled veteran who began his transformation by using a chair for additional modifications. Soon, you will find, you won't need a chair!

CHAIR WARRIOR w/ JAKE THE SNAKE

Disc 2, 35 minutes
Workout with DDP, Jake the Snake and Alex Ansel. DDP will coach you on how to use the chair, if needed, while working through the moves. This 35-minute workout will increase your heart rate and get the oxygen moving through your body.

ENERGY

Disc 2, 20 minutes
This workout takes all of the key moves you learned in the Diamond Dozen and combines them into an easy-to-follow flow that gets your body energized! It's the perfect starting point for anyone getting started with DDPY. And at just over 20 minutes, it's a quick way to start to make fitness part of your daily routine.

SYNERGY

Disc 2, 30 minutes
Synergy is an extra workout that is part of our beginner series. It utilizes all the movements and positions you've learned so far, but extended to push you past the 30-minute boundary. If you are ready to get out from behind the chair and into the regular DDPY program, give Synergy a try.

4

DDPY REBUILD PROGRAMS: BED TO CHAIR

This program is the perfect starting point if you're injured, recovering in bed, or just haven't been active for a while. You may find you need to stick with the Bed Flex workouts until you feel strong enough to graduate to the chair. If you feel you are ready to start in the chair, you can start with the Chair Force 1 - 3 tracks then move on to the Chair to Standing program.

BED TO CHAIR				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
S				
M	Bed Flex I	Bed Flex II	Bed Flex III	Bed Flex I
T				
W	Bed Flex I	Bed Flex II	Bed Flex III	Bed Flex II
TH				
F	Bed Flex II	Bed Flex II	Bed Flex III	Bed Flex III
SA				
DAY	WEEK 5	WEEK 6	WEEK 7	WEEK 8
S				
M	Chair Force Diamond Dozen	Chair Force Diamond Dozen	Chair Force I	Chair Force I
T				
W	Chair Force Diamond Dozen	Chair Force I	Chair Force I	Chair Force I
TH				
F	Chair Force I	Chair Force I	Chair Force I	Chair Force II
SA				
DAY	WEEK 9	WEEK 10	WEEK 11	WEEK 12
S				Chair Warrior I (optional)
M	Chair Force II	Chair Force I	Chair Force II	Chair Force III
T				
W	Chair Force III	Chair Force II	Chair Force III	Chair Force IV
TH				
F	Chair Force III	Chair Force III	Chair Force IV	Chair Force IV
SA				Chair Warrior I (optional)
DAY	WEEK 13			
S	Chair Warrior I (optional)			
M	Chair Force III			
T				
W	Chair Force IV			
TH				
F	Chair Force IV			
SA	Chair Warrior I (optional)			

4

DDPY REBUILD PROGRAMS: CHAIR TO STANDING

This program is a good starting point if you are having trouble with balance, your legs, lower back issues, or with standing for long periods of time. You will start in the chair with the goal of getting you up on your feet and working through Stand Strong 1 - 2.

CHAIR TO STANDING				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
S				Chair Warrior I (optional)
M	Chair Force Diamond Dozen	Chair Force Diamond Dozen	Chair Force I	Chair Force III
T				
W	Chair Force Diamond Dozen	Chair Force I	Chair Force II	Chair Force II
TH				
F	Chair Force I	Chair Force I	Chair Force III	Chair Force III
SA				Chair Warrior I (optional)
DAY	WEEK 5	WEEK 6	WEEK 7	WEEK 8
S	Chair Warrior I (optional)	Chair Warrior I (optional)	Chair Warrior I (optional)	Chair Warrior I (optional)
M	Chair Force I	Chair Force II	Chair Force III	Chair Force III
T				
W	Chair Force II	Chair Force III	Chair Force IV	Chair Force IV
TH				
F	Chair Force III	Chair Force IV	Chair Force IV	Chair Force V
SA	Chair Warrior I (optional)	Chair Warrior I (optional)	Chair Warrior I (optional)	Chair Warrior I (optional)
DAY	WEEK 9	WEEK 10	WEEK 11	WEEK 12
S	Chair Warrior I (optional)	Chair Force V (optional)	Chair Force V (optional)	Stand Strong I (optional)
M	Chair Force IV	Stand Strong Diamond Dozen	Stand Strong Diamond Dozen	Stand Strong I
T				
W	Chair Force V	Stand Strong Diamond Dozen	Stand Strong I	Stand Strong II
TH				
F	Chair Force V	Stand Strong I	Stand Strong II	Stand Strong III
SA	Chair Warrior I (optional)	Chair Force V (optional)	Chair Force V (optional)	Stand Strong I (optional)
DAY	WEEK 13			
S	Stand Strong I (optional)			
M	Stand Strong I			
T				
W	Stand Strong II			
TH				
F	Stand Strong III			
SA	Stand Strong I (optional)			

DDPY REBUILD PROGRAMS: STANDING WITH CHAIR

In the Stand Strong program, you will be familiarizing yourself with using the chair to aid with balance issues. Towards the end of the program, the chair will also give you a way to get up and down from the floor which then provides the ultimate gateway into the rest of the DDPY program.

STANDING				
DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
S				
M	Stand Strong Diamond Dozen	Stand Strong Diamond Dozen	Stand Strong II	Stand Strong II
T				
W	Stand Strong Diamond Dozen	Stand Strong I	Stand Strong II	Stand Strong I
TH				
F	Stand Strong I	Stand Strong I	Stand Strong II	Stand Strong II
SA				
DAY	WEEK 5	WEEK 6	WEEK 7	WEEK 8
S				Chair Warrior W/ Jake (optional)
M	Stand Strong I	Stand Strong II	Stand Strong III	Stand Strong I
T				
W	Stand Strong III	Stand Strong III	Stand Strong II	Stand Strong III
TH				
F	Stand Strong II	Stand Strong III	Stand Strong IV	Stand Strong IV
SA				Chair Warrior W/ Jake (optional)
DAY	WEEK 9	WEEK 10	WEEK 11	WEEK 12
S	Synergy (optional)	Chair Warrior W/ Jake (optional)	Synergy (optional)	Stand Strong I (optional)
M	Stand Strong I	Stand Strong III	Stand Strong IV	Stand Strong II
T				
W	Stand Strong III	Stand Strong II	Chair Warrior w/ Jake The Snake	Stand Strong IV
TH				
F	Stand Strong IV	Stand Strong IV	Stand Strong III	Synergy
SA	Synergy (optional)	Synergy (optional)	Chair Force V (optional)	Stand Strong I (optional)
DAY	WEEK 13			
S	Synergy (optional)			
M	Stand Strong IV			
T				
W	Chair Warrior w/ Jake The Snake			
TH				
F	Energy			
SA	Synergy (optional)			

LEXY DANIELS

-90 lbs
in five months

× ×
DDPY NUTRITION
EVERYTHING YOU NEED
× ×

C H A P T E R | 05

5

EDUCATE YOURSELF

Now it's time to educate yourself and learn why the food choices you make are so important. Trust me, it's worth it to go the extra mile to eliminate processed foods. You'll learn about why GMOs are bad and why eating organic foods are the way to go. You'll learn about how eating dairy and gluten free will help eliminate unwanted symptoms you may be experiencing. Here's where you start to build the foundation for your new healthy lifestyle.



INTRO TO DDPY NUTRITION

Alright, now it's time to talk about nutrition. DDP here, and I'm going to walk you through things that I've learned, experienced, and witnessed when it comes to what you put into your body. Got to put in the legal disclaimer that this isn't medical advice, it's just me sharing with you what I've seen work. I strongly encourage you to educate yourself about food and nutrition. There's tons of stuff out there, some of it conflicting, but the more you know the better equipped you'll be to make informed decisions.

Before you read anything else in this section you need to understand that this is NOT a diet. Diets will fail you over and over again. The first three letters of diet spells DIE... diets don't

work, they DIE. Lifestyle changes work. Any change to your eating habits will resemble a diet until you really learn the foundation of WHY those changes are so important and why it's worth it to keep your body properly nourished. If you choose to take a short-term approach, you're going to get short-term results.

There's no mystery behind good nutrition. You know what you should be eating. If you had to choose between a fried chicken finger and an organic grilled chicken breast, you know which one would be better for you. Making the right decisions all comes down to one question...

What do you want? What is your goal?

How much do you want to weigh? What level of muscle tone do you want? YOU choose what you put in your mouth every day. You get to decide if those goals are going to be achieved, or if they are going to remain a fantasy.

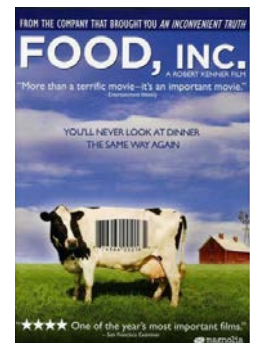
You control the way you react, you choose the way you'll take action. Every single choice you make will either help you toward that goal or take you further away from it. YOU choose!

You might read this and think I'm crazy. I am crazy... but for other reasons. It's time for you to take ownership. When it comes to nutrition and fitness every decision you make has a consequence. You have to make realistic goals based upon what you're willing to change.

SAY NO TO GMOs

For decades, big corporations have been altering the genetic makeup of food to increase crop yields, increase produce size, and even kill insects. It works great for the companies bottom lines, but doesn't work as great for our health. I recommend you watch the movies *Food Inc* and *Genetic Roulette*. Your goal is to eat REAL food, that means food that's in their natural state, NOT genetically modified or processed.

Must watch
FOOD INC.
available on
NETFLIX



PESTICIDES IN THE FOOD YOU EAT

HIGHEST PERCENTAGE OF PESTICIDES

Nectarines
Celery
Pears
Peaches
Apples
Cherries
Strawberries
Imported Grapes
Spinach
Potatoes
Bell Peppers
Raspberries

LOWEST PERCENTAGE OF PESTICIDES

Asparagus
Avocados
Bananas
Broccoli
Cauliflower
Corn
Kiwi
Mangoes
Onions
Papaya
Pineapples
Sweet Peas



WHY ORGANIC?

Organic refers to a system of fruit and vegetable farming that works to maintain and replenish soil fertility without the use of synthetic and toxic chemicals. Organic also means that meat and produce have not been genetically modified, irradiated or treated with the use of synthetic hormones.

If you have any intention of living a healthy life, you must eat as cleanly as possible. Especially as you get older.

According to a study at Stanford University, fewer pesticides were found in organically grown food than conventionally grown fruits and vegetables. What more do you need to know? Do you think ingesting pesticides is good for you?

A new study finds food allergies have increased 300% over the last decade. Worldwide cancer cases are projected to increase by 50%. Do you think these statistics have anything to do with our conventional food supply? Do you think genetically modified, pesticide ridden, antibiotic & hormone infused foods will make you sick? I know I don't want to put that crap in my body!

I know it's more expensive, but what is more important than keeping your body free from chemicals and pesticides that cause diseases? Buy food at the highest quality you can afford and remember that when your body is healthier you're spending less money on things like doctor visits, OTC medications, processed treats and

snacks, and you're able to be way more productive!

If you can't afford to do everything organic keep in mind these fruits and vegetables listed above have the highest and lowest concentrations of pesticides. And make sure you buy a good produce wash so you can scrub off those chemicals.

The good news is that organic food is becoming more widely available and affordable in the big chain stores such as Costco and Target. Don't rule out organic as too expensive before doing your research!

DAIRY FREE

Science shows that dairy is an inflammatory substance. Dairy is the most common food allergy in the United States. Up to 80% of the population has some intolerance to lactose from dairy. Clinical studies from Johns Hopkins University date back 40 years on the subject. Think about it... cow's milk is meant for baby cows, not humans!

After going dairy-free myself I started to learn more about the subject. It turns out that our intolerance to dairy gets worse as we age. The proteins and sugars are hard for humans to digest, in it's simplest form. Milk today goes through homogenization, pasteurization, and is stripped of most of its nutrients. Then there's the synthetic

hormones and genetically modified grain that the cows eat. A recipe for your body to declare full out warfare.

You might not realize it, but one of the leading causes of bloating, nausea, gas, sneezing, congestion, runny nose, joint pain, and constipation can be dairy intolerance. But what about calcium being good for your bones? The head of the nutrition department at Harvard School of Public Health, Walter Willett, MD, PhD, states that there is very little evidence that dairy products actually reduce bone fractures. You can get more calcium from 1 1/2 cups of chickpeas than you will in a cup of milk.

If you have a hankerin' for dairy, I gen-

erally recommend goat and sheep cheese products. Milk from goats and sheep tend to be more easily digested and have a closer protein composition to human milk. I personally have made the switch away from cow dairy and have never felt better!

5

GLUTEN-FREE

Historians of early mankind indicate humans ate only what they could hunt and gather: fruits, vegetables, meat, and fish. Experts believe that human digestive systems were never meant to eat grain and that we haven't evolved enough to break down the complex part of the grains. Gluten is the term used to describe the proteins that are in Wheat, Barley, Kamut, Oats, Rye, and Spelt.

I know, I didn't buy it at first either. But I'll tell you that when I removed gluten and wheat from my diet completely, it took my fitness to another level. With my wrestling career and injuries, I'm no stranger to joint pain, and I was blown away with how much better my joints felt after eliminating gluten. Countless others that I've helped report nearly identical results. To tell you the truth, I didn't do a lot of research as to why, I just knew it worked for me.

Here's a bit of the science that I have read. Since the 1990's, grain farmers have been altering grains, which were already difficult to digest, into freak food that's resistant to pests. Nearly 75% of people react to this modified grain, and their body sees it as an invader. This causes inflammation leading to:

- ◆ **MUSCLE ACHES**
- ◆ **MOOD SWINGS**
- ◆ **ITCHY EYES**
- ◆ **INCREASED RISK OF INJURY**
- ◆ **STUBBORN WEIGHT GAIN**
- ◆ **LACK OF ENERGY**
- ◆ **GAS**
- ◆ **BLOATING**
- ◆ **CONSTIPATION**
- ◆ **DIGESTIVE ISSUES**



The symptoms don't just appear overnight. The process happens slowly over time, and most of us can't make the connection between the symptoms we're experiencing and the food we're eating.

Don't just take it from me, Dr. Mark Hyman, states, "Gluten sensitivity is actually an autoimmune disease. It creates inflammation throughout the whole body with a wide range of side effects on your heart, brain, joints, digestive tract and more... gluten can be the single cause behind

so many different diseases. These diseases are not treatable with better medication but simply by the 100% elimination of gluten in the diet."

We'll start eliminating gluten and grains in Phase 2, and I'll show you how to create satisfying meals and snacks to fuel your body with energy and slim you down to your goal... and keep you there for life! Your best bet for finding gluten-free food that's affordable is to hit up Costco (or your local equivalent). I don't know this for a fact, but I'm pretty sure someone

in the CEOs family must be a Celiac because Costco is always adding new food that's great for you, and gluten-free!

Warning though, just because something is gluten-free doesn't mean it's calorie free. Eating three gluten-free donuts at 11 pm will not get you closer to your goals. Beware of gluten-free junk foods, just because it's gluten-free doesn't mean it's good for you.

DAVE ORTH

-40 lbs
in six months

× ×
GETTING STARTED
PANTRY RAID + WHAT TO EAT
× ×

PANTRY RAID

To adopt the DDPY Nutrition Plan, first you have to clean out your pantry. You may be surprised how empty your pantry is when we're done. Don't freak out... we are getting rid of all processed foods. Yes, all of them! That means no cookies, crackers, candy, chips, or snack bars.

If you think you're eating 'healthy' crackers or chips because they say 'natural' or 'low fat' on the label, you are cracked. You may as well EAT THE BOX since you get about the same level of nutrition from eating cardboard. Pack it all up and give it away to a shelter.

What remains in your pantry and refrigerator? Think about sin-

gle ingredient foods in their most natural state. Most of these foods will be found in the perimeter of your grocery store - in the produce section, refrigeration section, plus the meat and seafood department.

When it comes to bad eating habits, I like to remind people that it's not your fault! Most of us were conditioned to eat this way... not out of malice, but because we just didn't know better. Think about birthday parties. From a young age we're programmed to think that having a good time means gorging ourselves on sweets and candy. We know how we got here, but now we've got to learn how to get back on the right track.



6

REAL FOOD LIST

Now that you’ve gotten rid of the junk in your kitchen, it’s time to stock up on foods that will do your body some good. Here are the foods you should be eating. People think healthy eating has to taste bad... not with DDPY! Our food tastes great! Bottom line is I don’t eat anything that doesn’t taste good and neither should you! Here are the foods you should be eating:

FRUITS

One serving of fruit should be about 1 cup (8oz). It doesn’t have to be exact, but use your best judgment. We sub-divide fruits into four categories. These categories take into consideration the amount of sugar in these fruits. Each category should be eaten separately for best results, as it’s best not to mix them together. After eating fruits, it’s best to allow 15-30 minutes digestion before eating more food. All fruits should be eaten before noon. It’s great as your breakfast or a mid-morning snack so that you give your body time to burn off all that great natural energy.



ACID FRUITS

Blackberries	1 CUP
Grapefruit	1
Lemon	UNLIMITED
Lime	UNLIMITED
Oranges	1
Pineapple	1 CUP
Raspberries	1 CUP
Sour Apples	1
Strawberries	1 CUP
Tangerines	2
Tangelos	1-2
Juice from above	4 oz.

*Freshly squeezed only

SUB-ACID FRUITS

Apples	1
Apricots	2
Blueberries	1 CUP
Cherries	1 CUP
Figs	3
Grapes	1 CUP
Guava	1
Kiwi	2
Mangoes	1
Nectarines	1
Papaya	1/2
Peaches	1
Pears	1
Persimmon	1
Plums	2
Pomegranate	1/2

SWEET FRUITS

Banana	1/2
Dates	1
Dried Fruit	1/8 CUP

MELON

Cantaloupe	1 CUP
Casaba	1 CUP
Honeydew	1 CUP
Watermelon	1 CUP

VEGETABLES

At every meal you can have as many vegetables as you want! Fiber is the key! If you find yourself hungry, grab extra vegetables that are high in fiber. Celery, carrot sticks, broccoli, and peppers make great snack food. Plus make sure to get lots of greens!

UNLIMITED SERVINGS

Alfalfa Sprouts	Herbs (all varieties)	Radicchio
Artichoke	Jicama	Romaine
Asparagus	Kale	Spinach
Beets	Leeks	Swiss Chard
Bok Choy	Lettuce (all varieties)	Mushrooms
Broccoli	Arugula	Okra
Brussel Sprouts	Beet Greens	Onions (all varieties)
Cauliflower	Bibb	Peppers
Celery	Cabbage	Radish
Collard Greens	Dandelion	Snow Peas
Crookneck Squash	Escarole	Sugar Snap Peas
Cucumber	Endive	Tomato
Eggplant	Frisee	Turnip
Fennel	Iceberg (least nutritious)	Yellow Beans
Garlic	Limestone	Zucchini
Ginger	Mustard Greens	
Green Beans	Red Oak	

COMPLEX CARBS

One cup (8 oz.) is the serving size for complex carbohydrates. Consider one medium size potato or sweet potato, or one cup of wild rice, one cup of beans, one cup of whole grain cereal, or one slice of whole grain bread.

WITH SERVING SIZE

Beans (all varieties)	1 CUP	Amaranth	PHASE 1
Brown Rice	1 CUP	Barley	PHASE 1
Butternut Squash	1 CUP	Bran	PHASE 1
Edamame	1 CUP	Buckwheat	PHASE 1
Nuts	about 20	Gram Flour	PHASE 1
Nut Butters	3 tbsp.	Kamut	PHASE 1
Potato	1	Millet	PHASE 1
Quinoa	1 CUP	Oatmeal	PHASE 1
Rice Milk	8 oz.	Rye	PHASE 1
Soy Milk	8 oz. (PHASE 1)	Spelt	PHASE 1
Sweet Potato	1	Wheat	PHASE 1
Wild Rice	1 CUP	Yams	PHASE 1
WHOLE GRAINS			
Bread	1 SLICE		
Cereal	1 CUP		
Pasta	1 CUP		





PROTEINS

The serving size for protein is 4-6 oz. or about the size of the palm of your hand. If you're feeling really hungry (especially when you first begin the program), add 2 oz. to your protein intake (6-8 oz.).

WITH SERVING SIZE

Eggs	2-3	Poultry	4-6 oz.
Fish	4-6 oz.	Chicken	
Bass	1 CUP	Duck	
Cod	1 CUP	Turkey	
Flounder	about 20	Other Meats	
Grouper	3 tbsp.	Buffalo	
Halibut	1	Beef (lean cuts)	
Mahi-Mahi	1 CUP	Lamb (lean cuts)	
Orange Roughy	8 oz.	Pork (lean cuts)	
Red Snapper	8 oz. (PHASE 1)	Seafood	
Salmon	1	Clams	4 oz.
Sea Bass	1 CUP	Crab	3 oz.
Sole		Lobster	3 oz.
Swordfish	1 SLICE	Mussels	4 oz.
Trout	1 CUP	Oysters	4 oz.
Tuna		Scallops	3 oz.
Whitefish		Shrimp	3 oz.
		Tofu	4-6 oz.
		Whey Protein	1/3 cup



DON'T LIST FOR ALL PHASES

No matter which Phase you are on, you want to avoid these foods. They don't do anything for you! Once you've lost weight, and are in maintenance mode, you can start to add these back in moderation.

× **ALCOHOL**
I know it sucks... but, what do you want?

× **SODA**
regular or diet

× **WHITE FLOUR**
bread, pasta, crackers, etc.

× **HYDROGENATED OILS**
trans fats

× **FRIED FOODS**

× **ARTIFICIAL SWEETENERS**
Sucralose, Aspartame, Saccharin, etc.

× **SUGAR**
white, brown, corn syrup, etc.

× **WHITE RICE**

HEALTHY FATS

About 1 tablespoon equals a serving of healthy fats. Think about 1/4 of an avocado.

WITH SERVING SIZE

Avocado	1/4
Mayonnaise	1 tbsp
Oil	2 tbsp
Canola Oil	
Grape Seed Oil	
Olive Oil	

WITH SERVING SIZE

Butter	1 tbsp
Cheese (all varieties)	1 oz.
Cottage Cheese (non-fat)	1 cup
Milk (non-fat)	8 oz.
Sour Cream	1 tbsp
Yogurt (non-fat, plain)	1 cup

DAIRY

This is for Phase One only. In Phase Two and Three, you may enjoy goat or sheep milk products.

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MOVING THROUGH PHASES

As you progress in your journey with the DDPY Nutrition Plan, you'll be able to move through the different phases. Remember, Phase 1 is the easiest and Phase 3 is the strictest. Arthur and many others achieved their outstanding transformations by sticking with the Phase 3 plan.

Here's an example that shows you how the phases progress using Nuts and Peanut Butter. On all levels, you can have nuts. Nuts are a great source of protein, healthy fats, and carbs. It's a great snack in moderation. As you progress through the phases, you'll start to look extra closely at the labels and what ingredients are in your food.

**NUTS WITH HYDROGENATED OILS OR ARTIFICIAL FLAVORS ARE OFF THE LIST*

DDPY PHASE 1	DDPY PHASE 2	DDPY PHASE 3
NUTS: Plain roasted with salt	RAW NUTS: Roasting nuts cooks out much of the nutrition. The raw nut is a much healthier "alive" food and gives your body a great source of natural protein, healthy fats, and carbs you need for fuel. Best to buy them without salt. If you want salt, add sea salt at home.	RAW ORGANIC NUTS: We step it up in PHASE 3 by adding the organic element (if you can afford it). Again, add Sea Salt at home, if you like 'em salty.

**PEANUT BUTTER WITH HIGH FRUCTOSE CORN SYRUP AND ADDED OILS ARE OFF THE LIST*

DDPY PHASE 1	DDPY PHASE 2	DDPY PHASE 3
PEANUT BUTTER: with only peanuts and salt (peanut butters don't spread as easily without the high fructose corn syrup. In natural peanut butters, the oil will separate at the top of the peanut butter. Stir it all together and refrigerate for easier spreading).	FRESHLY GROUND PEANUT BUTTER: Found at health food or grocery stores with only raw, ground nuts. You may add some sea salt at home.	FRESHLY GROUND RAW PEANUT BUTTER: Found at health food stores with only raw organic nuts. You may add some sea salt at home.

On any level, nuts get to stay in your pantry. Nuts have a combination of protein, healthy fats and carbs. They are a great snack in moderation (i.e. one ounce of almonds is about 170 calories, so if you eat a 10 oz. package,

you've just downed 1700 calories! Pay attention to suggested portion size). Now you need to choose the best nut possible! Become a label reader... if your nuts also have added oils, or hick-ory smoke flavoring, they are no longer

a single ingredient food. The cleaner the ingredient list, the better. If they're toasted, roasted, or glazed they're dead.

TREATS AND CHEATING

If you feel tempted to fall off the program because you are craving a sweet or salty treat, try these moderate options instead of shoving your face into a chocolate cake. But remember, you're also trying to change your relationship with food, so you don't want to use treats as a crutch after a bad day, or always have a sweet after dinner because it's a habit. Don't let one small treat turn into an excuse to binge for the rest of the day. You are working to reverse these habits!

- Plain, non-fat yogurt sweetened with suconat, xylitol, or agave. Add high fiber berries like strawberries, blackberries or blueberries.
- Two strawberries dipped in high-quality, melted, dark chocolate.
- 1 cup air-popped popcorn
- Gluten-free cookies or brownies (only eat 1 and save the rest)

WATER

The main ingredient in the fluids of the body's systems. Fluid travels through your body carrying nutrients and waste to and from your cells. It also keeps your joints lubricated.

Our bodies lose 2-3 quarts of water every day and we must replace it. You need to drink at least 6-8 (8 oz.) glasses of clean, filtered water every day. Only use plastic bottles when you need to. They are expensive and will last long after the cockroaches.

Don't wait until you're thirsty to drink water. If your mouth gets dry and you feel thirsty you are already experiencing the first sign of dehydration. People often think they are hungry, when in fact, you are actually dehydrated. When you feel the first hunger pangs, drink water! It's best to drink a full glass (8 oz.) about 30 minutes before each meal.

If you don't like plain water, put in some fruit! Add orange slices, cucumber, lemon, or limes to your water. It tastes great and is a perfect way to get you into the habit of drinking!



GENEVIEVE MARTIN VOGELGESANG

-65 lbs
in five months

× ×
WHAT TO EAT
DIET + NUTRITION
× ×

CHAPTER | 07

7

PHASES

When I designed the DDPY Nutrition Plan, I knew one program would not fit the needs of everyone. Just like we have varying levels of DDPY Workouts, we have varying levels for the Nutrition Plan. The beauty of the plan is that you choose the level based on the intensity and your commitment.

For each meal, select from the approved list in the amount indicated on the Real Food List on page 52. Now you take these real foods and enjoy them! Each phase gives you all of the essential nutrients your body needs and every meal will provide you with the high-octane fuel you need to perform at your peak.

Every day your body needs protein, healthy fats, complex carbohydrates and plenty of vegetables. Protein gives you the amino acids you need for brain function, to build lean muscle, to make you feel full, and to give you a steady source of energy. In addition, you need a moderate amount of healthy fats with essential Omega 3 and Omega 6 fatty acids. Finally, we all need lots of fruits and vegetables for their powerful antioxidants and essential fibers. Your system will love the way you start to feel when eating this food. You’ll be slimmer, more energetic, less hungry, and much healthier.

PHASE ONE

DDPY Phase One is for anyone interested in a healthy, reasonable nutrition program to drop a couple of sizes, shape up and tone, and improve your energy. Don’t be fooled, for most people this will be a major change. Embrace it! These guidelines are going to change your life, extend your longevity, improve your health, and make you feel better than ever! If you’ve always struggled with your weight, this is the place for you to start. I’ll help you reprogram your metabolism, with real food... good

food, to burn off your stored fat and give you a constant source of energy.

In Phase One you’re going to get off the processed foods (nothing from a box), fried foods, junk foods, soft drinks and fast FAKE foods. That’s right guys, it’s time to delete the pizza man, the Burger King & Ronald McDonald from your “friends” list. You will also get rid of white flour, white sugar and anything sweetened with high fructose corn syrup . If you have a problem with that, again, ask yourself, “What do I

want?” Proper nutrition is absolutely essential for results. You won’t believe how much better you will feel when you detox from these processed foods! Then you’ll enjoy real fruit, vegetables, whole grains and complex carbohydrates, heart-healthy fats, lean meat, poultry, seafood, and more. You’ll have plenty to eat, with an allowance for cheats, here and there, to keep you from falling off the program. Remember, we are talking about changing your eating habits here, not some horrible deprivation diet.

PHASE ONE MEAL PLAN			
BREAKFAST	MID-MORNING SNACK	MID-AFTERNOON SNACK	LUNCH OR DINNER
FRUIT: 1 serv.	FRUIT: 1 serv.	PROTEIN: 1/2 serv.	VEGETABLES: unlimited
VEGETABLES: unlimited	OR	OR	COMPLEX CARBS: 1 serv.
COMPLEX CARBS: 1 serv.	PROTEIN: 1/2 serv.	DAIRY: 1 serv.	PROTEIN: 1 serv.
PROTEIN: 1 serv.	OR	VEGETABLES: unlimited	DAIRY: 1 serv.
DAIRY: 1 serv.	DAIRY: 1 serv.		HEALTHY FATS: 1 serv.
HEALTHY FATS: 1 serv.	VEGETABLES: unlimited		

PHASE ONE SAMPLE MEAL PLAN

DAY 1	DAY 2
BREAKFAST FRUIT: 1 apple COMPLEX CARB + DAIRY: 1 slice whole grain toast with 1/2 cup non-fat cottage cheese PROTEIN & HEALTHY FATS: 2-3 eggs lightly scrambled (use canola or olive oil spray) with peppers, onions & salsa. DRINK: Decaf coffee or tea, water MID-MORNING SNACK FRUIT: 1 cup of strawberries LUNCH VEGETABLES: Large green salad (with romaine, red cabbage, escarole, celery, and green beans) topped with lemon and olive oil COMPLEX CARB + DAIRY: Baked sweet potato with one tablespoon butter and Sea Salt PROTEIN + HEALTHY FATS: Grilled chicken breast (seasoned with lemon, olive oil and tarragon) DRINK: Water or decaf iced tea MID-AFTERNOON SNACK VEGETABLES: Sugar snap peas DINNER VEGETABLES: Broccoli soup (pg. 70) and steamed green beans COMPLEX CARB + DAIRY: 1 cup quinoa with lemon and parsley PROTEIN: 6 ounces grilled NY strip steak with sea salt and black pepper DRINK: Water or decaf iced tea	BREAKFAST FRUIT: Fruit smoothie (blended orange juice, no sugar added, frozen peaches and strawberries) COMPLEX CARB + DAIRY: 1 cup Whole Grain Cereal with non-fat milk. (Look for ingredients lists, and very low or no sugar. Good choices include Cheerios, Whole Wheat Flakes, All Bran, or Grape Nuts) PROTEIN + HEALTHY FATS: 2 egg omelette with sautéed mushrooms, spinach, sea salt and pepper. (use canola or olive oil spray) DRINK: Decaf coffee or tea and water MID-MORNING SNACK FRUIT: Blueberries LUNCH VEGETABLES + HEALTHY FATS: Large green salad (arugula, romaine and radicchio tossed in red wine vinegar, olive oil, sea salt, pepper, and 1 ounce shaved Parmesan cheese) VEGETABLES + COMPLEX CARB: Steamed broccoli and 1 cup brown rice PROTEIN + HEALTHY FATS: 4-6 ounce piece of grilled salmon (with lemon, dill, and olive oil) DRINK: Water or decaf iced tea MID-AFTERNOON SNACK DAIRY: 1 ounce Feta cheese VEGETABLES: Red Pepper slices DINNER VEGETABLES: Butternut Squash Soup (pg. 71) COMPLEX CARB + VEGETABLES + HEALTHY FATS + DAIRY: 1 cup whole-grain pasta with olive oil, grilled asparagus, sprinkle of Parmesan cheese, sea salt and pepper. PROTEIN: DDPY Roasted Rosemary Chicken Thighs (pg. 72) DRINK: Water or decaf iced tea

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Trust me, you'll see incredible results if you're willing to completely commit to PHASE 2! OWN IT!

PHASE TWO

Phase Two is for those who want to see incredible results and are willing to make a greater commitment to achieve their weight loss goals. If you are targeting your high school weight or wedding weight or any transformational benchmark, this is the level for you. You'll give up a little more, but you'll get WAY more in return.

In the DDPY Phase Two Plan you'll make an even stronger commitment to real foods in their natural state. We start with the principles of Phase

One and walk up the ladder by also eliminating all wheat and dairy. I personally had no idea about my own food intolerances to wheat, flour, gluten, and dairy products until I completely eliminated them. I've been eating gluten and dairy free for years now, and I can honestly say it's changed my life more than I could have imagined.

PHASE TWO MEAL PLAN			
BREAKFAST	MID-MORNING SNACK	MID-AFTERNOON SNACK	LUNCH OR DINNER
FRUIT: 1 serv.	FRUIT: 1 serv.	PROTEIN: 1/2 serv.	VEGETABLES: unlimited
VEGETABLES: unlimited	OR	VEGETABLES: unlimited	COMPLEX CARBS: 1 serv.
COMPLEX CARBS: 1 serv.	PROTEIN: 1/2 serv.		PROTEIN: 1 serv.
PROTEIN: 1 serv.			HEALTHY FATS: 1 serv.
HEALTHY FATS: 1 serv.	VEGETABLES: unlimited		

PHASE TWO SAMPLE MEAL PLAN

DAY 1	DAY 2
<p>BREAKFAST</p> <p>FRUIT: 1 peach</p> <p>COMPLEX CARB + DAIRY: 1 cup gluten-free cereal (choice of All Bran or other non-wheat, low-sugar cereal with rice milk or quarter cup of Bob Red Mills Rice Farina)</p> <p>PROTEIN + HEALTHY FATS + VEGETABLES: 2 eggs (boiled, scrambled, fried or an omelette). Add vegetables if you like. Cook in a small amount of canola or olive oil spray</p> <p>DRINK: Decaf coffee or tea and water</p> <p>MID-MORNING SNACK</p> <p>FRUIT: 1 apple</p> <p>LUNCH</p> <p>VEGETABLES: Greek Salad (pg. 70)</p> <p>VEGETABLES + COMPLEX CARB: Steamed broccoli and 1 cup brown rice</p> <p>PROTEIN + HEALTHY FATS: Grilled Lemon Basil Salmon (pg. 72)</p> <p>DRINK: Water or decaf iced tea</p> <p>MID-AFTERNOON SNACK</p> <p>VEGETABLES: Red Pepper slices</p> <p>DINNER</p> <p>VEGETABLES: Cauliflower and Mushroom soup (pg. 70)</p> <p>PROTEIN + VEGETABLES + COMPLEX CARB + HEALTHY FATS: Chicken and Asian Vegetables Stir-Fry with brown rice (pg.73)</p> <p>DRINK: Water or decaf iced tea</p>	<p>BREAKFAST</p> <p>FRUIT: 8 oz. DDPY Organic Power Juice (pg. 73)</p> <p>COMPLEX CARB: 1 slice gluten free bread, toasted</p> <p>PROTEIN + VEGETABLES COMPLEX + HEALTHY FATS: 2 poached eggs (placed on top of toast) with sea salt and pepper, 1/4 avocado and steamed asparagus</p> <p>DRINK: Decaf coffee or tea and water</p> <p>MID-MORNING SNACK</p> <p>PROTEIN: 2 oz. sliced turkey</p> <p>LUNCH</p> <p>PROTEIN + VEGETABLES + COMPLEX CARB + HEALTHY FATS: Grilled Chicken Taco Salad (pg. 70)</p> <p>DRINK: Water or decaf iced tea</p> <p>MID-AFTERNOON SNACK</p> <p>PROTEIN: 1 hard boiled egg</p> <p>DINNER</p> <p>VEGETABLES: Steamed green beans</p> <p>COMPLEX CARB: Butternut Squash Soup (pg.71)</p> <p>PROTEIN + VEGETABLES + HEALTHY FATS: Buffalo Burger with grilled onions (pg. 72)</p> <p>DRINK: Water or decaf iced tea</p>

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We are at the top of the ladder!!! Just wait until you see and feel the end results! YOU GOT THIS!

PHASE THREE

Phase Three is for athletes, health and fitness fanatics, and all those who are in need of a serious intervention in order to take back their lives and achieve phenomenal results in the shortest period of time. Arthur, who you read about earlier, lost 140 pounds in less than a year using this plan. DDPY Phase Three is for anyone who wants to see the results that aren't typical. When you see a perfect physical specimen and think, "there's no way I could ever lose that much weight or look like that", you're wrong!!! Yes you can!! It's up to you!

If you have rock solid will power, are willing to commit to the science of weight loss, and won't let anything stand in the way of your goals, you belong in DDPY Phase Three. This is where I live each and every day. It's my life. It's my lifestyle. For me it's not hard... it's in-credible!

I know my body is as fit on the inside as it is on the outside and I wouldn't have it any other way. Climb up the DDPY Nutrition Plan ladder with me... In Phase One, we get rid of processed

foods, junk foods and fast food, including white flour and sugar. In Phase Two, we also eliminate all dairy products, gluten and wheat. In Phase Three, we go completely organic (whenever possible), plus we add the principles of food combining. Now we are at the top of the ladder!!! Just wait until you see and feel the results!

PHASE THREE MEAL PLAN			
BREAKFAST	MID-MORNING SNACK	MID-AFTERNOON SNACK	LUNCH OR DINNER
FRUIT: 1 serv. wait 15-30 min VEGETABLES: unlimited COMPLEX CARBS: 1 serv. OR PROTEIN: 1 serv. HEALTHY FATS: 1 serv.	FRUIT: 1 serv. OR PROTEIN: 1/2 serv. VEGETABLES: unlimited	PROTEIN: 1/2 serv. VEGETABLES: unlimited	VEGETABLES: unlimited COMPLEX CARBS: 1 serv. OR PROTEIN: 1 serv. HEALTHY FATS: 1 serv.

PHASE THREE SAMPLE MEAL PLAN

DAY 1	DAY 2
BREAKFAST FRUIT: 1 cup melon. Wait 30 minutes COMPLEX CARB: Rice Faina Shake w/ no fruit (pg.69) OR PROTEIN + HEALTHY FATS + VEGETABLES: 2-3 organic eggs (boiled, scrambled, fried or an omelet). Add vegetables if you like. Cook in a small amount of spray oil or canola oil DRINK: Decaf Coffee or tea, and water MID-MORNING SNACK PROTEIN: 2 ounces sliced turkey LUNCH VEGETABLES: DDPY Huge Green Salad (pg.69) COMPLEX CARB: 1 baked sweet potato with sea salt and black pepper OR PROTEIN: 6 ounces grilled organic buffalo steak with sea salt and black pepper HEALTHY FATS: 1/2 avocado DRINK: Water or decaf iced tea MID-AFTERNOON SNACK PROTEIN: 1 hard boiled egg VEGETABLES: Celery sticks DINNER VEGETABLES: DDPY Huge Green Salad (pg.69) VEGETABLES: Broccoli soup (pg. 70) and steamed green beans COMPLEX CARB: 1 cup cooked organic wild rice OR PROTEIN + HEALTHY FATS: 1 chicken breast with olive oil, rosemary, sea salt and black pepper. DRINK: Water or decaf iced tea	BREAKFAST FRUIT: 2 cups DDPY Organic Power Juice (pg. 73). Wait 15 minutes COMPLEX CARB: Sprouted Grain Bread (no gluten) 1 slice toasted, dry OR PROTEIN + HEALTHY FATS + VEGETABLES: 2-3 organic eggs (boiled, scrambled, fried or an omelet). Add vegetables if you like. Cook in a small amount of spray oil or canola oil DRINK: Decaf Coffee or tea, and water MID-MORNING SNACK FRUIT: 1 orange LUNCH VEGETABLES: DDPY Huge Green Salad (pg.69) COMPLEX CARB: 1 cup brown rice with a little Tamari sauce and black pepper OR PROTEIN + HEALTHY FATS: 6 ounces grilled chicken breast with olive oil, herbs, sea salt and black pepper DRINK: Water or decaf iced tea MID-AFTERNOON SNACK PROTEIN: Handful of organic, raw nuts (about 10) DINNER VEGETABLES: DDPY Huge Green Salad (pg.69) VEGETABLES: Organic Cauliflower and Mushroom Soup (pg. 71) COMPLEX CARB: 1 cup baked organic butternut squash with sea salt and black pepper OR PROTEIN + HEALTHY FATS: 6 ounces grilled organic salmon with olive oil, herbs, sea salt and black pepper DRINK: Water or decaf iced tea

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JUICING

Organic juicing is my favorite way to begin my day. Wait until you experience the rush of live enzymes and antioxidant rich fruits and veggies in their most powerful state. You'll never reach for a cup of coffee again! Organic juicing is a great way to cleanse and re-energize your body. Think scrubbing bubbles for your internal system. You're able to give your body more vitamins, minerals, enzymes, and phytonutrients than you ever could with even a giant salad. If you're on-the-go and don't have time to make your own juice, Suja is my favorite brand of pre-made juices. They make fantastic cold-pressed organic juices that you can find in your local grocery store.



FOOD COMBINING

The theory behind food combining is that proteins and carbohydrates digest at different rates. By eating foods in certain combinations, we can assist our digestive systems and get them working at peak performance! This not only enhances how we feel by unclogging our systems, but it also helps us to lose weight quickly and efficiently.

In food combining, we are actually paying very close attention to the types of foods we "combine" at any given meal. As a general rule, we do not consume

protein sources with carbohydrate-rich sources; so no more steak with potatoes in Phase Three, guys! Low-starch vegetables can be included with any meal. Leafy greens, cabbage, asparagus, cucumbers, zucchini, onions... you get the idea. There's nothing better than making yourself a delicious salad before eating your protein or carbohydrate source! If you do eat some starchy carbs as a meal, just ensure you do not consume protein as well.

Eating in this sequence and combination is the most efficient way to turn

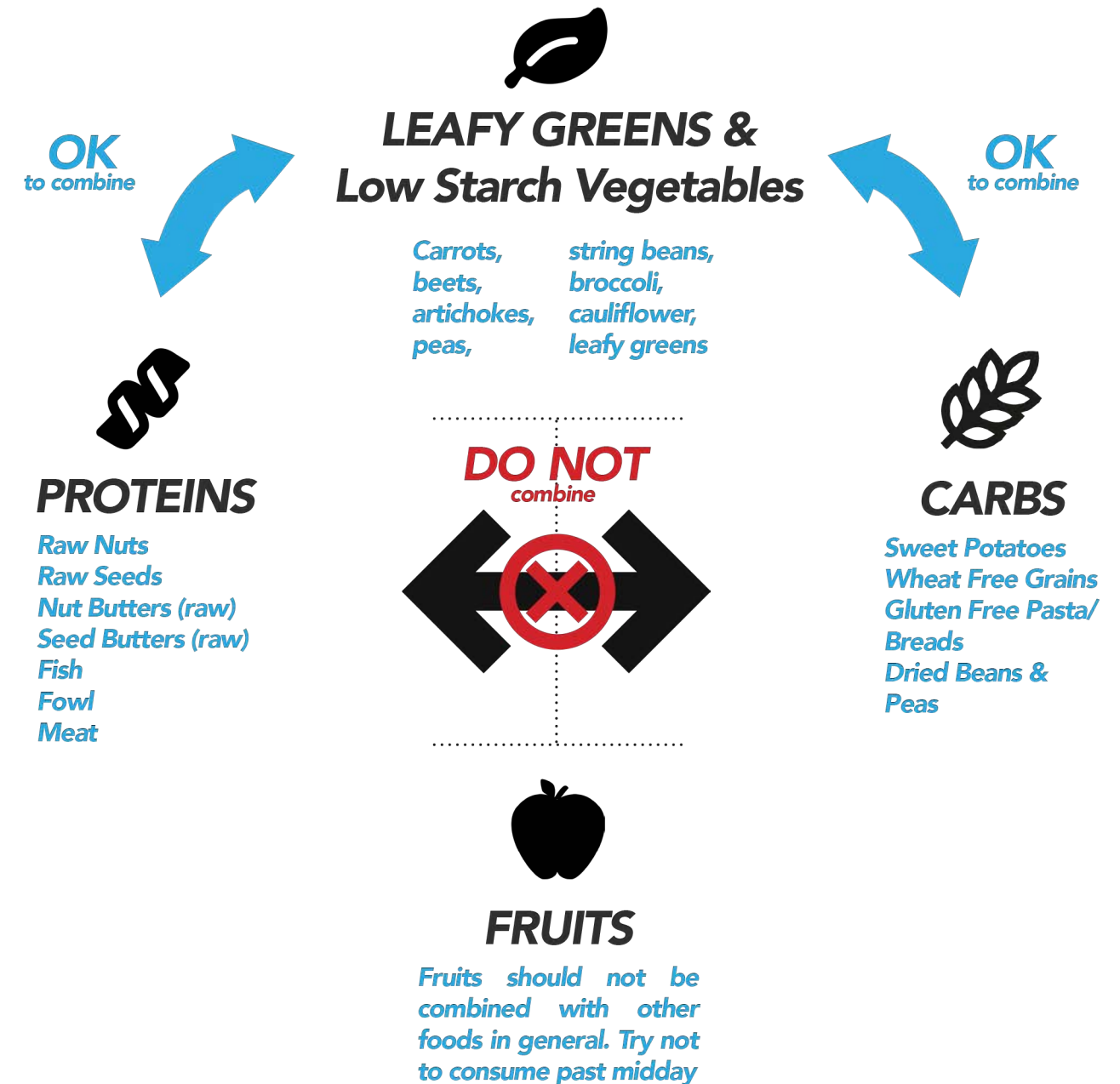
our food into fuel with minimal stress on our digestive systems. It gives us optimal energy input with minimal energy used. While this eating plan can be more challenging, I have seen some amazing results and have felt the difference myself.

Remember, these Phases are just guidelines based on what I've experienced myself and learned from others over the years. There are many good food plans out there, the key is to find one that is compatible with your life, that you can follow with consistency!

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FOOD COMBINING DIAGRAM

The following diagram outlines which foods are OK to eat together and foods we do not recommend eating together.



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THE PALEO DIET

You've probably heard about the Paleo diet. It's short for Paleolithic Era, and is a diet that revolves around eating foods that cavemen would eat - vegetables, grass-fed meats, seeds, nuts, and limited amounts of fruit. When following this program you're eliminating many of the same things I encourage you to eliminate in Phase 3 - sugar, milk, cheese, soy, grains, and legumes. If it's easier for you to follow this plan and stick with it, then go for it! Just make sure you're getting organic and non-GMO as much as is feasible for your budget.



MAINTENANCE

The biggest issue people have with dieting is keeping the weight off. Time and time again I see commitment during the weight loss phase and then when it's time for maintenance, people think 'the diet is over' so now I get to eat like I used to... NO!!! If you want to maintain your new level of health, you can't revert to the way you used to eat - ever! And truthfully, you won't really want to because you'll be looking and feeling so great. Eating whole, real food is your new lifestyle and it will be for the rest of your life.

The difference between the weight loss phase and the maintenance phase is the amount of times you stray from the program. While you are losing, you shouldn't be straying at all. Each and every meal and snack should be within the guidelines. Of course, the reality is that you might not always be able to stick to the guidelines exactly, every time you're out or at a party. Still, you want to do your best and don't eat a whole pizza because that's all the host is serving! You wanna blow your friends' mind? Bring your own food and show them how serious

you are about Owing Your Life!

On the maintenance program, this is about my motto, 'Live life at 90%'. While you're in maintenance mode you should be following the plan guidelines 90% of the time and allow for treats or splurges 10%. Remember, it's not about how many times you fall down, it's about how many times you get back up. Don't use those 10% moments as an excuse to slip back into your old bad habits.

RECIPES

DDPY SCRAMBLE

Serves 2-3

Most mornings I eat organic eggs. They are a perfect protein source and really power my day. Here's one of my favorite scrambles.

- Olive oil spray
- ½ onion, chopped
- 1 red pepper, sliced
- 1 small stalk broccoli, trimmed and chopped
- 8 eggs
- Splash of water
- Sea salt and black pepper
- 1 handful of chopped spinach

Place a sauté pan on medium high heat. Spray the bottom with olive oil. Add the onion and sauté until golden, about 5 minutes.

Add the red peppers and broccoli and sauté until tender, and bursting with color, about 5 minutes.

Crack the eggs into a bowl and add a splash of water, salt and pepper. Whisk until light and fluffy. Pour over the vegetables. Stir occasionally to keep eggs from sticking to the bottom of the pan. Cook for about 5 minutes, or until eggs are done to your liking. Add spinach and cook for 10 seconds. Serve immediately.

STEEL CUT OATS (PHASE ONE ONLY) or RICE FARINA SHAKE

Serves 1

In Phase One go for organic steel cut oats for breakfast. One day I threw them into the blender with a little rice milk and turned them into a shake... awesome!!! If you are maintaining your weight, add a little fruit, like a handful of blueberries, ¼ banana, and 2 dates. DELICIOUS! For a gluten-free option you can also use Rice Farina in this recipe, in place of the oats. It's awesome!

- 1 cup cooked organic steel cut oats or
- Rice Farina
- Splash of rice, almond or coconut milk
- Squeeze of agave nectar
- ¼ cup fresh or frozen blueberries (optional)
- ¼ banana (optional)
- 2 dates (optional)

Place all ingredients into a blender and blend until smooth. Add rice milk until desired consistency is achieved.

DDPY HUGE GREEN SALAD

Serves 2-3

When I say load up on lots of greens, I mean load up!!!! My salads change daily, but here's what one of my creations might look like. A key element here is to chop everything finely... it saves you from having to chew like a cow!

- 1/2 head Romaine lettuce, chopped
- ¼ head purple cabbage, shredded
- ¼ pound spinach, chopped
- 2 stalks kale, chopped
- 1/3 head butter lettuce
- 1 bunch dandelion greens, chopped
- 1 bunch parsley, roughly chopped
- 1 bulb fennel, chopped
- 2 carrots, shredded4 stalks celery, chopped
- 1 cucumber, scored and chopped
- 1-2 tablespoons olive oil
- ½ lemon
- Sea salt and black pepper

Place all chopped ingredients into a large bowl. Drizzle with olive oil and a squeeze of lemon. Season with salt and pepper... and CHOW!!!

GREEK SALAD

Serves 2

My favorite during the summer months when tomatoes and basil are at their peak!

- 1 head Butter lettuce, torn into pieces
- 4 ripe tomatoes (Heirloom, if available)
- 1 cucumber, quartered lengthwise, and diced
- 2 ounces Feta cheese (Phase One)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- Sea salt and black pepper
- Fresh basil leaves, julienned

Place the lettuce, cucumber, and feta (optional) into a salad bowl. Drizzle with half of the olive oil and vinegar. Season with salt and pepper. Toss until coated. Place into serving bowls. Top lettuce with slices of tomato. Drizzle remaining oil and vinegar over tomatoes. Season with salt and pepper. Garnish with basil.

GRILLED CHICKEN TACO SALAD

Serves 2

This hearty salad really fills you up for lunch or dinner. You will not miss the greasy taco fast food crap when you give your body this delicious food.

- For Chicken:
- 2 (6 oz.) chicken breasts, boneless and skinless
 - 2 tablespoons extra virgin olive oil
 - ¼ teaspoon cayenne pepper
 - ½ teaspoon paprika
 - ½ teaspoon cumin
 - Sea salt and black pepper

- For Salad:
- 1 head Romaine lettuce, chopped
 - ¼ head purple cabbage, shredded
 - 2 cups chopped jicama
 - 2 cups black beans, cooked and cooled
 - 2 tablespoons extra virgin olive oil
 - Juice from 1 fresh lime
 - Celtic sea salt and black pepper
 - ½ cup fresh tomato salsa

- For Garnish:
- 2 ounces grated cheddar cheese (Phase One only. For Phase Two and Three substitute with sheep’s cheese)

Drizzle olive oil over the chicken breasts. Season with spices, salt and pepper. Grill over medium high, about 4 minutes per side (depending upon thickness of the chicken breasts). Cool slightly, and slice on the diagonal. Toss all salad ingredients in a large bowl. Place salad into serving bowls or plates. Top with chicken slices. Garnish with extra salsa. For Phase One, add a sprinkle of grated cheddar cheese.

ORGANIC BROCCOLI SOUP

Serves 2

You can have as much of this as you want. It’s loaded with nutrients and it tastes great!!!

- 1 large head organic broccoli
- 1 onion
- 2 tablespoon extra virgin olive oil (optional)
- 1 cup vegetable (or mushroom) broth
- ½ cup silken tofu
- Sea salt and black pepper

- Garnish:
- Sautéed onions, mushrooms and broccoli
 - Wash and trim ends from broccoli. Cut forets and stem into pieces.
 - Place 2-3 cups of water into a large pot, fitted with a steamer. Heat on high until it boils. Add broccoli and steam until tender and easily pierced with a fork.

Peel and chop the onion. In a stock pot, sauté the onion in a bit of olive oil, until golden brown. Add the steamed broccoli, the tofu and the broth. Using a hand-emulsion blender, puree the soup right in the stock pot. (If you don’t have a hand-blender, transfer ingredients to a blender – be careful not to fill the blender all the way to the top. Place hand on lid and blend until smooth. Pour back into the stock pot.) Season with sea salt and black pepper. Heat through and garnish with sautéed onions, mushrooms and broccoli, if desired. Serve immediately. Extra may be refrigerated for four days or frozen for up to three months. For an extra bit of favor, top with a sprinkle of grated Parmesan cheese.

ORGANIC CAULIFLOWER & MUSHROOM SOUP

Serves 2

Another great version of a pureed soup with tons of antioxidants!

- 1 large head organic cauliflower
- 1 cup sliced mushrooms
- 1 onion
- 2 tablespoons extra virgin olive oil (optional)
- ½ cup water
- 1 cup mushroom (or vegetable) broth
- ½ cup silken tofu
- Sea salt and black pepper

Wash and trim ends from cauliflower. Cut florets and stem into pieces. Place 2-3 cups water a large pot, fitted with a steamer. Heat on high until it boils. Add cauliflower and steam until very tender and easily pierced with a fork. Peel and chop the onion. In a stock pot, sauté the onion in a bit of olive oil, until golden brown. Add the mushrooms and sauté until lightly browned. Add the steamed cauliflower, water, tofu, and the broth. Using a hand-immersion blender, puree the soup right in the stock pot. (If you don’t have a hand-blender, transfer ingredients to a blender – be careful not to fill the blender all the way to the top. Place hand on lid and blend until smooth. Pour back into the stockpot.) Season with sea salt and black pepper. Heat through and serve immediately. Extra may be refrigerated for four days or frozen for up to three months. For an extra bit of favor, top with a sprinkle of grated Parmesan cheese.

ORGANIC BUTTERNUT SQUASH SOUP

Serves 1

This is one of my favorite soups of all. One day I was running out the door and knew I would not have time to get lunch so I grabbed a container of this soup and some leftover chicken. I was running like crazy all day and didn’t even have time to heat it up. I figured, what the hell, and ate it cold. Believe it or not, it was still awesome! This soup is a complex carbohydrate, because of the excellent carbs found in butternut squash. It’s creamy and delicious, with no dairy! For a little extra decadence, try the crispy sage leaves as a garnish.

- 1 large butternut squash
- 1 tablespoon olive oil
- 1 cup chicken or vegetable broth
- ½ cup silken tofu
- Sea salt and black pepper
- 1 bunch fresh sage leaves
- 2 tablespoons olive oil (garnish)

Preheat oven to 350 degrees.

Slice butternut squash in half, length-wise. Drizzle with olive oil and season with sea salt and black pepper. Place on a foil lined baking sheet and bake for 45 minutes, or until easily pierced with a fork. Remove squash from oven and allow to cool. Scrape fresh from squash into a blender. Add broth and tofu. Puree until smooth. Ad-just with more liquid, if necessary. Pour contents into a small stock pot and heat through. Season with additional salt and pepper, if needed.

For Garnish:

Heat 2 tablespoons olive oil in a small sauté pan. Add fresh sage leaves and cook for about 1 minute. Remove with a slotted spoon and place onto paper towels to drain. Ladle hot soup into bowls and garnish with the fried sage leaves.

ORGANIC BROWN RICE WITH LEMON PARSLEY

Makes 3 cups

Quinoa is a super-food!!! It comes from the Incas and while it looks like a simple grain, it’s also a complete protein and very low in carbs. What I love about it is that it takes only moments to cook. By the way, you pronounce it “keenwah.”

- 1 cup dry quinoa
- 2 tablespoons extra virgin olive oil
- 2 shallots
- 1 bunch parsley, finely chopped
- Juice of ½ lemon
- Sea salt and black pepper

Prepare quinoa according to package instructions. While quinoa is cooking, place a sauté pan over medium high heat. Add the oil and the shallots and cook until golden brown.

Remove the quinoa from heat and allow to slightly cool. Pour into the sauté pan with the shallots. Add chopped parsley, lemon juice, salt and pepper and stir to combine.

DDPY ROASTED
ROSEMARY
CHICKEN THIGHS

Serves 4

Who says you can't have hot thighs? These chicken thighs are simple and perfect every time. I like to make extras to have on hand for a quick lunch or snack. This recipe also works with drum-sticks or breasts on the bone. However you like it, keep protein in the fridge to keep you away from the junk!

- 8 chicken thighs with bone (organic is best)
- 3 tablespoons olive oil
- Sea salt and black pepper
- 1 bunch fresh rosemary, (or 2 table-spoons dried)
- ½ teaspoon paprika
- Juice of 1 lemon

Preheat oven to 350 degrees.

Place chicken pieces into a roasting pan. Squeeze lemon juice over the chicken, then drizzle with olive oil. Season with salt, pepper, and paprika. Remove the rosemary leaves from the center twig and sprinkle well over chicken. Roast for about 1 hour, until thighs are golden brown.

BUFFALO BURGER
W/ GRILLED ONIONS

Serves 2

I'm crazy about buffalo!! Tastes like beef, but lower in fat and calories. Here's my protein style burger with grilled onions. This really hits the spot and without the white four bun your body will be happy, too!

- 12 ounces ground buffalo
- Sea salt and black pepper
- 1 tablespoon olive oil
- 1 onion, thinly sliced
- 2 large Romaine lettuce leaves

Garnish:
Mustard (optional)

Form ground buffalo into two patties. Season with salt and pepper. Grill over medium high heat, about 3 minutes per side or until cooked to your liking.

Place a sauté pan over medium high heat. Add olive oil and sliced onions. Cook onions until brown, golden and caramelized, about 20 minutes.

To serve, take a lettuce leaf and place the cooked buffalo burger on it. Top with a nice pile of grilled onions. Add a squirt of mustard or organic no-sugar ketchup, if desired. Cover with the other piece of lettuce and wrap around the burger. Eat over a plate and let the juice drip down your forearms.

GRILLED LEMON
BASIL SALMON

Serves 2

Salmon is one of the healthiest fishes you can eat! It's got all those incredible Omega 3 fatty acids that help lower your bad cholesterol and improve your good cholesterol. Best of all – it tastes awesome!! Try this simple, grilled version with fresh basil and lemon.

- 2 4-ounce salmon fillets
- 2 tablespoons extra virgin olive oil
- Juice of 1 lemon
- 4 basil leaves, julienned
- Sea salt and black pepper

Drizzle olive oil over the salmon. Season well with Celtic sea salt and black pepper. Grill over medium high heat for 4 minutes per side. Remove from heat. Squeeze lemon juice over both fillets. Top with julienned basil.

CHICKEN AND ASIAN
VEGETABLES STIR-FRY
W/ BROWN RICE

Serves 2

When I go to the Farmer's Market, I buy whatever looks fresh! The vegetables for this recipe vary depending on what I find at the market.

- 2 chicken breasts, boneless and skinless
- 2 tablespoons light soy sauce
- 2 tablespoons sesame oil
- 3 cloves garlic, pressed
- 1 inch fresh ginger, peeled and grated (or 1 teaspoon dried ginger)
- Pinch of red pepper flakes (optional)
- 1 stalk broccoli, trimmed and chopped
- 4 stalks celery, chopped
- ½ pound snow peas
- 2 cups cooked brown rice

Chop chicken into bite-size pieces. Place into a non-metallic bowl. Add pressed garlic, grated ginger, and optional red pepper. Toss to coat. Let marinate for at least 10 minutes.

Heat a large sauté pan or wok on high. Add sesame oil. Add chicken and any juices from the bottom of the bowl. Toss well, continuing to stir until chicken is golden brown on all sides, about 4 minutes. Remove chicken from the hot pan and set aside in a clean bowl.

Add chopped vegetables and sauté until brightly colored and just tender, about 3 minutes. Add cooked chicken back to pan and stir to combine. Serve over a bed of brown rice.

DDPY
GREEN DRINK

Serves 1

With any counter-top juicer, add a combination of the fruits and vegetables listed below. On this recipe, I also might add lemon or fresh ginger to change the taste. I might add beets and/or carrots. It's up to you. Find out what you like from experimenting. When you use an inexpensive juicer, you have to drink the juice within 20 minutes of juicing because the air will start to degrade the vitamins. (Bottled juices are not what they claim to be although they are still better than soda.)

- Green
- Apple
- Kale
- Cucumber
- Spinach
- Parsley
- Romaine
- Celery

DDPY
GREEN MACHINE

Makes about 15 quarts

Out of all the juices I make, this is probably my go to recipe. You can adjust the amount of sweetness in the beginning if you're new to juicing, by the number of apples you are using, but in the end, you shouldn't go too high on the sugary fruits if possible. So you can always scale back over time! After you've washed all the ingredients and cut them into pieces that will fit in your juicer, you can just fire it up and put each ingredient in, one at a time. It's one of my favorite ways to start my day, try swapping this out for your coffee and see how it makes you feel! Makes 1-2 servings.

- Handful of Kale
- Handful of Spinach
- 3 stalks of celery
- Half Handful of parsley
- 1-2 Green Apples (remove the seeds)
- 1 Cucumber
- 1 Lemon

Juice all ingredients together according to manufacturer's instructions. Juice keeps in refrigerator for about three days. Freeze the remainder and thaw as needed.

BRITTANY BLANKENSHIP

-86 lbs
in ten months

KEEPING TRACK
WORKOUT + PROGRESS

C H A P T E R

08

8

ACCOUNTABILITY JOURNAL

Remember the goal you wrote down? Use this section to keep track of your progress and help you stay motivated to hit that goal. You can also take all of your progress tracking digitally with the DDP YOGA NOW app. All tracking features are FREE. Sign up at ddpyanow.com



SAVE TIME?

To help get you started on your DDPY journey, we have created examples of how we recommend you set up your Accountability Journal. By using both the Measurement and Pain Tracking sheets on the following pages along with a free [Workout Planner](#) from the QR code below. Want to make tracking even easier? Get the DDP YOGA NOW app! You can track your workouts, measurements, and pain all in one place!

Download any QR CODE app to your smart phone and scan the following:



Once you've downloaded the Workout Planner, we recommend printing a physical copy to track your DDPY journey.

8

TRACKING YOUR PROGRESS

While DDPY was never developed for weight loss, a lot of people still use the scale to measure their progress. There are many times though, that the scale doesn't tell you all the changes that are occurring as you get stronger and healthier! For this reason we believe you should track more than just your weight. There are times when your weight may stay the same but your body composition is changing, and you may be losing inches and not see it in the mirror. Use the following section to track not only your weight, but additional measurements, including your pain levels if you start out with an injury or back pain.

One of the very unique aspects of DDPY is that people have been doing it to manage pain and rehab their injuries - we want you to track this too! Here you should be tracking your pain levels on a scale of 0 (no pain) to 10 (extreme pain).

MEASUREMENTS

DATE: _____	DATE: _____	DATE: _____	DATE: _____
Weight: _____	Weight: _____	Weight: _____	Weight: _____
Measurements: _____	Measurements: _____	Measurements: _____	Measurements: _____
Chest: _____	Chest: _____	Chest: _____	Chest: _____
Waist: _____	Waist: _____	Waist: _____	Waist: _____
Hips: _____	Hips: _____	Hips: _____	Hips: _____
R Arm: _____	R Arm: _____	R Arm: _____	R Arm: _____
L Arm: _____	L Arm: _____	L Arm: _____	L Arm: _____
R Thigh: _____	R Thigh: _____	R Thigh: _____	R Thigh: _____
L Thigh: _____	L Thigh: _____	L Thigh: _____	L Thigh: _____
R Calf: _____	R Calf: _____	R Calf: _____	R Calf: _____
L Calf: _____	L Calf: _____	L Calf: _____	L Calf: _____

PAIN MANAGEMENT: no pain 0 - extreme pain 10

Pain Levels	Pain Levels	Pain Levels	Pain Levels
Head: _____	Head: _____	Head: _____	Head: _____
R Shoulder: _____	R Shoulder: _____	R Shoulder: _____	R Shoulder: _____
L Shoulder: _____	L Shoulder: _____	L Shoulder: _____	L Shoulder: _____
Chest: _____	Chest: _____	Chest: _____	Chest: _____
Stomach: _____	Stomach: _____	Stomach: _____	Stomach: _____
R Arm: _____	R Arm: _____	R Arm: _____	R Arm: _____
R Elbow: _____	R Elbow: _____	R Elbow: _____	R Elbow: _____
R Forearm: _____	R Forearm: _____	R Forearm: _____	R Forearm: _____
L Arm: _____	L Arm: _____	L Arm: _____	L Arm: _____
L Elbow: _____	L Elbow: _____	L Elbow: _____	L Elbow: _____
L Forearm: _____	L Forearm: _____	L Forearm: _____	L Forearm: _____
R Hip: _____	R Hip: _____	R Hip: _____	R Hip: _____
R Thigh: _____	R Thigh: _____	R Thigh: _____	R Thigh: _____
R Calf: _____	R Calf: _____	R Calf: _____	R Calf: _____
R Ankle: _____	R Ankle: _____	R Ankle: _____	R Ankle: _____
L Hip: _____	L Hip: _____	L Hip: _____	L Hip: _____
L Thigh: _____	L Thigh: _____	L Thigh: _____	L Thigh: _____
L Calf: _____	L Calf: _____	L Calf: _____	L Calf: _____
L Ankle: _____	L Ankle: _____	L Ankle: _____	L Ankle: _____

MEASUREMENTS

DATE: _____	DATE: _____	DATE: _____	DATE: _____
Weight: _____	Weight: _____	Weight: _____	Weight: _____
Measurements:	Measurements:	Measurements:	Measurements:
Chest: _____	Chest: _____	Chest: _____	Chest: _____
Waist: _____	Waist: _____	Waist: _____	Waist: _____
Hips: _____	Hips: _____	Hips: _____	Hips: _____
R Arm: _____	R Arm: _____	R Arm: _____	R Arm: _____
L Arm: _____	L Arm: _____	L Arm: _____	L Arm: _____
R Thigh: _____	R Thigh: _____	R Thigh: _____	R Thigh: _____
L Thigh: _____	L Thigh: _____	L Thigh: _____	L Thigh: _____
R Calf: _____	R Calf: _____	R Calf: _____	R Calf: _____
L Calf: _____	L Calf: _____	L Calf: _____	L Calf: _____

PAIN MANAGEMENT: no pain 0 - extreme pain 10

Pain Levels	Pain Levels	Pain Levels	Pain Levels
Head: _____	Head: _____	Head: _____	Head: _____
R Shoulder: _____	R Shoulder: _____	R Shoulder: _____	R Shoulder: _____
L Shoulder: _____	L Shoulder: _____	L Shoulder: _____	L Shoulder: _____
Chest: _____	Chest: _____	Chest: _____	Chest: _____
Stomach: _____	Stomach: _____	Stomach: _____	Stomach: _____
R Arm: _____	R Arm: _____	R Arm: _____	R Arm: _____
R Elbow: _____	R Elbow: _____	R Elbow: _____	R Elbow: _____
R Forearm: _____	R Forearm: _____	R Forearm: _____	R Forearm: _____
L Arm: _____	L Arm: _____	L Arm: _____	L Arm: _____
L Elbow: _____	L Elbow: _____	L Elbow: _____	L Elbow: _____
L Forearm: _____	L Forearm: _____	L Forearm: _____	L Forearm: _____
R Hip: _____	R Hip: _____	R Hip: _____	R Hip: _____
R Thigh: _____	R Thigh: _____	R Thigh: _____	R Thigh: _____
R Calf: _____	R Calf: _____	R Calf: _____	R Calf: _____
R Ankle: _____	R Ankle: _____	R Ankle: _____	R Ankle: _____
L Hip: _____	L Hip: _____	L Hip: _____	L Hip: _____
L Thigh: _____	L Thigh: _____	L Thigh: _____	L Thigh: _____
L Calf: _____	L Calf: _____	L Calf: _____	L Calf: _____
L Ankle: _____	L Ankle: _____	L Ankle: _____	L Ankle: _____

NOTES:

MEASUREMENTS

DATE: _____	DATE: _____	DATE: _____	DATE: _____
Weight: _____	Weight: _____	Weight: _____	Weight: _____
Measurements:	Measurements:	Measurements:	Measurements:
Chest: _____	Chest: _____	Chest: _____	Chest: _____
Waist: _____	Waist: _____	Waist: _____	Waist: _____
Hips: _____	Hips: _____	Hips: _____	Hips: _____
R Arm: _____	R Arm: _____	R Arm: _____	R Arm: _____
L Arm: _____	L Arm: _____	L Arm: _____	L Arm: _____
R Thigh: _____	R Thigh: _____	R Thigh: _____	R Thigh: _____
L Thigh: _____	L Thigh: _____	L Thigh: _____	L Thigh: _____
R Calf: _____	R Calf: _____	R Calf: _____	R Calf: _____
L Calf: _____	L Calf: _____	L Calf: _____	L Calf: _____

PAIN MANAGEMENT: no pain 0 - extreme pain 10

Pain Levels	Pain Levels	Pain Levels	Pain Levels
Head: _____	Head: _____	Head: _____	Head: _____
R Shoulder: _____	R Shoulder: _____	R Shoulder: _____	R Shoulder: _____
L Shoulder: _____	L Shoulder: _____	L Shoulder: _____	L Shoulder: _____
Chest: _____	Chest: _____	Chest: _____	Chest: _____
Stomach: _____	Stomach: _____	Stomach: _____	Stomach: _____
R Arm: _____	R Arm: _____	R Arm: _____	R Arm: _____
R Elbow: _____	R Elbow: _____	R Elbow: _____	R Elbow: _____
R Forearm: _____	R Forearm: _____	R Forearm: _____	R Forearm: _____
L Arm: _____	L Arm: _____	L Arm: _____	L Arm: _____
L Elbow: _____	L Elbow: _____	L Elbow: _____	L Elbow: _____
L Forearm: _____	L Forearm: _____	L Forearm: _____	L Forearm: _____
R Hip: _____	R Hip: _____	R Hip: _____	R Hip: _____
R Thigh: _____	R Thigh: _____	R Thigh: _____	R Thigh: _____
R Calf: _____	R Calf: _____	R Calf: _____	R Calf: _____
R Ankle: _____	R Ankle: _____	R Ankle: _____	R Ankle: _____
L Hip: _____	L Hip: _____	L Hip: _____	L Hip: _____
L Thigh: _____	L Thigh: _____	L Thigh: _____	L Thigh: _____
L Calf: _____	L Calf: _____	L Calf: _____	L Calf: _____
L Ankle: _____	L Ankle: _____	L Ankle: _____	L Ankle: _____

NOTES:

MEASUREMENTS

DATE: _____	DATE: _____	DATE: _____	DATE: _____
Weight: _____	Weight: _____	Weight: _____	Weight: _____
Measurements:	Measurements:	Measurements:	Measurements:
Chest: _____	Chest: _____	Chest: _____	Chest: _____
Waist: _____	Waist: _____	Waist: _____	Waist: _____
Hips: _____	Hips: _____	Hips: _____	Hips: _____
R Arm: _____	R Arm: _____	R Arm: _____	R Arm: _____
L Arm: _____	L Arm: _____	L Arm: _____	L Arm: _____
R Thigh: _____	R Thigh: _____	R Thigh: _____	R Thigh: _____
L Thigh: _____	L Thigh: _____	L Thigh: _____	L Thigh: _____
R Calf: _____	R Calf: _____	R Calf: _____	R Calf: _____
L Calf: _____	L Calf: _____	L Calf: _____	L Calf: _____

PAIN MANAGEMENT: *no pain 0 - extreme pain 10*

Pain Levels	Pain Levels	Pain Levels	Pain Levels
Head: _____	Head: _____	Head: _____	Head: _____
R Shoulder: _____	R Shoulder: _____	R Shoulder: _____	R Shoulder: _____
L Shoulder: _____	L Shoulder: _____	L Shoulder: _____	L Shoulder: _____
Chest: _____	Chest: _____	Chest: _____	Chest: _____
Stomach: _____	Stomach: _____	Stomach: _____	Stomach: _____
R Arm: _____	R Arm: _____	R Arm: _____	R Arm: _____
R Elbow: _____	R Elbow: _____	R Elbow: _____	R Elbow: _____
R Forearm: _____	R Forearm: _____	R Forearm: _____	R Forearm: _____
L Arm: _____	L Arm: _____	L Arm: _____	L Arm: _____
L Elbow: _____	L Elbow: _____	L Elbow: _____	L Elbow: _____
L Forearm: _____	L Forearm: _____	L Forearm: _____	L Forearm: _____
R Hip: _____	R Hip: _____	R Hip: _____	R Hip: _____
R Thigh: _____	R Thigh: _____	R Thigh: _____	R Thigh: _____
R Calf: _____	R Calf: _____	R Calf: _____	R Calf: _____
R Ankle: _____	R Ankle: _____	R Ankle: _____	R Ankle: _____
L Hip: _____	L Hip: _____	L Hip: _____	L Hip: _____
L Thigh: _____	L Thigh: _____	L Thigh: _____	L Thigh: _____
L Calf: _____	L Calf: _____	L Calf: _____	L Calf: _____
L Ankle: _____	L Ankle: _____	L Ankle: _____	L Ankle: _____

NOTES: