

21-DAY

# nutrition **REBOOT**

Dr. Chris Mohr



# WELCOME TO YOUR 21-DAY NUTRITION REBOOT

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“When you follow this simple program, I can say for certain that you will have more energy, feel more confident and improve your health all without deprivation or starvation. On top of that - you’ll lose weight and be on the road to permanent success - and might even get better looking and smarter.”\* -Dr. Christopher Mohr

Here’s how to get started:

**Step 1:** First, pick a start date. Select a date you know is reasonable and you can actually commit to. If you have a big vacation coming up or holiday plans where you plan to indulge, you may want to hold off until after. It’s not that we’re aiming for perfection, but times like those are more challenging than others to get started. Set yourself up for success!

**Step 2:** Download this guidebook, print it out, and take the self evaluation on page 6 to benchmark your starting point. This guidebook will be a resource you refer to throughout the 21-day program.

**Step 3:** Now that you've picked your start date and have your trusty guidebook, all you have to do is commit to 21 days of following six daily nutrition rules. Starting day one of your reboot, follow these rules (found on page 4) for 21 consecutive days and watch the mastery videos to support your progress. I recommend watching the videos within your first seven days as each of the videos will show you exactly how to be successful during your reboot. Re-watching them as you go won't hurt either.

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# THE SIX PROGRAM RULES

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Follow these rules to the best of your ability for 21 days straight. If you slip up, be resilient and get back at it right away to experience optimal results. Remember, if you can find thousands of excuses why you *can't* do something, you can surely come up with just one reason why you *can*!

**1. Eat Smarter:** Use your common sense to cut out junk food like ice cream, fried foods and fast food.

**2. Cut The Sugar:** Eliminate drinks and junk food loaded with sugar like candy and cookies. It's only 21 days, so while we're at it - alcohol is on the chopping block too. **You can do it!**

**3. Shop For Your Food:** Stow away all the junk food in your house and stock your kitchen with approved items from our shopping list on page 13. Don't worry, we'll tell you what to make with the food you buy.

**4. Cook Your Own Food:** Cook at least one meal per day at home during the 21 days. Breakfast counts! Check out the recipes section for meal ideas under 12 minutes. Food doesn't have to be complicated to taste good.

**5. Eat Mindfully:** Eat your dinner at the table each night and turn off electronics (ahem, the TV) during that time. You'll be amazed at how much you really enjoy your food.

**6. Get Better Sleep:** Aim for 7-9 hours each night with a consistent bedtime. Shut off all electronics 30 minutes before you go to sleep. No reading emails, scrolling through social media or watching TV. Ya' hear?

# SELF EVALUATION #1

Let's benchmark your starting point when it comes to healthy nutrition habits. You'll do this once more at the end of the program too. This is an important step for measuring your progress, so don't rush through it. Remember, the more honest you are right now, the better your results will be. Based on the six program rules, rate where you are right now with each habit on a scale of 1 to 10; with 1 being "never do it" and 10 being a "always do it." Then, add up your score to see where you're starting out. The score breakdown can be found on the next page.

	1	2	3	4	5	6	7	8	9	10
Eat smarter: avoid junk foods like chips, ice cream and fast food										
Avoid added sugar: minimal consumption of soda, cookies, candy and alcohol										
Shop for your food: buy fresh ingredients at the store or farmers market										
Cook your own food: you make at least a few meals at home each week										
Eating without distraction: no tv, phone, or computers while eating dinner										
Get quality sleep: 7-9 hours of quality sleep each night										

Total score: \_\_\_\_\_

**6-10 - Apprentice.** Welcome, young grasshopper. You have to start somewhere on your health journey and the good news is, you're in the right place. That first step is the hardest and you've already taken it. Work hard for the next 21 days and soon we'll be calling you a Master.

**11-20 - Junior Apprentice.** Brace yourself for awesome results. You have some basic nutrition knowledge like you shouldn't wash down your cake with soda for dinner every night...but now it's time to buckle down and take your knowledge and health to the next level.

**21-40 - Joe.** Nobody's calling you average, here. You've been around the block and tried some diets and lifestyle changes before, so you know the drill. You're tired of riding the weight roller coaster and ready to get a handle on your health and make some lasting changes.

**41-50 - Master's Assistant.** Soon the student will become the teacher. You're living proof that taking care of your nutrition helps you master every area of your life and are looking to take your knowledge to the next level. The next 21 days will be a great way to do just that.

**51-60 - Master.** Go on with your bad self. You know your stuff and are living that knowledge. Awesome! This program will be a great way to sharpen your sword and take your health acumen to the next level.



## MASTER RULE #1: EAT SMARTER



Now that you've started your 21 day journey, these mastery exercises will help you identify areas for improvement and keep you motivated throughout the program. Let's get started with mastering Rule #1: Eating Smarter.

It can be tough to cut the junk food for 21 days. And by this point you probably know that a vegetable is better for you than a donut, but what's important to understand is these foods - meaning the junk food, not the veggies - don't give your body what it needs for maximum energy.

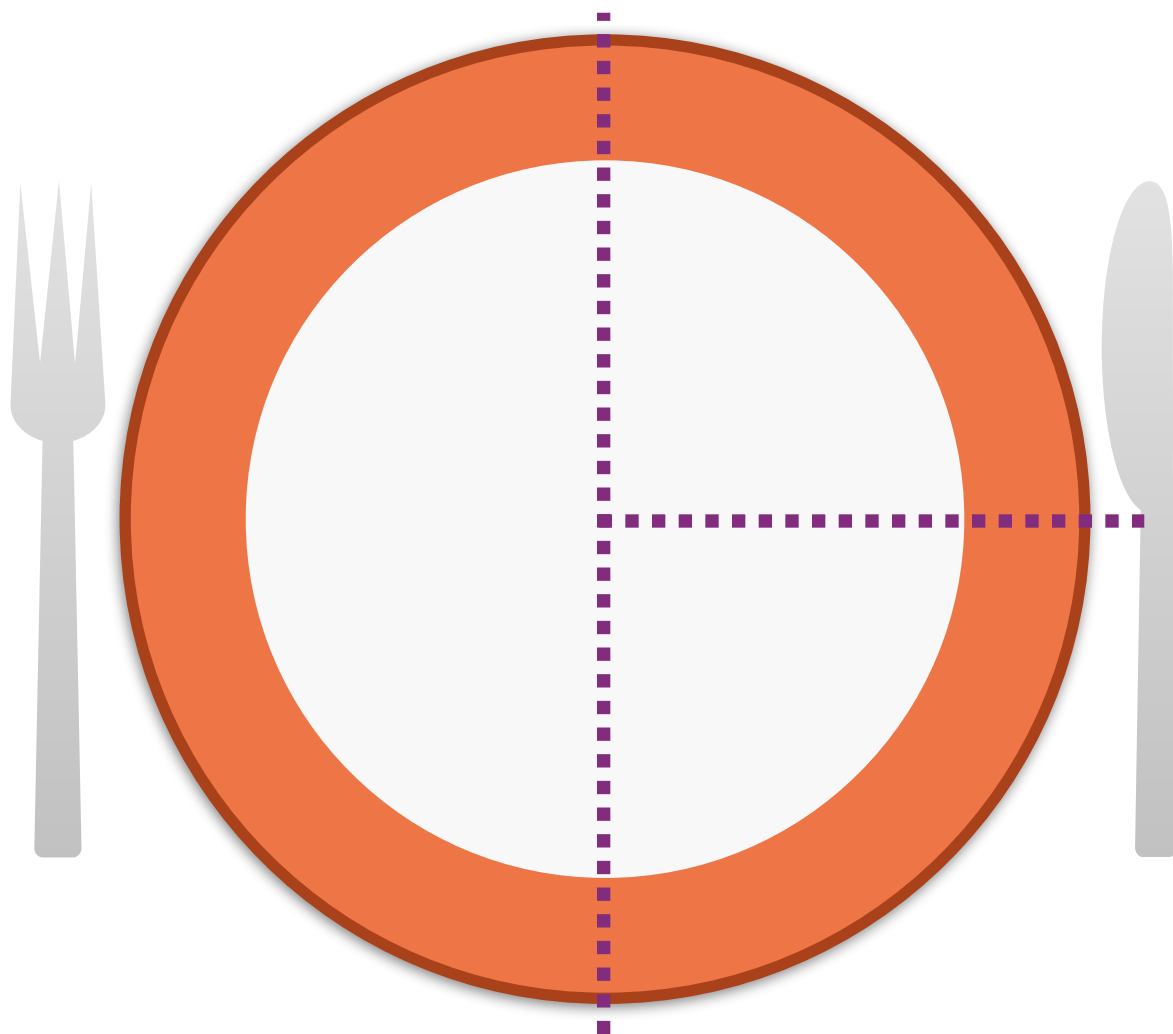
In order to master Rule #1 and truly eat smarter, use the Half Plate Rule each night at dinner for the duration of the program and try to avoid eating anything more than what you put on your plate. Here's the breakdown you want to aim for:

Think of veggies as the main character in a movie, with protein and starchy carbs as the supporting actors.



### Mastery exercise:

Use the plate below to draw (or write) what your plate looked like last night for dinner. Then, compare it to the ideal plate set up on page seven to evaluate where there's room for improvement.





## HOW TO LOVE VEGETABLES



Vegetables may not be everyone's favorite food. Turns out eating them on the regular slashes disease risk and is an important element when it comes to weight loss.

### Here are 5 reasons to learn to love vegetables:

1. **Fewer calories.** Vegetables have low calorie density, a measure of calorie content in food relative to its weight or volume. For example, an entire bag of spinach is only 20 calories and has tons of nutrients to fuel your body.
2. **Strengthened immune system.** Dark leafy greens like spinach are a great source of vitamins, minerals and fiber that your body needs for optimal functioning.
3. **Improved digestion.** The high fiber content in vegetables make it easy for your body to break down and digest. Improved digestion never hurt anyone!
4. **More energy.** Your body loves all the vitamins and minerals contained in vegetables. Those nutrients have even been shown to fight fatigue.
5. **Improve your brain function!** The healthy nutrients in veggies can boost your mood and keep your head clear, leading to better productivity.

### Here are 3 tips for making vegetables more enticing to eat:

1. **Roast, pan fry or stir fry your vegetables instead of boiling them.** Boiled vegetables tend to not be as appetizing or flavorful after cooking.
2. **Use good quality veggies.** Buy quality ingredients and but don't shy away from frozen options which are packaged at their peak of freshness. Use the guide on page 14 for suggestions.
3. **Use delicious sidekicks.** Eggs, lean meat and whole grains are all great vehicles to improve vegetable consumption.



## MASTER RULE #2: CUT THE SUGAR



Most of us know that consuming lots of sugar is not great for our health or weight, but don't feel bad if you still find yourself reaching for the candy bowl. Most people struggle with this one. In fact over 82% of Americans exceed the guidelines for daily sugar intake. It's important to reduce your intake of added sugar because added sugar adds zero nutrients and lots of extra calories, a combo that is a recipe for poor health down the road.

It's time to master Rule #2! Use one of the spaces below to write out what a normal day of eating looked like before the reboot. Don't forget the snacks, sugar in coffee, soda, energy drinks, sports drinks, etc. And let's not leave alcohol off the list while we're talking added calories without nutrients. Then, use the other space to write out what a day of eating looks like now that you're doing the program.

Breakfast \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Post-dinner snack: \_\_\_\_\_

Breakfast \_\_\_\_\_

Snack: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

Post-dinner snack: \_\_\_\_\_

Now, compare the two. Where have you improved already? Where is there still room for improvement? Anything you're proud of?

# PANTRY STOWAWAY TRICK: THE NAUGHTY LIST

In the mastery video for Rule #3: Shop For Your Food, we talked about a stowaway trick for avoiding the junk food temptation at home during your reboot. Out of sight, out of mind is key because let's face it, we are powerless to ignore the call of the cookie jar or candy dish. If you see it, you'll eat it. You're not weak or lacking willpower. ~~But~~ Willpower tires just like a muscle and every time you see that food, conscious or unconscious, you ask yourself "should I eat it or shouldn't I?" That "power" tends to weaken over time and ultimately you'll give in.

Here's what to do: Gather up all your junk food in your house (including alcohol while you're on this program) and put it all in one place that's out of sight for the duration of the program. It could be a high pantry cupboard, the laundry room, linen closet, the basement ... be creative.

Here's a list of the top offenders to put in the stow away drawer: cookies, candy, chips, soda, pastries.

If you're feeling ambitious you can do the same thing in your freezer! Add all sweets - ice cream, popsicles, frozen treats - to a brown paper bag. This way they don't call your name each time you open the freezer.

Here are the top offenders to look out for: french fries, hash browns, anything in "nugget" form, ice cream, popsicles, anything with the word "treat" in it





## MASTER RULE #3 SHOP FOR YOUR FOOD



The first key to mastering this rule is to create a list and stick to it. Use the list of ingredients below and your knowledge around building a healthy plate and avoiding processed foods to create a shopping list for the next few days. Of course we're not suggesting you buy all this food, just the stuff that works for you. The second rule here is *do not* go shopping when you're hungry; it makes avoiding those junk food impulse buys a lot easier.

### Protein

- ☐ Lean ground beef
- ☐ Lean cuts of steak like sirloin, top round roast, bottom round roast, and top sirloin
- ☐ Chicken - whole, breasts, thighs or ground
- ☐ Ground turkey
- ☐ Pork - ground, chops
- ☐ Lamb
- ☐ Salmon
- ☐ Shrimp
- ☐ Scallops
- ☐ Other seafood - octopus, shellfish
- ☐ Deli meat
- ☐ Firm tofu
- ☐ Tempeh
- ☐ Lentils
- ☐ Beans
- ☐ Eggs
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Beverages

- ☐ Coffee
- ☐ Tea
- ☐ Sparkling water
- ☐ Seltzer water
- ☐ Naturally flavored water
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Produce

- ☐ Onions
- ☐ 3-5 in-season fruits see seasonal produce guide below
- ☐ 3-5 in-season vegetables including at least one leafy green like spinach, kale or arugula
- ☐ Lemons and/or limes
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Dairy

- ☐ Plain Greek yogurt
- ☐ Cottage cheese
- ☐ Parmesan cheese
- ☐ Low fat milk
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Spices/Seasonings

- ☐ Kosher or sea salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Crushed red pepper
- ☐ Rosemary
- ☐ Thyme
- ☐ Turmeric
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Pantry

- ☐ Chicken, beef or vegetable broth
- ☐ Canned tuna
- ☐ Canned salmon
- ☐ Dried fruit
- ☐ Mustard
- ☐ Old fashioned oats
- ☐ Pasta
- ☐ Quinoa
- ☐ Brown rice
- ☐ Whole grain bread
- ☐ Whole wheat tortillas
- ☐ Low sodium soy sauce
- ☐ Balsamic vinaigrette salad dressing
- ☐ Red wine or apple cider vinegar
- ☐ Extra-virgin olive oil
- ☐ Tomatoes (diced or crushed)
- ☐ Low sodium beans
- ☐ Low sodium soup
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# SEASONAL PRODUCE GUIDE

Eating and buying your produce seasonally is a great way to save money and enjoy fresh, delicious fruits and vegetables throughout the year. If you don't want to have to think about it, check out your local Community Supported Agriculture (CSA) program. They'll deliver what's in season straight to your front door. Below are some seasonal favorites to try throughout the year so you experience the tastiest produce available. And remember, frozen veggies are *always* a good option too.

### Winter

Grapefruit, onions, leeks, winter squash, mushrooms, sweet potatoes, turnips

### Spring

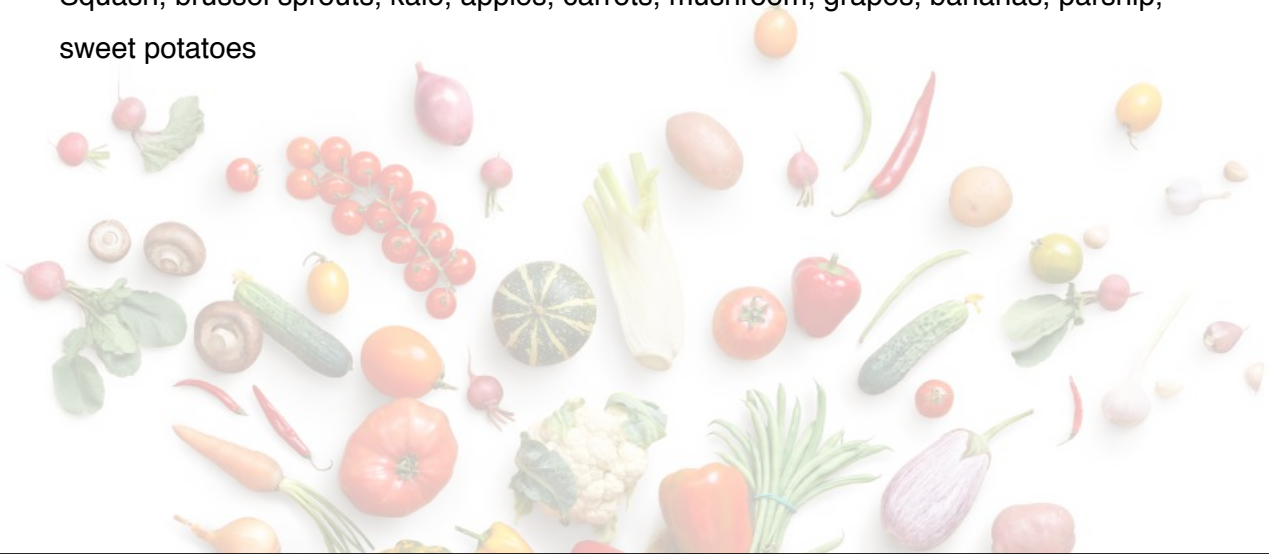
Spinach, apricot, banana, cabbage, leeks, onions, mango, broccoli, green beans, pineapple, strawberries

### Summer

Tomatoes, eggplant, cucumber, banana, apricot, bell peppers, blackberries, cherries, plums, kiwi, watermelon, peas, kale, corn

### Fall

Squash, brussel sprouts, kale, apples, carrots, mushroom, grapes, bananas, parsnip, sweet potatoes





## MASTER RULE #4: COOK YOUR OWN FOOD



Cooking your own healthy food doesn't have to be hard or fancy to taste good. 12 minutes is actually the average amount of time a person spends preparing dinner during the week. No need to spend an hour in the kitchen each day, unless that's your thing!

Preparing your own food allows you to take control of every ingredient that goes into your meal - salt, sugar, added calories, all of it.

Time for your mastery exercise. The next couple pages of this guidebook feature meals you can make in under 12 minutes each. Use those ideas (or your own!) to write out at least one meal you're going to prepare at home this week.

A large rectangular box with a light gray border and a white background, containing ten horizontal blue lines for writing.

### BREAKFAST

## Protein Breakfast Bowl



This meal packs a nice punch of protein which many people tend to ignore during breakfast. It's important to spread your protein consumption throughout the day so you feel fueled until the next meal.

### INGREDIENTS

- 1 cup of plain Greek yogurt**
- ½ cup fresh or frozen berries**
- 1 tablespoon of ground flax seeds or chia seeds**

### DIRECTIONS

All you have to do is add the plain Greek yogurt to a bowl and top with with a handful of fresh or frozen berries, and the ground flax seeds or chia seeds. 3 minutes! BOOM!





### Green Machine Power Protein Smoothie

#### INGREDIENTS

**¾ cup Greek yogurt**  
**½ bunch spinach**  
**1 apple, small**  
**½ cup chopped mango**  
**1 cup ice**

#### DIRECTIONS

Blend all ingredients for 30 seconds to 1 minute. For a thicker smoothie, blend for 30 seconds. If you prefer a thinner smoothie, add a little water and blend longer.

### Berry Blast Protein Smoothie

#### INGREDIENTS

**¾ cup berries (frozen or fresh)**  
**½ cup vanilla Greek yogurt**  
**½ banana**  
**¼ cup rolled oats**  
**½ cup fresh juice**  
**1 scoop vanilla whey protein powder**

#### DIRECTIONS

Blend all ingredients for a complete on-the-go breakfast or to replenish vital nutrients after a workout.







### Oatmeal with Almond Butter

#### INGREDIENTS

**½ cup of oats**  
**1 cup of plant-based milk (coconut)**  
**1 teaspoon of flaxseed**  
**1 teaspoon cinnamon**  
**1 banana, finely sliced**  
**1 tablespoon of almond butter**  
**Optional: 1 scoop protein powder or Honey**

#### DIRECTIONS

1. Add the oats and the cup of milk and cook on a medium to high heat stirring
2. Add flaxseed and cinnamon to the thickened mixture
3. Pour into a bowl and top with the almond butter and a drizzle of honey

### Soft Boiled Eggs

#### DIRECTIONS

1. Take a thumbtack or needle and poke a small hole on the wide end of the raw egg
2. Gently drop each egg into a pot of boiling water one at a time
3. Set a timer for six minutes and allow the eggs to cook
4. Remove the eggs from the boiling water and submerge them directly into a bowl of ice water to stop the cooking process. Allow them to sit in the ice water for 5 minutes then peel and enjoy with a serving of fruit



### LUNCH

## Protein Lunch Bowl



This meal is loaded with healthy fat from the fish and avocado, and packs a nice filling fiber and protein punch with the black beans.

### INGREDIENTS

**1 packet of salmon or tuna or 2 hard boiled eggs**

**½ cup of beans**

**1 tablespoon of pre-made guacamole or half a fresh avocado**

**2 tablespoons of balsamic vinaigrette dressing**

### DIRECTIONS

Grab a bowl or storage container and add to it the packet of salmon or tuna, ½ a can of black beans, the pre-made guacamole or half a fresh avocado, and a couple tablespoons of balsamic vinaigrette dressing.

Enjoy with whole grain crackers or on top a bed of lettuce greens or vegetables.



### Vietnamese Spring Rolls

#### INGREDIENTS

4 pieces Round rice paper 8  
1/2 cup Bean sprouts  
6 large Black tiger shrimp  
2 tsp Siracha sauce  
2 tbsp Chopped dry roasted  
peanuts  
1/4 cup Peanut butter  
Hoisin Peanut Sauce  
1/3 cup Hoisin sauce  
1 head Red leaf lettuce sliced thin  
1/4 cup Mint  
2 ounces Rice sticks cooked  
2 tsp Rice wine vinegar

#### DIRECTIONS

1. In a cup mix the  
Hoisin sauce,  
peanut butter, rice  
vinegar and  
Siracha
2. Place rice paper  
in cold water
3. Add greens to  
rice paper, roll 2/3  
away
4. Place shrimps  
and roll it all the  
way

### Herb Salad

#### INGREDIENTS

##### Dressing:

1 lemon, zest and juice  
2 pinches of salt  
1/2 cup extra virgin olive  
oil

2 pinches of pepper

##### Salad:

1 cup arugula  
1 cup parsley, plucked  
1/2 cup mint  
1/2 cup cilantro, plucked  
1/2 hass avocado, sliced  
1/4 cup feta cheese,  
crumbled

#### DIRECTIONS

1. Mix together the  
zest, juice, oil,  
salt and pepper
2. In another bowl,  
mix together the  
arugula, parsley,  
mint, coriander,  
avocado and feta.  
Dress with small  
amount of  
dressing and  
serve.







### Superfood Salad

#### INGREDIENTS

- 1 bunch kale
- 1 & 1/2 tsp sea salt
- 2 medium-large Asian pears
- 1 medium-large cucumber
- 1 cup dried berries
- 1/2 cup slivered almonds
- 1/4 cup hemp seeds
- 1 large avocado
- 1/4 cup shredded coconut
- 1 & 1/2 cups sunflower sprouts
- 1/4 cup fresh lemon juice
- 1/4 cup raw olive oil
- 1/4 cup Maple Syrup
- 1 tsp whole fennel seed
- 1/4 cup Flax and Chia seeds

#### DIRECTIONS

1. Cut the kale first. Put it in a large salad bowl with the salt and massage the kale for about 30 seconds, or until the leaves start to glisten and become a slightly more vibrant green.
2. Add the remaining ingredients. Toss everything together and enjoy!

### Mediterranean Salad

#### INGREDIENTS

- 2 small bunches dinosaur kale
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 3/4 tsp sea salt
- 1/4 cup pine nuts
- 1/4 cup golden raisins
- 1/4 tsp fresh ground black pepper

#### DIRECTIONS

1. Start off by de-stemming the kale leaves
2. Chiffonade the the kale into strips. Add these strips into a bowl
3. Break down the fibers of the kale add in the lemon juice, sea salt, and cold-pressed extra virgin olive oil. Massage the kale with the seasoning with your hands
4. Add in the pine nuts, golden raisins and fresh ground black pepper. Mix it well and serve!



### DINNER

## Pasta Chicken Dinner



Protein, carbs and veggies just like the half plate rule! This one can feed a family or make great leftovers for lunch the next day.

### INGREDIENTS

**1 pre-cooked rotisserie chicken**  
**1/2 bag of ready pasta - Barilla makes a good product**  
**3 tablespoons of prepared pesto**  
**Mixed greens and balsamic dressing for a side salad**

### DIRECTIONS

One of the best secrets for a quick dinner for just yourself or your entire family is a rotisserie chicken! They're easy to grab at the store and taste awesome. Chop up the chicken and cook the ready pasta. Toss the pasta and chicken in a bowl with 3 TBS prepared pesto and add the side salad.

## Zucchini Pasta with Pesto



### INGREDIENTS

**2 cups basil leaves  
(stems removed),  
tightly packed**  
**2 cloves garlic,  
crushed**  
**1/2 teaspoon sea salt**  
**1/4 cup extra virgin  
olive oil**  
**1/4 cup raw pine nuts**  
**6 zucchini, peeled**  
**1 tomato, seeded and  
diced**  
**1/2 cup Parmesan  
(store bought,  
optional)**

### DIRECTIONS

1. Start off by adding 2 cloves of garlic into the processor and grinding it down then add in 1/2 cup pine nuts and process more. Add in the sea salt and olive oil and process more. Use the spatula to get all of the ingredients down to the blade
2. Now add in a handful of basil at a time and process into the ingredients. Use the spatula to get the ingredients down and add the rest of the basil. Once it is all processed, you have your pesto!
3. Lets make pasta! Peel your zucchinis into your pasta shape. Line them up and cut them in half and you have your penne pasta. To make another type of pasta, you can use a spiral vegetable slicer to make fettuccini pasta
4. Pour your pasta in a large bowl and place the pesto on top and toss it well. Top it off with seeded and diced tomatoes.

Serve and enjoy!



## Merguez Sausage Stew



### INGREDIENTS

**4 spiced merguez lamb  
sausages**

**1 head of Brussels sprout  
tops (may be substituted with  
swiss chard or green kale)**

**1 head of kale (may be  
substituted with swiss chard  
or savoy cabbage)**

**1/3 cup (100ml) of white wine  
(250ml = 1 cup)**

**1 cup (250ml) of stock**

**Salt for seasoning**

**1 & 1/2 cups (100g) of flat leaf  
parsley (60g = 1 cup)**

### DIRECTIONS

1. Place your pan on a high heat. Remove the sausage meat from their skins and place the meat in the pan. With the back of a wooden spoon, start to break the sausages into a rough chunky mince – avoid over stirring.
2. Let the mince brown and caramelize to release the fantastic deep flavors. Roughly chop the Brussels sprout top leaves and purple kale and add them to the sizzling pan. Add a 1/4 cup of white wine. Turn the heat up and reduce the liquid by half.
3. Pour in 1 cup (250ml) of veal stock, scraping all the wonderful caramelized nuggets of flavor off the bottom of the pan. Turn the heat down and let the liquid simmer to prevent boiling the leaves.
4. Taste for seasoning, the sausages are quite salty so you may not need to add much salt. Finely slice a small handful of flat leaf parsley and add to the soup, stirring through. Serve in bowls.



## MASTER RULE #5: EAT MINDFULLY

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Aside from what you eat, HOW you eat is also an important element in mastering your health. At its simplest, mindless eating is defined as “eating food without paying attention”. This kind of distracted and emotional eating can cause you to ignore your body's’ signals for when it is truly full, which can lead to weight gain.

To start mastering the habit of eating more mindfully, use the space below to write out all the things you were doing last night while eating dinner. Were you watching tv, checking email, chasing after the kids, listening to a podcast ... heck, maybe all of the above?

List them all out then take a minute to evaluate where there’s room for improvement. The awareness and habit shift of eating without distraction will make a big difference in your weight loss progress.

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## MASTER RULE #6

### GET BETTER SLEEP

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Sleep has a direct effect on your weight loss and health. When you're sleep deprived you're more apt to reach for quick energy foods that are not always the best nutritional choice. Not only that, lack of sleep has been shown to spike levels of the stress hormone cortisol, which can end up increasing your appetite and even convince your body to hold on to more fat. Not getting the right amount of sleep is almost like being a bit drunk - you don't have the mental clarity to make a good decision and in the case of food, that usually means overeating indulgent, unhealthy foods.

Here are three easy ways to make sure sleep never gets in the way of your weight goal:

1. **Figure out your bedtime.** Count 7.5 hours before the time you need to wake up and stick with it. That will be your "lights out" time which should ensure you're getting enough sleep. Pay attention to how rested your body feels on 7.5 hours and adjust in the 7-9 hour range for what feels right.
2. **Keep your wake-up time consistent.** Getting out of bed at the same time each day sets your body's internal clock so you'll be tired around the same time every night, and able to fall asleep more easily.
3. **Shut all electronics off at least 30 minutes before your "lights out" time.** Don't watch TV, browse social media, or answer emails. Those activities end up restraining your melatonin production and keep your brain alert making it harder to fall and stay asleep.

#### EXERCISE

Time for an exercise to drive the concept home: Grab your phone right now and set a standard bedtime alarm. Remember to count back at least seven hours from the

time you want to wake up each morning. If you need a 30 minute "lights out" reminder remember to add that buffer time in.

## SELF EVALUATION #2

You did it, congrats! Give yourself a pat on the back and be proud of the steps you've taken towards improving your health. Let's see how many of the six habits you've mastered during the last 21 days.

Based on the six program rules, rate your effectiveness at each one on a scale of 1 to 10; with 1 being a "never do this" and 10 being "always do this." Then, add up your score and compare your score to Self Evaluation #1 you took at the beginning of the program.

	1	2	3	4	5	6	7	8	9	10
Eat smarter: avoid junk foods like chips, ice cream and fast food										
Avoid added sugar: minimal consumption of soda, cookies, candy and alcohol										
Shop for your food: buy fresh ingredients at the store or farmers market										
Cook your own food: you make at least a few meals at home each week										
Eating without distraction: no tv, phone, or computers while eating dinner										
Get quality sleep: 7-9 hours of quality sleep each night										

Total score: \_\_\_\_\_

**6-10 - Apprentice.** Still building the foundation? No worries, the strongest buildings have a strong foundation. Give the reboot a try again when you're ready and keep working at those core six habits for weight loss success.

**11-20 - Junior Apprentice.** Maybe you're still eating cake for dinner a couple nights a week, but at least it's not every night. Progress! Keep focused on creating sustainable habits to improve your health and don't shy away from giving this reboot a try again when you're ready.

**21-40 - Joe.** Middle of the road is not a bad place to find yourself. You're making progress and getting some experience with these healthy living habits. Kudos and keep on keepin' on.

**41-50 - Master's Assistant.** Hurts to be so goooooood. Nice work! Looks like you're on your way to mastering your health. Keep fine tuning those daily lifestyle habits and soon they will become second nature

**51-60 - Master.** Go on with your bad self. You know your stuff and are living that knowledge. Awesome!

What's your goal for the next 21 days? Write out what you'd like to accomplish below.



We'd love to hear your weight loss journey and share it with the Grokker community. Please email your story to [support@grokker.com](mailto:support@grokker.com). Let's celebrate your progress!



## CHRISTOPHER MOHR, PHD RD

**Chris Mohr** Chris Mohr is a registered dietitian, nutrition spokesperson and consultant to numerous media outlets and corporations. He holds a PhD in exercise physiology, is a consulting sports nutritionist for the WWE, and formerly served as the consulting Sports Nutritionist for the Cincinnati Bengals. His expertise has offered him the opportunity to speak at the White House, the CIA and to audiences in over 10 countries and almost all 50 states.

He often appears on TV as a nutritional guest expert, including an appearance with Chef Emeril Lagasse, CBS's 'The Talk' and another on the Montel Williams Show. He was the nutrition consultant and expert for the NY Times Bestseller, "LL Cool J's Platinum Workout" and worked closely with Fitness Celebrity Denise Austin & Mario Lopez, to write the nutrition sections for their books.

Dr. Mohr was on the Advisory Board for Men's Fitness Magazine and has written over 500 articles for consumer publications, such as Men's Fitness, Men's Health, Muscle and Fitness, Shape and most other fitness publications. Dr. Mohr has Bachelor and Master of Science degrees in Nutrition from The Pennsylvania State University and University of Massachusetts, respectively.