THOR FIT

# SUMMARY SHEET

Since there's a lot of information coming at you in the beginning, here is the very basic guide for this week.

**THE APP**
Please check your emails and install the App
Orientate yourself within the App.
Look out for messages from your coach.

**FASTING**
Please don't eat anything until 1 pm
You can have black coffee and as much water as you like
Your last meal of the day should be no later than 9pm
Please read the IF (Intermittent Fasting Summary)

**FEASTING**
Your insulin re-set begins today and lasts for 2 weeks
No starchy carbs allowed… rice, pasta, bread, potato's
Eat vegatables, salad and protein.
Err on the side of high fat.

You may feel a bit exhausted for about 3 days, while you're doing the switch to becoming insulin sensitive. Hang in there. It's worth it.

**FIGHT**
For this week, we're not focusing on the type of exercise. I want you to put your sneakers on, and get sweating in your favorite manner. Mon, Tues, Thurs and Friday do at least 30min of something physical.

**FLOW**
Please make sure that you get at least 6 hours of sleep.
Have fun, stick to these basics and you're golden.
I'd rather you over-communicate, even if you have grievances, than under-communicate.

Let's enjoy the next 3 months together

Sincerely

Thorsten