What Do I Need For The Workouts?

**ONE SET OF LIGHT AND HEAVY DUMBELLS**
- Women: Light set of 8–10 pounds and heavier set of 15–20 pounds
- Men: Light set of 8–10 pounds and heavier set of 15–20 pounds

**YOU ARE USING B-LINES® RESISTANCE BANDS:**
- Women: Light set of 3–5 pounds and heavier set of 8–10 pounds
- Men: Pink band (10 pounds) and/or red band (30 pounds)
- Women: Teal band (5 pounds) and/or pink band (10 pounds)

These are suggested weights, you may require more, or less, resistance.

It will also be helpful to have a yoga mat and a Beachbody Core Comfort Mat for several of the workouts. Don’t forget to always have a towel and water nearby.

You’ll need B-LINES Resistance Bands and the Beachbody Core Comfort Mat at TeamBeachbody.com and Beachbody.com.

**ONLINE TOOLS FOR SUCCESS**

**ON DEMAND.** Learn more at BeachbodyOnDemand.com.

- Step 1: Get Fit
- Step 2: Get Strong
- Step 3: Get Lean


You will find B-LINES Resistance Bands and the Beachbody Core Comfort Mat and many other Beachbody products online.

Consult your physician and follow all safety instructions before beginning any exercise program and nutrition plan.

*Flat Abs Fix and Barre Legs are part of the 21 Day Fix Ultimate Package. To purchase, contact your Coach or visit TeamBeachbody.com or 21DayFixUltimate.com.

Looking for more dramatic results? Double it up! Follow the calendar below for Days 15–21. Do the second workout later in the day to give your metabolism an afternoon kick start.

THE 21 DAY FIX® CALENDAR

**WORKOUT CALENDAR**

**Step 1:** Get Fit

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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<td>Total Body</td>
<td>Cardio Fix</td>
<td>Total Body</td>
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<tr>
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<td>Cardio Fix</td>
<td>Total Body</td>
<td>Cardio Fix</td>
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<td>Lower Fix</td>
<td>Upper Fix</td>
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**Step 2:** Get Strong

<table>
<thead>
<tr>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
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</thead>
<tbody>
<tr>
<td>Total Body Fix</td>
<td>Upper Fix</td>
<td>Total Body Fix</td>
<td>Upper Fix</td>
<td>Total Body Fix</td>
<td>Upper Fix</td>
<td>Total Body Fix</td>
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<tr>
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<td>Lower Fix</td>
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**Step 3:** Get Lean

<table>
<thead>
<tr>
<th>Day 15</th>
<th>Day 16</th>
<th>Day 17</th>
<th>Day 18</th>
<th>Day 19</th>
<th>Day 20</th>
<th>Day 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Fix</td>
<td>Lower Fix</td>
<td>Total Body Fix</td>
<td>Upper Fix</td>
<td>Total Body Fix</td>
<td>Upper Fix</td>
<td>Lower Fix</td>
</tr>
</tbody>
</table>

**DOUBLES OPTION**

For even more dramatic results! Double it up! Follow the calendar below for Days 15–21. Do the second workout later in the day to give your metabolism an afternoon kick start.

<table>
<thead>
<tr>
<th>Day 15</th>
<th>Day 16</th>
<th>Day 17</th>
<th>Day 18</th>
<th>Day 19</th>
<th>Day 20</th>
<th>Day 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Fix</td>
<td>Lower Fix</td>
<td>Total Body Fix</td>
<td>Upper Fix</td>
<td>Total Body Fix</td>
<td>Upper Fix</td>
<td>Lower Fix</td>
</tr>
</tbody>
</table>

21 DAY FIX® CALENDAR

The Fix has a different 30-minute workout for each day of the week. Autumn has designed all of the Fix workouts to challenge you and every level to maximize your calorie burn and get results! Two additional workouts from the Ultimate Package are also added for bonus results.
What Do I Need For The Workouts?

**IF YOU ARE USING B-LINES® RESISTANCE BANDS:**

- **Men:**
  - Light set of 8–10 pounds and heavier set of 15–20 pounds
  - Light set of 3–5 pounds and heavier set of 8–10 pounds
- **Women:**
  - ONE SET OF LIGHT AND HEAVY DUMBBELLS

You’ll find B-LINES Resistance Bands and the Beachbody Core Comfort Mat for several of the workouts. Don’t forget to always have a towel and water nearby. These are suggested weights, you may require more, or less, resistance.

- **Men:** Pink band (10 pounds) and/or a red band (30 pounds)
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**Follow Your Workouts**

Get unlimited access to stream the entire 21 Day Fix program, plus new exclusive workouts from Autumn Calabrese, along with hundreds of additional workouts Beachbody programs valued at over $4,000 with BEACHBODY ON DEMAND. Learn more at BeachbodyOnDemand.com.

**21 DAY FIX® CALENDAR**

Follow Your Workouts

Follow Your Workouts

**WHEN TO WORKOUT**

- **Days 1–4:** Cardio Fix
- **Days 5–7:** Total Body
- **Days 8–14:** Pilates Fix
- **Days 15–21:** 10-Minute Flat Abs Fix

**DOUBLES OPTION**

Looking for more dramatic results? Double it up! Follow the calendar below for Days 15–21. Do the second workout later in the day to give your metabolism an afternoon kick start.
STEP 2: LOSE WEIGHT

Find Your 21 Day Fix Container Plan

First you’ll need to calculate your calorie target for weight loss, then use that number to find the right plan for you:

- **1,200 – 1,499 calories**
- **1,500 – 1,799 calories**
- **1,800 – 2,099 calories**
- **2,100 – 2,300 calories**

Once you have your calorie target, you can use Plan A. If you’re on a plan that will allow you to lose weight and your daily calorie target is below 1,300, you can lose weight for a 21 Day Fix container plan. You can find your “before” and “after” measurements.

Use the Containers

**How Do the Containers Work?**

1. **Review your 21 Day Fix Container Plan.** Your specific Container Plan will tell you how many of each container you can have a day. For example, if you’re on 3 containers a day, you will fill the green container with veggies 3 times a day.

2. **Look at the Container Food Groups.** Fill your containers with your favorite healthy foods from the Food Group lists in the Eating Plan guidebook (pg. 16).

3. **Use the Tally Sheets.** Then, track your daily container portions on the Tally Sheets provided in the Eating Plan guidebook (pg. 4).

You can also find answers to your questions in the FAQ section and delicious easy-to-make recipes on these pages in the Eating Plan: 21 Day Fix Vegan Meal Plan is also available with vegan-specific calorie plans and container charts online at 21DayFixVegan.com.

Plan Your Meals

**A Day On The 21 Day Fix Container Plan**

21 Day Fix is all about giving you the freedom to create a meal plan that is truly simple, delicious, and customized to what you want to eat every day. Below is an example of a typical day on Plan A:

- **Breakfast** (7:00 AM)
  - Greek Yogurt
  - Hard-Boiled Egg
  - Ground Oatmeal

- **Lunch** (12:30 PM)
  - Grilled Chicken Breast
  - Mixed Veggies

- **Snack 1** (3:30 PM)
  - Hard-Boiled Egg

- **Dinner** (6:00 PM)
  - Grilled Salmon
  - Quinoa
  - Simple Side Salad

If you want to jump right into your first 3 days with a menu plan that you can follow until you get the hang of it, take a look at the Beachbody® 21 Day Fix Eating Plan guidebook.

**Transformation Tracker**

Take your “before” pictures and use the tracker to record your “before” and “after” measurements.
STEP 2: LOSE WEIGHT

Find Your 21 Day Fix Container Plan

First you'll need to calculate your calorie target for weight loss, then use that number to find the right plan for you:

- If your calorie target is 1,200 – 1,499 calories
- Use Plan C
- If your calorie target is 1,500 – 1,799 calories
- Use Plan D
- If your calorie target is 1,800 – 2,099 calories
- Use Plan E
- If your calorie target is 2,100 – 2,300 calories
- Use Plan F

To find your calorie target:

1. Calculate your basal metabolic rate (BMR) using the Harris-Benedict equation.
2. Add an activity factor to your BMR based on your level of physical activity.
3. Multiply your activity factor by a weight loss factor to determine your target calorie intake.

For a detailed explanation of how to calculate your calorie target, refer to the section on How to Find Your 21 Day Fix Container Plan Transformation Tracker.

Use The Containers

How Do The Containers Work?

1. Review your 21 Day Fix Container Plan.
2. Look at the Container Food Groups. Fill your containers with your favorite healthy foods from the food groups listed in the Eating Plan guidebook (pg. 16).
3. Use the Tally Sheets. Then track your daily container portions on the Tally Sheets provided in the Eating Plan guidebook (pg. 46).

You can also find answers to your questions in the FAQ section and delicious easy-to-make recipes on these pages in the Eating Plan guidebook (pg. 43).

Transformation Tracker

Take your "before" pictures and use this tracker to record your "before" and "after" measurements.

<table>
<thead>
<tr>
<th>Containe r Plan</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
</tr>
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<tbody>
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<td>Range</td>
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<td>Calories</td>
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YOUR NUMBER OF CONTAINERS PER DAY

<table>
<thead>
<tr>
<th>Containers</th>
<th>Healthy Fats</th>
<th>Carbs</th>
<th>Fruits</th>
<th>Seeds &amp; Dressings</th>
<th>Oils &amp; Nut Butters</th>
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<tbody>
<tr>
<td>Containers A</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Containers B</td>
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<tr>
<td>Containers C</td>
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<td>6</td>
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<td>7</td>
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<td>Containers F</td>
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<td>9</td>
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</table>

A Day On The 21 Day Fix Container Plan

Plan Your Meals

A Day On The 21 Day Fix Container Plan

21 Day Fix is all about giving you the freedom to create a meal plan that is truly simple, delicious, and customized to what you want to eat every day. Below is an example of a typical day on Plan A:

**Breakfast**
- Hard-Boiled Eggs
- Whole Wheat Oatmeal
- Mixed Berries

**Lunch**
- Grilled Chicken Salad
- Mixed Veggies
- Apple Slices

**Dinner**
- Stir-Fried Mixed Vegetables
- Grilled Fish Tails
- Sushi Rice

**Snack 1**
- Almond Butter with a Mixed Nut

**Snack 2**
- Fresh Sliced Celery
- Hummus

**Directions:**
- Fill your containers with the food groups listed in the Eating Plan guidebook.
- Track your daily container portions on the Tally Sheets provided in the Eating Plan guidebook.

If you want to jump right into your first 3 days with a meal plan that you can follow until you get the hang of it, take a look at the Beachbody’s 21 Day Fix Easy Recipes on pg. 46 of the Eating Plan guidebook.

**Plan Your Meals**

<table>
<thead>
<tr>
<th>Containers</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
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<tbody>
<tr>
<td>Range</td>
<td>1,200–1,499</td>
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<tr>
<td>Calories</td>
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<td>2,400–2,700</td>
<td></td>
</tr>
</tbody>
</table>

**Breakfast**
- Oatmeal
- Poached Eggs
- Sliced Apples

**Lunch**
- Grilled Chicken Salad
- Whole Wheat Pasta
- Grilled Zucchini

**Dinner**
- Grilled Fish Tails
- Mixed Vegetables
- Brown Rice

**Snack 1**
- Almond Butter with a Mixed Nut

**Snack 2**
- Fresh Sliced Celery
- Hummus

**Directions:**
- Fill your containers with the food groups listed in the Eating Plan guidebook.
- Track your daily container portions on the Tally Sheets provided in the Eating Plan guidebook.

If you want to jump right into your first 3 days with a meal plan that you can follow until you get the hang of it, take a look at the Beachbody’s 21 Day Fix Easy Recipes on pg. 46 of the Eating Plan guidebook.

**Plan Your Meals**

<table>
<thead>
<tr>
<th>Containers</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
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<td>Range</td>
<td>1,200–1,499</td>
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<td>2,400–2,700</td>
<td></td>
</tr>
</tbody>
</table>

**Breakfast**
- Oatmeal
- Poached Eggs
- Sliced Apples

**Lunch**
- Grilled Chicken Salad
- Whole Wheat Pasta
- Grilled Zucchini

**Dinner**
- Grilled Fish Tails
- Mixed Vegetables
- Brown Rice

**Snack 1**
- Almond Butter with a Mixed Nut

**Snack 2**
- Fresh Sliced Celery
- Hummus

**Directions:**
- Fill your containers with the food groups listed in the Eating Plan guidebook.
- Track your daily container portions on the Tally Sheets provided in the Eating Plan guidebook.

If you want to jump right into your first 3 days with a meal plan that you can follow until you get the hang of it, take a look at the Beachbody’s 21 Day Fix Easy Recipes on pg. 46 of the Eating Plan guidebook.
STEP 2: LOSE WEIGHT

Find Your 21 Day Fix Container Plan

First, you’ll need to calculate your calorie target for weight loss, then use that number to find the right plan for you:

1. Weight (lbs.) x 11 = Calorie Baseline
2. Calorie Baseline - 400 = Maintenance Calories
3. Calorie Baseline - 750 = Calorie Target

Then find the Fix Container Plan that corresponds with your calorie target. If your calorie target is 1,300, you’ll use Plan A.

Use the Containers

How Do the Containers Work?

1. Review your 21 Day Fix Container Plan. Your specific Container Plan will tell you how many of each container you can have a day. For example, if you’re on Plan B, you’ll fill the green container with veggies three times a day.

2. Look at the Container Food Groups. Fill your containers with your favorite healthy foods from the Food Group lists in the Fix Food List on the Eating Plan guidebook (pg. 16).

3. Use the Tally Sheets. Then, track your daily container portions on the Tally Sheets provided in the Eating Plan guidebook (pg. 8).

You can also find answers to your questions in the FAQ section and delicious easy-to-make recipes on these pages in the Eating Plan.

Plan Your Meals

A Day On The 21 Day Fix Container Plan

A Day Fix Veggie Meal Plan is also available with vegan-specific containers and container charts online at 21DayFixVegan.com.

Transformation Tracker

Take your “before” pictures and use this tracker to record your “before” and “after” measurements.
**STEP 2: LOSE WEIGHT**

Find Your 21 Day Fix Container Plan

First you’ll need to calculate your calorie target for weight loss, then use that number to find the right plan for you.

   - To find out how many containers you can have a day, you’ll need to calculate your calorie target for weight loss. Then use that number to find the right plan for you:
     - If your calorie target is 1,300, you’ll use Plan A.
     - Then find the Fix Container Plan that corresponds with your calorie target.

How Do The Containers Work?

1. **Review your 21 Day Fix Container Plan.**
   - Your specific Container Plan will tell you exactly how many containers you can have a day. For example, if you’re on Plan A, you’ll have 3 containers.

2. **Look at the Container Food Groups.**
   - Fill your containers with your favorite healthy foods from the Food Group lists in the Eating Plan guidebook (pg. 16).

3. **Use the Tally Sheets.**
   - Then track your daily container portions on the Tally Sheets provided in the Eating Plan guidebook (pg. 43).

You can also find answers to your questions in the FAQ section and delicious easy-to-make recipes on these pages in the Eating Plan guidebook.

**21 Day Fix Meal Plan**

A Day On The 21 Day Fix Container Plan

21 Day Fix is all about giving you the freedom to create a meal plan that is truly simple, stress-free, and customized to what you want to eat every day. Below is an example of a typical day on Plan A:

### Example of a Typical Day on Plan A:

**Breakfast**
- Oatmeal (1 container)
- Egg (1 container)
- Fruits (1 container)

**Lunch**
- Grilled Chicken (1 container)
- Mixed Salad (1 container)
- Healthy Fats (4 containers)

**Snack 1**
- Celery (2 containers)
- Sliced Apples (2 containers)

**Snack 2**
- Carrots (3 containers)
- Cooked Oatmeal (1 container)

**Dinner**
- Grilled Steak (1 container)
- Quinoa (1 container)
- Cooked Carrots (1 container)

**Total Calories**
- 1,300 calories

If you want to jump right into your first 3 days with a menu plan that you can follow until you get the hang of it, take a look at the Beachbody® HQ Eating Plan guidebook.

**Transformation Tracker**

Take your “before” pictures and use the tracker to record your “before” and “after” measurements.

<table>
<thead>
<tr>
<th>Measure</th>
<th>Before</th>
<th>After</th>
</tr>
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<tr>
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<tr>
<td>Total Inches</td>
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<td>R. Thigh</td>
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<tr>
<td>L. Thigh</td>
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<td>R. Arm</td>
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<td>Hips</td>
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<td>Chest</td>
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</tbody>
</table>

**MECHANICAL**

100% Dirty.

B21F_Start Here Guide_Updates.

**Brand Team: 21 Day Fix**

**Rules:**
- 21 Day Fix
- No Diet
- No Exercise
- No Counting

**Build:**
- RV1

**Build Order:**
- Dates: 8-9-2016 to 10-6-2016
- Round #: RV1

**General Information:**
- Director: Gary A
- Creative Director: Shirly C
- Senior Creative Director: Erica S
- Producer: Dan M
- Designer: Antonio C
- Assistant Producer: Ryan P
- Assistant Editor: Alina H
- Editor: John S
- Writer: Chris F
- Editor: Sam W
- Illustrator:战场上 G
- Graphic Designer: Becca W
- Production Coordinator: Lynne F
- Production Manager: Lynne F
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**WHAT DO I NEED FOR THE WORKOUTS?**

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- Men: Light set of 8–10 pounds and heavier set of 15–20 pounds
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Get unlimited access to stream the entire 21 Day Fix program, plus new exclusive workouts from Autumn Calabrese, along with hundreds of additional world-class Beachbody programs valued at over $4,000 with BEACHBODY® ON DEMAND. Learn more at BeachbodyOnDemand.com.

**THE 21 DAY FIX® CALENDAR**

The Fix has a different 30-minute workout for each day of the week. Autumn designed all of the Fix workouts to challenge you and make every level feel the burn. Use the calendar to make your workouts even more effective.