



*21 day*  
**FIX**®

**START  
HERE**

# STEP 1: GET FIT

## Follow Your Workouts

### 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 at any and every level to maximize your calorie burn and get results! Two additional workouts from the **Ultimate Package** can be added to your workouts for faster results:

WORKOUT CALENDAR						
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Total Body Cardio Fix	Upper Fix	Lower Fix or Barre Legs*	Pilates Fix or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga Fix
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Total Body Cardio Fix	Upper Fix	Lower Fix or Barre Legs*	Pilates Fix or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga Fix
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Total Body Cardio Fix	Upper Fix	Lower Fix or Barre Legs*	Pilates Fix or Flat Abs Fix*	Cardio Fix	Dirty 30	Yoga 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.

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Total Body Cardio Fix and Pilates Fix	Upper Fix and Cardio Fix	Lower Fix and 10-Minute Fix for Abs	Pilates Fix and Total Body Cardio Fix	Cardio Fix and Upper Fix	Dirty 30 and Pilates Fix	Yoga Fix

\*Flat Abs Fix and Barre Legs are part of the 21 Day Fix Ultimate Package. To purchase, contact your Coach or visit [TeamBeachbody.com](http://TeamBeachbody.com) or [21DayFixUltimate.com](http://21DayFixUltimate.com).








# 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:

$$\begin{array}{r} \text{_____} \times 11 = \text{_____} \\ \text{WEIGHT (LBS.)} \qquad \qquad \qquad \text{CALORIC BASELINE} \\ \\ \text{_____} + 400 = \text{_____} \\ \text{CALORIC BASELINE} \qquad \qquad \qquad \text{MAINTENANCE CALORIES} \\ \\ \text{_____} - 750 = \text{_____} \\ \text{MAINTENANCE CALORIES} \qquad \qquad \qquad \text{CALORIE TARGET} \end{array}$$

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

Calorie Target Range	1,200–1,499 calories	1,500–1,799 calories	1,800–2,099 calories	2,100–2,300 calories
Container Plan	<b>PLAN A</b>	<b>PLAN B</b>	<b>PLAN C</b>	<b>PLAN D</b>
YOUR NUMBER OF CONTAINERS PER DAY				
 Veggies	3	4	5	6
 Fruits	2	3	3	4
 Proteins	4	4	5	6
 Carbs	2	3	4	4
 Healthy Fats	1	1	1	1
 Seeds & Dressings	1	1	1	1
 Oils & Nut Butters	2	4	5	6

# 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 there's a "3" by the green container (Veggies) then 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 just 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:

- **Easy Recipes** on **pg. 43**
- **FAQ** on **pg. 40**








A 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, stress-free, and customized to what you want to eat every day. Below is an example of a typical day on Plan A:

							
	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS	OILS & NUT BUTTERS
<b>BREAKFAST</b> 7:00 AM		Sliced Apples	Hard-Boiled Eggs	Cooked Oatmeal			
<b>SNACK 1</b> 10:00 AM		Grapes	Shakeology				Almond Butter
<b>LUNCH</b> 12:30 PM	Mixed Salad		Grilled Chicken	Cooked Quinoa		21 Day Fix Dressing	
<b>SNACK 2</b> 3:30 PM	Celery				Raw Almonds		Peanut Butter
<b>DINNER</b> 6:00 PM	Cooked Carrots		Grilled Flank Steak				
<b>TOTAL CONTAINERS</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>2</b>

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** on **pg. 12** of the Eating Plan guidebook.

# Transformation Tracker

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

## RECORD "BEFORE" STATS

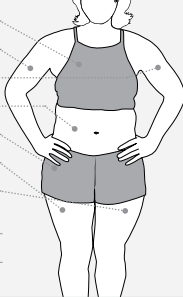


Diagram of a female figure with measurement points. The figure is wearing a dark tank top and shorts. Dotted lines connect the following labels to specific points on the body:

- CHEST
- R. ARM
- L. ARM
- WAIST
- HIPS
- R. THIGH
- L. THIGH

TOTAL INCHES \_\_\_\_\_  
WEIGHT \_\_\_\_\_

## RECORD "AFTER" STATS

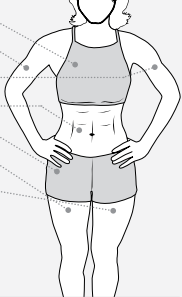


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TOTAL INCHES \_\_\_\_\_  
WEIGHT \_\_\_\_\_

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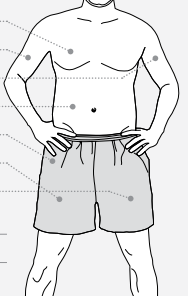


Diagram of a male figure with measurement points. The figure is wearing shorts. Dotted lines connect the following labels to specific points on the body:

- CHEST
- R. ARM
- L. ARM
- WAIST
- HIPS
- R. THIGH
- L. THIGH

TOTAL INCHES \_\_\_\_\_  
WEIGHT \_\_\_\_\_

## RECORD "AFTER" STATS

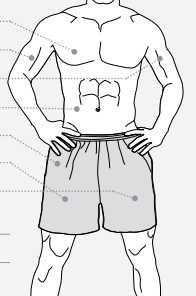


Diagram of a male figure with measurement points. The figure is wearing shorts. Dotted lines connect the following labels to specific points on the body:

- CHEST
- R. ARM
- L. ARM
- WAIST
- HIPS
- R. THIGH
- L. THIGH

TOTAL INCHES \_\_\_\_\_  
WEIGHT \_\_\_\_\_

# What Do I Need For The Workouts?

## ONE SET OF LIGHT AND HEAVY DUMBBELLS

- **Women:** Light set of 3–5 pounds and heavier set of 8–10 pounds
- **Men:** Light set of 8–10 pounds and heavier set of 15–20 pounds

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

- **Women:** Teal band (5 pounds) and/or a pink band (10 pounds)
- **Men:** Pink band (10 pounds) and/or a red band (30 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 find B-LINES Resistance Bands and the Beachbody Core Comfort Mat at [TeamBeachbody.com](https://www.TeamBeachbody.com) and [Beachbody.com](https://www.Beachbody.com).

