



Fitness & Health Assessment

Name: _____

How long have you been exercising regularly? _____

What type of training have you focused on most recently? (circle)

Olympic Training Strength Training Body Pump Cardio Training HIIT

What type exercise do you struggle with most? _____

What type exercise do you want to most improve? _____

Which body type are you?

Ectomorph Endomorph Mesomorph

Which body part are you most happy with the way it looks? _____

Which body part would you call your "problem area?" _____

List 2 fitness or physical goals you have for the next 60 days:

1. _____
2. _____

Medical Stuff

Do you have any current injuries that prevent you from doing certain exercises? (list exercises)

Do you have diabetes or pre-diabetes? _____

Do you have high blood pressure? _____

Do you have any other ailments that needs to be corrected? _____

Nutrition Stuff

How many meals do you eat daily? (include snacks) 1 2 3 4 5 6

What's your biggest meal of the day? _____

Do you cook/prepare your meals ahead of time? Yes No Sometimes

How many times each week do you eat fast food? 1 2 3 4 5 6+

How many times each week do you eat at a restaurant? 1 2 3 4+

How many servings of vegetables do you eat daily? 1 2 3 4 5+

What type foods do you love most? _____

What foods do you struggle with limiting most? _____

Do you want help with Nutrition or Recipes? Yes No

You're about to take on a difficult challenge, so I'll keep this explanation simple: This is a limited diet that gets even more limited as you progress. But as you overcome each obstacle, your mindset will start to shift. You'll develop amazing confidence. Each small victory will be one more step in your progress. Until finally, you'll be ready to take on any challenge that's thrown your way. That's why the results you achieve in the Shop will not only be powerful, they'll be something you can build upon throughout your lifetime.


HERE'S THE BREAKDOWN:

WEEK 1 Get rid of the foods that are holding you back and start with a better balance of carbohydrates, protein, and healthy fats with carbs being at the forefront, mostly from fruits and veggies with a few starches (yams and potatoes) and legumes (beans and peas) thrown in.

WEEK 2 As your body adapts and the workouts increase in length, it's time to accelerate your results and cut back on the starchy carbs while increasing proteins, veggies, and healthy fats.

WEEK 3 Here is where everything comes together. You are working out at your peak while eating your cleanest. Starchy carbs are eliminated to make way for your best results—and although it's a challenging week—you can help ward off your cravings with **Shakeology**®, the superfood supplement shake designed to support your nutrition goals without sacrificing results.* To learn more about the benefits of Shakeology, see page 48.

NOW LET'S GET STARTED



**FUEL
ANALYZER**

THE ONE SIMPLE TRICK FOR GETTING BETTER RESULTS

Losing weight and getting in shape isn't easy. So right out of the gate, I'm going to let you in on my biggest secret.

This is what helps me achieve my best results—my fastest results—when I'm training. And it's made all the difference in the world for my clients.

In just 3 weeks, getting the body you want will be the result of making one small change:

THINK OF FOOD AS FUEL.

For many people, food is entertainment. Or just something to pass the time. But not in the Shop.

For the next 3 weeks, the food you buy, prepare, and eat will be exactly what your body needs to perform and look its best.

Thinking of FOOD AS FUEL is your first shift.

Now I'm going to show you exactly how to do it.

Remember, everybody is different, so if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions, or if you are pregnant or breastfeeding, please consult your physician before starting this nutrition plan.

FUEL ANALYZER

Knowing how much to eat should be simple. That's why I've boiled this down to its simplest form. Fill in just a few numbers, and you'll know exactly what your Calorie Target is.


1. GENDER		SCORE
Female	0	
Male	+1	
2. WEIGHT		SCORE
130 lbs. or less	-1	
131–160 lbs.	0	
161–180 lbs.	+1	
181–220 lbs.	+2	
221 lbs. and up	+3	
3. HEIGHT		SCORE
5'2" or less	-1	
5'3" to 5'8"	0	
5'9" to 6'2"	+1	
6'3" and up	+2	








4. Use your final number to find the corresponding Calorie Target.








YOUR SCORE	YOUR PLAN	YOUR CALORIES
1 or less	PLAN A	1,200–1,499 calories
2	PLAN B	1,500–1,799 calories
3	PLAN C	1,800–2,099 calories
4 or more	PLAN D	2,100–2,400 calories

THE SHIFT SHOP FUEL PLANS

Now that you have your Calorie Target, you can see which 3-Week Fuel Plan is right for you.

Each  square symbol represents a daily serving.








PLAN A: 1,200–1,499 calories	Week 1	Week 2	Week 3
 Veggies†	3	4	5
 Fruits	2	2	2
 Proteins	4	4	5
 Carbs‡	2	1	0
 Healthy Fats	1	1	1
 Seeds & Dressings	1	1	1
 Teaspoons	2	2	3
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1








PLAN B: 1,500–1,799 calories	Week 1	Week 2	Week 3
 Veggies†	4	5	6
 Fruits	3	2	2
 Proteins	4	5	6
 Carbs‡	3	2	0
 Healthy Fats	1	1	1
 Seeds & Dressings	1	1	1
 Teaspoons	4	4	5
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

†These are minimum recommended amounts because SHIFT SHOP allows for all-you-can-eat veggies.

‡See SHIFT SHOP-specific food list.

THE SHIFT SHOP FUEL PLANS

PLAN C: 1,800–2,099 calories	Week 1	Week 2	Week 3
 Veggies [†]	6	7	8
 Fruits	4	3	2
 Proteins	5	6	7
 Carbs [‡]	4	2	0
 Healthy Fats	1	2	2
 Seeds & Dressings	1	1	1
 Teaspoons	5	5	6
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

PLAN D: 2,100–2,400 calories	Week 1	Week 2	Week 3
 Veggies [†]	7	8	9
 Fruits	5	4	3
 Proteins	6	7	8
 Carbs [‡]	4	2	0
 Healthy Fats	1	2	2
 Seeds & Dressings	1	1	1
 Teaspoons	6	6	7
Beachbody Performance Energize	1	1	1
Beachbody Performance Hydrate	0	1	1
Beachbody Performance Recover	1	1	1

[†]These are minimum recommended amounts because SHIFT SHOP allows for all-you-can-eat veggies.

[‡]See SHIFT SHOP-specific food list.

If you're doing another round, drop back to Week 2 eating for two weeks, then back to Week 3, so 2, 2, 3. You can do this for as many rounds as you want!

WHAT IF YOU HAVE A HARD TIME STICKING TO YOUR FUEL PLAN?

We have a Shop rule: TRY BEFORE YOU MODIFY. In other words, do your best to follow the eating plan, because I'm here to help you overcome your obstacles, and at the same time test your will. This builds your confidence. This is how you develop a winning mindset. This is how you get your best results.

However, if you're new to healthy eating, or find that moving past your Week 1 plan is too challenging, then simply stick with Week 1 for the entire program.

WHAT IF YOU'RE VEGAN OR VEGETARIAN?

By the end of your shift, you'll find that your diet is relatively high in protein and low in carbohydrates, making it challenging as a vegan program.

Vegetarians have it easier, because they can eat plenty of eggs and dairy. (Going the pescatarian route, by including seafood, is an even easier option.)

Either way, there are a couple things you can do to make life simpler while making the shift. First, if it's all too much, just stick with the Week 1 eating plan throughout the program. Second, drink Shakeology (vegan or whey) to add an additional, delicious source of protein and other nutrients that help you maximize your results in the Shop.*

And if you're looking for help with these modifications or you have any other questions about the SHIFT SHOP, our staff of registered dietitians, certified fitness trainers, and other experts are here for you at [BeachbodyExpertAdvice.com](https://www.beachbodyexpertadvice.com).

SHIFT SHOP FOOD LISTS


On the next few pages you'll see what to eat. The healthiest foods are at the top of each list—but everything is good for you, so no need to sacrifice variety. Ultimately, you'll do best by picking the foods you enjoy the most.

VEGGIES FOOD LIST

Each item equals  1 Green Serving

- Kale, **1 cup cooked or raw**
- Watercress, **1 cup cooked or raw**
- Collard greens, **1 cup cooked or raw**
- Spinach, **1 cup cooked or raw**
- Brussels sprouts, **1 cup chopped or 5 medium**
- Broccoli, **1 cup chopped**
- Asparagus, **10 large spears**
- Beets, **2 medium**
- Shakeology Power Greens Boost, **2 scoops** (limit 2 scoops daily)
- Tomatoes, **1 cup chopped, 1 cup cherry, or 2 medium**
- Tomatillos, **1 cup chopped or 3 medium**
- Pumpkin (regular or West Indian), **1 cup chopped**
- Squash (summer), **1 cup sliced**
- Chayote squash, **1 cup chopped**
- Winter squash (all varieties), **1 cup cubed**
- String beans, **1 cup**
- Peppers (sweet), **1 cup sliced**
- Poblano chilies, **1 cup chopped**
- Banana peppers, **3 medium**
- Carrots, **1 cup sliced or 10 medium baby**
- Cauliflower, **1 cup chopped**
- Artichokes, **½ large**
- Eggplant, **½ medium**
- Okra, **1 cup**
- Jicama, **1 cup sliced**
- Snow peas, **1 cup**
- Cabbage, **1 cup chopped**
- Cucumbers, **1 cup sliced**
- Celery, **1 cup sliced**
- Lettuce, **1 cup**
- Mushrooms, **1 cup**
- Radishes, **1 cup**
- Onions, **1 cup chopped**
- Sprouts, **1 cup**
- Bamboo shoots, **1 cup**
- Salsa (freshly made or pico de gallo), **½ cup**
- Vegetable broth, **2 cups**

FRUITS FOOD LIST

Each item equals  1 Purple Serving

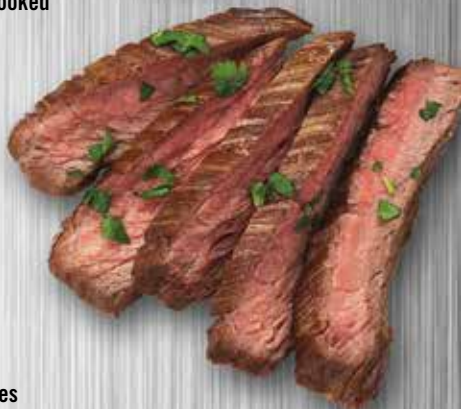
- Raspberries, 1 cup
- Blueberries, 1 cup
- Blackberries, 1 cup
- Strawberries, 1 cup
- Pomegranate, 1 small
- Guava, 2 medium
- Starfruit, 2 medium
- Passion fruit, 3 fruits
- Watermelon, 1 cup chopped
- Cantaloupe, 1 cup chopped
- Orange, 1 cup divided into sections or 1 medium
- Bitter orange, 1 medium
- Tangerine, 2 small
- Apple, 1 cup sliced or 1 small
- Apricots, 4 small
- Grapefruit, 1 cup divided into sections or ½ large
- Cherries, 1 cup
- Grapes, 1 cup
- Kiwifruit, 2 medium
- Mango, 1 cup sliced
- Peach, 1 cup sliced or 1 large
- Plum, 2 small
- Pluot, 2 small
- Nectarine, 1 cup sliced or 1 large
- Pear, 1 cup sliced or 1 large
- Pineapple, 1 cup diced
- Banana, ½ large
- Green banana, ½ large
- Dwarf red banana, 1½ small
- Breadfruit, ⅓ small
- Papaya, 1 cup chopped
- Figs, 2 small
- Honeydew melon, 1 cup chopped
- Pumpkin puree, ⅓ cup
- Salsa (store-bought), 1 cup
- Tomato sauce (plain or marinara), 1 cup
- Applesauce (unsweetened), ¾ cup



PROTEINS FOOD LIST

Each item equals ■ 1 Red Serving

- Sardines (fresh or canned in water), **7 medium**
- Boneless, skinless chicken or turkey breast, **¾ cup cooked, chopped**
- Duck breast, **¾ cup cooked, chopped**
- Squab, **¾ cup cooked, chopped**
- Goat, **¾ cup cooked, chopped**
- Lean ground chicken or turkey (≥ 93% lean), **¾ cup cooked**
- Fish, fresh water (catfish, tilapia, trout), **¾ cup cooked, flaked**
- Fish, cold water, wild-caught (cod, salmon, halibut, tuna, mahi-mahi), **¾ cup cooked, flaked**
- Game (buffalo, bison, ostrich, venison, rabbit), **¾ cup cooked, chopped**
- Game: lean ground (≥ 95% lean), **¾ cup cooked**
- Eggs, **2 large**
- Egg whites, **8 large**
- Shakeology, † **1 scoop**
- Greek yogurt (plain, 2%), **¾ cup**
- Kefir (plain, 2%), **1 cup**
- Yogurt (plain, 2%), **¾ cup**
- Shellfish (shrimp, crab, lobster), **¾ cup cooked**
- Clams (canned, drained), **¾ cup**
- Octopus, **¾ cup cooked, chopped**
- Squid, **¾ cup cooked, chopped**
- Red meat (extra-lean), **¾ cup cooked, chopped**
- Lean ground red meat (≥ 95% lean), **¾ cup cooked**
- Tempeh, **¾ cup diced**
- Tofu (firm), **¾ cup diced**
- Pork tenderloin, **¾ cup chopped, cooked**
- Tuna (canned light in water, drained), **¾ cup**
- Turkey slices (low-sodium, nitrite-free, minimally processed, fat-free), **6 slices**
- Ham slices (low-sodium, nitrite-free, minimally processed, fat-free), **6 slices**
- Ricotta cheese (light), **¾ cup**
- Cottage cheese (2%), **¾ cup**
- Protein powder (whey, hemp, rice, pea), **1½ scoops** (approx. 42 g depending on variety)
- Veggie burger, **1 medium patty**
- Turkey bacon (low-sodium, nitrite-free), **4 slices**
- Beef-based broth, **8 cups**



CARBS FOOD LIST

Each item equals  1 Yellow Serving

WEEK 1

- Winter squash (acorn, butternut, delicata, kabocha, pumpkin, spaghetti),[†] **1 cup cubed**
- Sweet potato, **½ cup chopped or mashed, or ½ small**
- Yams (regular, white, tropical [batata]), **½ cup chopped or mashed, or ½ small**
- Parsnips, **½ cup sliced**
- White potato, **½ cup chopped or mashed, or ½ small**
- Peas, **½ cup**
- Beans (kidney, black, garbanzo, white, lima, fava, pink, pigeon, [gandules], etc.), **½ cup cooked, drained**
- Lentils, **½ cup cooked, drained**
- Edamame, **½ cup shelled**
- Refried beans (nonfat), **½ cup**

WEEK 2

- Winter squash (acorn, butternut, delicata, kabocha, pumpkin, spaghetti),[†] **1 cup cubed**
- Sweet potato, **½ cup chopped or mashed, or ½ small**
- Yams (regular, white, tropical [batata]), **½ cup chopped or mashed, or ½ small**
- Parsnips, **½ cup sliced**
- White potato, **½ cup chopped or mashed, or ½ small**

[†] Because Shakeology offers such a wide variety of healthy nutrients, it doesn't rank quite as high on this list, which focuses more intensely on protein.

[‡] Winter squash appears in both the Green and Yellow lists. We did this to give you more variety in the abbreviated SHIFT SHOP Yellow list.



HEALTHY FATS FOOD LIST

Each item equals  1 Blue Serving

- Avocado, **mashed** or $\frac{1}{4}$ **medium**
- 12 almonds (**whole, raw**)
- 8 cashews (**whole, raw**)
- 14 peanuts (**whole, dry roasted**)
- 20 pistachios (**whole, raw**)
- 10 pecan halves (**raw**)
- 8 walnut halves (**raw**)
- Hummus, $\frac{1}{4}$ **cup**
- Coconut milk (canned), $\frac{1}{4}$ **cup**
- Feta cheese, $\frac{1}{4}$ **cup crumbled**
- Goat cheese, $\frac{1}{4}$ **cup crumbled**
- Mozzarella (low-moisture), $\frac{1}{4}$ **cup shredded**
- Cheddar, $\frac{1}{4}$ **cup shredded**
- Provolone, $\frac{1}{4}$ **cup shredded**
- Monterey jack, $\frac{1}{4}$ **cup shredded**
- Parmesan, $\frac{1}{4}$ **cup shredded**
- Cotija cheese, $\frac{1}{4}$ **cup crumbled**
- Oaxaca cheese, $\frac{1}{4}$ **cup crumbled**
- Queso fresco, $\frac{1}{4}$ **cup crumbled**



SEEDS & DRESSINGS FOOD LIST

Each item equals 🍊 1 Orange Serving

- Pumpkin seeds (raw), **2 Tbsp.**
- Sunflower seeds (raw), **2 Tbsp.**
- Sesame seeds (raw), **2 Tbsp.**
- Flaxseed (ground), **2 Tbsp.**
- Chia seeds, **2 Tbsp.**
- Hemp seeds, **2 Tbsp.**
- Pine nuts, **2 Tbsp.**
- Olives, **10 medium**
- Coconut (unsweetened), **2 Tbsp. shredded**
- Oil-based salad dressing, **2 Tbsp.**



TEASPOONS FOOD LIST

Each item equals  1 Teaspoon Serving

- Extra-virgin olive oil, **1 tsp.**
- Extra-virgin coconut oil, **1 tsp.**
- Flaxseed oil, **1 tsp.**
- Walnut oil, **1 tsp.**
- Pumpkin seed oil, **1 tsp.**
- Cacao nibs, **1 tsp.**
- Nut butters
(peanut, almond, cashew, etc.), **1 tsp.**
- Seed butters (pumpkin, sunflower,
sesame [tahini]), **1 tsp.**
- Butter, **1 tsp.**
- Ghee, **1 tsp.**
- Mayonnaise, **1 tsp.**



FREE FOODS FOOD LIST

Use as much of these “Free Foods” as you’d like to enhance the flavors of the other foods you’ll be eating on this plan.

- THE WATER BAR
- Lemon and lime juice
- Vinegars
- Mustard
- Herbs, such as parsley, cilantro (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Green onion
- Chili varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Hot sauce (Tabasco or Mexican only)
- Flavor extracts (pure vanilla, peppermint, almond, etc.)
- Achiote paste

