



**WALK IT OUT
AMERICA**

HEALTH & WELLNESS MINISTRY



WE > ME

W O R K B O O K & J O U R N A L



**2025 ROAD TO THE BEST ME
90 DAY CHALLENGE**



The Walk It Out America WE>ME Workbook & Journal is a 'hands on' health and wellness guide created from the fundamental principles found in two illuminating books, "How to Eat to Live" Books 1 & 2 written by the Most Honorable Elijah Muhammad (whom we would have never known had it not been for the life of the Honorable Minister Louis Farrakhan). It is a guide for those who wish to live a peaceful, harmonic life evolving around the natural principles that bring the mind, body and spirit back into complete harmony.

These two books reveal deep insight and guidance relating to the best way to feed this phenomenal organism called – The Human Body. These books even offer guidance on ways the human body can function 100% Free from disease. This means that HOW you eat and WHAT you eat can actually heal your body by empowering it to heal itself.

The Walk It Out America WE>ME Workbook & Journal gives us all a chance to reset the systems within our bodies and bring back our natural beauty appearance. As you begin to apply its principles to your daily life, you will notice an increase in energy and an immediate loss of unwanted waste (or so-called fatty tissues).



Thank you, Thank you, Thank you...

Special Thanks to Almighty God (Allah), Who appeared to us in the Person of Master Fard Muhammad, the Most Honorable Elijah Muhammad (His exalted Christ) and the Honorable Minister Louis Farrakhan (Their Divine Warner and Mercy in our midst). Special Thanks to Jesus, Prophet Muhammad (Peace and Blessings be upon him) and all of the men and women of God who have given their entire existence on earth to awaken, warn and uplift fallen humanity in the name of the one God they all originated from. We hope to be an extension of their love and commitment to that one true and living God.

Also, a special thanks to Mrs. Janice Banks-Watson (Momma) who created an ever-constant environment of love that fostered the necessary germination process that eventually would give birth to this correspondence. If there is any love felt from Walk It Out America as an organization, or this specific Workbook & Journal, know that it could NOT have been possible were it not for the REAL Coach... Mrs. Janice Banks-Watson.



THE COACH

Michael X Banks, a health and wellness advocate whose journey began with his experiences as a multi-sport athlete, military combat medic, and fitness leader founded Walk It Out America in 2023. From leading top-performing fitness teams to managing a wellness retreat in Puerto Rico inspired by the principles of world-renowned healing expert Dr. Sebi, Michael's background has instilled a lifelong passion for health and holistic wellness. Recognizing that many Americans are often guided to treatments rather than healing, Michael created Walk It Out America to fill this void. The program primarily serves adults and seniors from underserved communities, focusing on nutritional empowerment, collective support, and educational initiatives to guide participants back to holistic wellness practices.





Welcome to **Walk It Out America**

I am Coach Michael X Banks, and I will be your tour guide on this **ROAD TO THE BEST YOU!**

Hundreds have changed their lives completely by implementing our core principles and participating in our systems of accountability AKA WE>ME!

If you have purchased this workbook through **AMAZON.COM** or one of our affiliate organizations, we encourage you to join us starting **TODAY!**

In just **90 Days**, you too can change your current reality and begin to enjoy **LIFE** and **LIFE MORE ABUNDANTLY!**

Steps to Participate:

1. Scan the QR Code to become a member (\$150 or \$50 per month for 3 months)
2. Complete Online Comprehensive Assessment
3. Book your One-on-One Assessment (via Zoom) with Coach Michael
4. Start Your Journey



2025 ROAD TO THE BEST ME

90 DAY CHALLENGE

What You Get:

1. Comprehensive One-on-One Assessment
2. Customized Nutritional Plan
3. Customized Walking Regimen
4. Customized Workout Routines
5. Daily Reporting System
6. 24/7 Customer Support
7. 90 Day Success Workbook/ Journal
8. Discounted Entry to Mini-Marathon – Indianapolis, IN – May 2025/2026



Scan QR Code to
JOIN
Walk It Out America



Dr. Faith McKinney



I was envious of people who could walk. My declining health and increasing weight had impacted my ability to do simple tasks like walking to my bathroom and washing dishes. More importantly, my poor health limited my ability to care for my daughter, Camille, who has profound special needs and confined to a wheelchair. I could not take care of her the way she deserved. This realization was the final straw. I needed to change. When I decided that I had to make a change to save my own life, help began to come into my life in the form of Walk It Out. I had tried everything and devoted my life to regaining my health but I didn't realize that there were missing pieces to the puzzle that kept me from health and fitness. Walk It Out America provided those missing pieces. My family members noticed the changes. My aunt Rebecca is almost 75 years old. She attended just a couple of Walk It Out meetings and applied what she learned to release nearly 40 pounds and regain her energy. My brother is witnessing my transformation and joins me on walks. My son and grandson get in on the fun too! Walk It Out America Is a blessing to me and my family.





Deidra Coleman



Mother of 4... Grandmother of 14... In 2023, I started my walk it out journey. I was a dumping in denial. I was the main caregiver for my Mom and Dad, extremely burn out, borderline diabetic, and heading for a major crash. I was weighing 183 lbs on a 5'2" frame. I wanted badly to be the best version of self possible, and Walk It Out gave me the tools. I learned nutritional guidance, the benefits of eating once a day, digestive health essentials (allowing our digestive system to rest), making self a priority and bringing synergy to my mental, physical, emotional and spiritual well being. I appreciate the support from our other team members (now, my new extended family). Walking incorporated into my lifestyle brings me comfort and helps me push myself beyond past limitations. I have lost inches and 20+ pounds *and* have maintained it for over a year now. Great blessing in my life. Thank you Coach and Walk It Out...all the best Deidra





Barb Stolz

I have been with WIOA community for over 90 days. I appreciate how easy it is to keep ourselves accountable. I released 10 pounds and will keep going. This summer I did 2, 5k walks and am looking forward to doing a mini marathon.

The friends that have been made are priceless! The training topics are very valuable. I highly recommend Walk It Out America!





Bertha Brown



My name is Bertha. I became involved with Walk it Out America in April 2024. I had several health issues. Diabetes, high blood pressure and difficulty walking. I have lost 27 lbs. I am no longer taking diabetic medicine. My blood pressure has improved and I no longer need a rollator for safe walking. I thank God that Coach Michael shares information on the healthy way to care of our bodies. The group support is also very helpful.





Larry & Barbara Loyd

We have been in the Walk It Out program for over a year. The program is very educational and inspirational. It teaches us how to heal our bodies naturally and lose weight. By eating once a day our digestive system has a chance to rest and use what it needs to heal our bodies and get rid of what it doesn't need. You have to put the right nutrients in your body for the body and nutrients to work together along with exercise. We have lost weight (15lbs+) and we have been able to keep it off. The program changes your thinking about what you put in your body. Mike is a great Coach and inspiration in our lives and we appreciate him so much.



Thanks Coach Michael





Mary Maxie

When I started this new journey with Walk It Out, I was 223 lbs and on 17 medicines. I would work and just sit or lay around. I had no entertainment, no joy, and I let everything upset me... ..my attitude was horrible.

Now, I've lost 78 pounds...

I'm off all my medications...

My Joy overrides my anger...

I am Very Energetic!

I am Full of Enthusiasm!

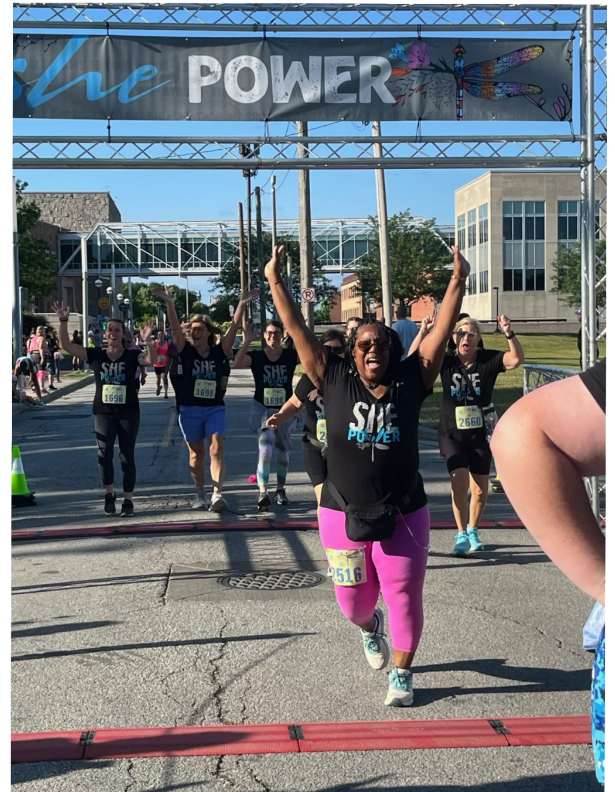
Now when the enemy comes or obstacles stand in my way. I just smile and say this to shall pass. I want to thank coach Mike and his sister Rhonda.





Martia Carter

My name is Martia Carter. I was introduced to the Walk It Out program by the way of Bertha Brown. I had a stroke three years ago before joining this nutrition program. After learning about my digestive system, it enabled me to understand why I could not lose weight previously. I had tried for years different weight loss programs. I've had multiple workout trainers. I would lose weight for a short period and gain it all back (normally the pounds that I lost with an additional 10 more pounds). The highest I've ever been was 280 pounds. Most of my weight gain was due to being unhealthy. Prior to joining Walk It Out America I was only successful in keeping off 20 pounds. Since I have been doing our once-a-day, regimen for healthy living, I have lost over 47lbs and I have two successful moments that I am very proud of. First; I grocery shop and cook for myself now. (understanding how important my fruits and vegetables and preparing my meals are for my health). Second, I have been able to stay on my eating regimen in spite of me being a minister who travels across the country and abroad. Eating Correctly can be a challenge. In fact, none of this has been easy, but I am surrounded by great people who encourage me and love me for just who I am." WE" are indeed greater than "ME".





Shelida Purnell



I became a member of Walk It Out in October 2023. Since I have joined, I have lost 13 pounds and I am now eating much healthier. This program has been nothing short of transformative for me. When I first joined, I was uncertain about my ability to make lasting changes. However, the structured approach and the support system I received from Coach Michael that was provided to me have made all the difference. The program gives me the tools and knowledge to understand my body better and encouraged me to adopt healthier habits, in a way that felt achievable. I've gained more energy, improved my fitness levels and developed a better relationship with food. It wasn't about drastic unrealistic changes, but about making consistent, manageable improvements every day. The emotional and mental clarity I've experienced has been just as powerful as the physical changes. Through the program, I've learned the importance of self-care and how to better manage stress. I had the opportunity to have some personal sessions with sister Serenity, and that has done nothing, but helped me. The sense of community within the group also plays a huge role in keeping me motivated, and the guidance from coach has made me feel supported every step of the way.



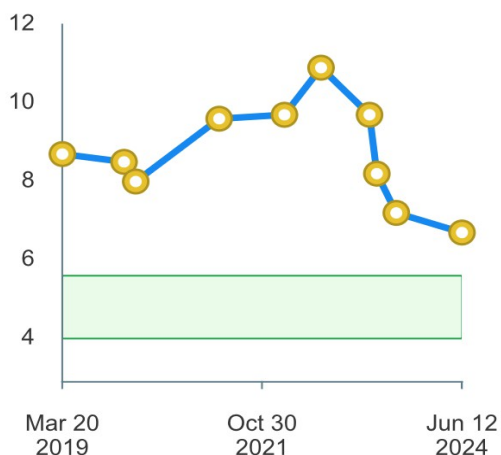


Rhonda Jackson



Hemoglobin A1C

Normal range: 4.0 - 5.6 %



I began my Walk It Out journey in March 2023. COACH Michael X Banks I believe has saved my life.

I was in a lot of pain, over weight, on countless medication's for diabetes and my A1c was 9.7. I can honestly say, I was at the lowest point of my entire life when I was introduced to the program, Walk It Out. I had saw several doctors about the pain in my back and legs. I was in so much pain upon arriving to one of my doctor's appointments, my husband had to place me in a wheelchair. I was in too much pain to even walk.

Walk it out taught me that making good food choices along with exercise can eliminate the need for medication. I started with changing my diet. Once I changed my bad eating habits, I then started eating one meal a day. It was at that point my energy went through the roof. I was absolutely convinced the program worked. I couldn't believe how much energy I had. I went from coming home putting on pajamas and laying down for the rest of the day, to going to the gym and walking on the treadmill.

I am one of many Walk It Out success stories. I have lost 40 pounds I have gone from an A1c of 9.7 to 6.7. I am off all of my medication. Eating one meal a day has increased my energy levels tremendously. Coach Michael X Banks has taught me something that I can carry with me the rest of my life. Coach Michael has taught me that eating the wrong foods can adversely affect your health. Once you have been taught how food affects your health, you can live a much healthier and happier life.

Seeing the change in my test results at the doctor's office was profound.

My doctor sends my lab results to me through "My Chart"(an App on my phone). I use to hate opening up the App. Opening up and reading my test results on "My Chart" is something I look forward to now.



Christa Hodgson

My journey with Walk It Out began at the end of 2022 when Coach Michael told me about his vision for this program and that it would be a perfect fit for me, as he knew my passion for walking. I knew instantly that this was "it" for me, not just for the walking, but that I was about to step into God's will for me. It was a feeling and knowing that was undeniable and so true. And so I said YES, stepped in and my "new life" began.

I used to be shy around others, not wanting to speak up. Always thinking about that I was being judged. I didn't want to be noticed in fear that others would be talking about me. I know why I felt this way, but I couldn't change it. I was stuck in the past that had a hold of me. I was badly bullied when I was younger and that carried over into my adulthood. Resulting in shyness, feeling less than others, feeling ugly, feeling unworthy. I am not saying I had a bad life until then, not at all. God has blessed me with a good life and wonderful family and friends! But there was a yearning in me that I could not identify, and it made me restless. And all these negative emotions and thoughts about myself made me become more of a loner because I did not feel comfortable in gatherings.

But all this changed when I began my journey with Walk It Out. We are being educated about our digestive system and healthy living. We are learning to take better care of ourselves by watching what we eat and how we eat, exercising and walking. Yes, we are all losing weight, but it is so much more than a weight loss journey. For me it changed my life in such a way that I wished I had known this in my younger years. But everything happens for a reason, so I will not look to the past but to the here and now. I am a new Christa. I am happy, I love myself, I am healthier, I am comfortable in talking, in laughing, in communicating, in just everything that I always wished I could do but feared that I couldn't. What I love most about my journey is I gained a healthy confidence and an undeniable joy in my heart that I often can't contain. I enjoy being around others and feel so comfortable and that is new for me. I am walking in God's will for me, and I will never look back or go back to the old path I had been on for so long. To God be the Glory!





Page Lacy



The Walk It Out America Health and Wellness Ministry or Program is very powerful. I'm blessed my sister told me about it. This program is all about healing the gut which is basically the 2nd brain and the main center of operation for the entire body. I was already on a get healthier and fitness journey before my sister Kim introduced me to the program. Now I'm on a mission. I'm on a different level. Before I wasn't consistent. Before I would stop and start on exercising or focusing on better nutrition and optimal health. I would fizzle out because I could use any old excuse why I would pause or stop if I didn't see immediate results. Coach Michael and all the participants give you consistency, inspiration and accountability. This program gives you hope, health and healing. You will see progress toward optimal health. You will be encouraged through others testimonies. I've lost 23 pounds that needed to be shed. I'm working on my goals of fitness, flexibility a little more weight loss and strength. Working on positive mindset and energy. Age is only a number I'm sure you have heard that. I want to possess a strong body and mind not burdened with brain fog. I can do more for the Lord healthy. THANK YOU ALL IN WALK IT OUT AMERICA. We are on this journey together. We are walking this We>Me path together.



Sonja Nagel

Hi, I am Sonja, a 56-year-old with a story to share. I have lost over 115 pounds, and my journey began with Walk It Out America in June 2023. My best friend of 50 years was already part of the program and had seen amazing results—she lost 30 pounds, improved her A1C levels, reduced her medication, and was moving around with ease. Inspired by her success, I decided to give it a try.

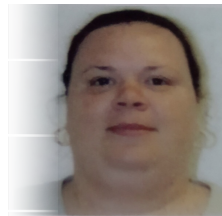
After undergoing major back surgery in May 2023, where a rod and eight screws were inserted, I realized it was time to make some life changes. The recovery was tough, and I knew I wanted to live a long, healthy life—at least to 110 years old. I wanted to embrace my true self and stop listening to others about what was best for my body.

I have always struggled with my weight, from being a chunky kid to becoming a plus-size adult. At my heaviest, I weighed 318 pounds, and I didn't even realize it until my doctor pointed it out during a physical exam and suggested I find a weight loss program. I felt embarrassed. My self-esteem was low, and I began to withdraw from my social life. Despite being an educated woman with an MBA and a wonderful job in leadership, I didn't feel like a successful leader.

But with Walk It Out America, everything changed. Coach Michael taught me how to eat, exercise, and listen to my body. The support system from fellow members was incredible, as we were all working towards the same goal of becoming healthier and stronger.

This journey has been different from all the fad diets I have tried in the past. It is sustainable, and I am finally seeing lasting results. I am excited about the future and grateful for the support I have received. My story is a testament to the power of determination, knowledge about the food we eat, strength training, and finding the right community to help you succeed. Thank you, Coach Michael, and Walk it Out Family for the Love and Support!”

318lbs
BEFORE



165lbs
AFTER





WE ARE GOOD AT WHAT WE DO!

WE'VE ALL LOST WEIGHT... ..FIT WALKS WORK!



WEIGHT LOSS

100%

SUCCESS RATE

**REDUCED OR ELIMINATED
JOINT PAIN**

50%

SUCCESS RATE

**REDUCED OR ELIMINATED
NEED FOR MEDICATION**

20%

SUCCESS RATE



LOSE WEIGHT



REDUCE STRESS



LOOK GOOD/ FEEL GOOD



ENJOY LIFE



Individual - Sign Up Form

New Member Checklist:

- | | |
|--------------------------|---------------------------|
| <input type="checkbox"/> | Set Assessment Date |
| <input type="checkbox"/> | Daily Report Sign Up |
| <input type="checkbox"/> | Issue New Member's Packet |

Referred by: _____



Book Assessment
Here:

City/State: _____ Today's Date: _____

Name: _____ Date of Birth/Age: _____

Phone: _____ Email: _____

How did you hear about Walk It Out America? _____

Height: _____ Weight: _____ Desired Weight: _____ High Blood Pressure: Y / N

Diabetes: Y / N Pain in Joints: Y / N If Y (Yes) please explain: _____

Please share additional information about your current health conditions: _____

On a Scale from 1-10 (1=Poor/10=Excellent) How would you rate your current eating habits?

Circle One: 1 2 3 4 5 6 7 8 9 10

Please define your 3 most important health and wellness goals. _____

On a Scale from 1-10 (1=Weak/10=Strong) How would you rate your desire to accomplish the above goals?

Circle One: 1 2 3 4 5 6 7 8 9 10

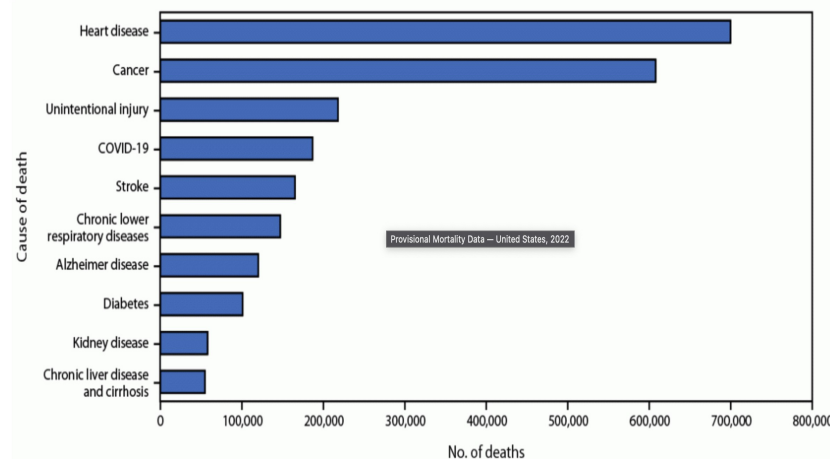
Why do you feel your desire is as you have stated? _____



Our Country - USA

#1 Cause of Death – Heart Failure

FIGURE 2. Leading underlying causes of death*†— National Vital Statistics System, United States, 2022



* Data are provisional; National Vital Statistics System provisional data are incomplete, and data from December are less complete because of reporting lags. Deaths that occurred in the United States among residents of U.S. territories and foreign countries were excluded.

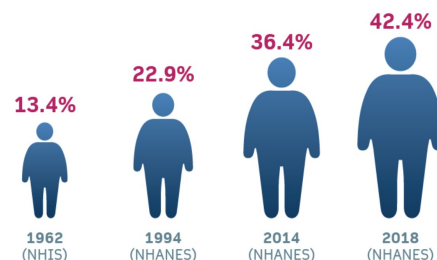
† Deaths are ranked by number of deaths per underlying cause of death.

Our Country - USA

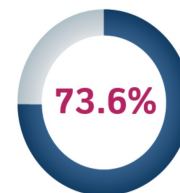
70% Overweight or Obese

Majority of Americans are Overweight or Have Obesity

Percentage of American Adults with BMI>30
(Percentage of Americans Who Have Obesity)¹



Percentage of Americans Over Age 20
Who Are Overweight or Have Obesity²



References: 1. https://www.cdc.gov/nchs/about/factsheets/factsheet_nhanes.htm. 2. <https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

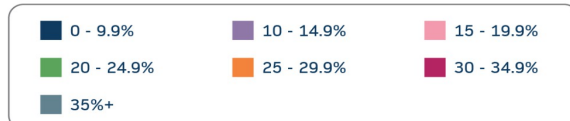
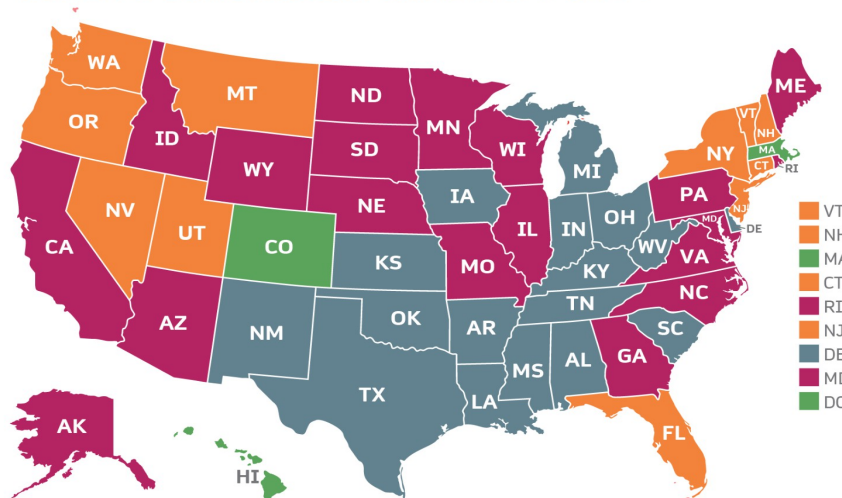
Obesity affects working age adults regardless of occupation or industry. More than 24 million (31%) full-time employees have obesity and 32 million (37%) are overweight. If the current trend continues, 51% of the population will have obesity by 2030.



Our Country - USA

70% Overweight or Obese

Percent of Obese Adults in U.S. with BMI of 30+



CALCULATING BMI

US customary units:

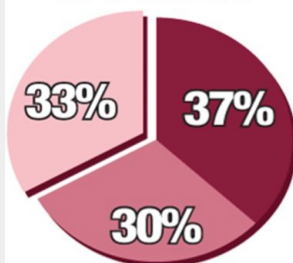
$$\frac{\text{Weight (pounds)}}{[\text{Height (in)}]^2 \times 703} = \text{BMI}$$

Body mass index (BMI) is a calculation that compares a person's weight to their height. It's a quick and inexpensive way to estimate if someone is underweight, overweight, or obese. BMI is also used to assess the risk of health conditions like heart disease and diabetes.

In general, the following BMI ranges classify different weight types:

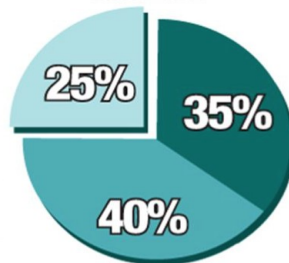
Underweight: Less than 18.5
Optimum Range: 18.5-24.9
Overweight: 25-29.9
Class I Obesity: 30-34.9
Class II Obesity: 35-39.9
Class III Obesity: More than 40

WOMEN



33% Normal or below
 30% Overweight
 37% Obese

MEN

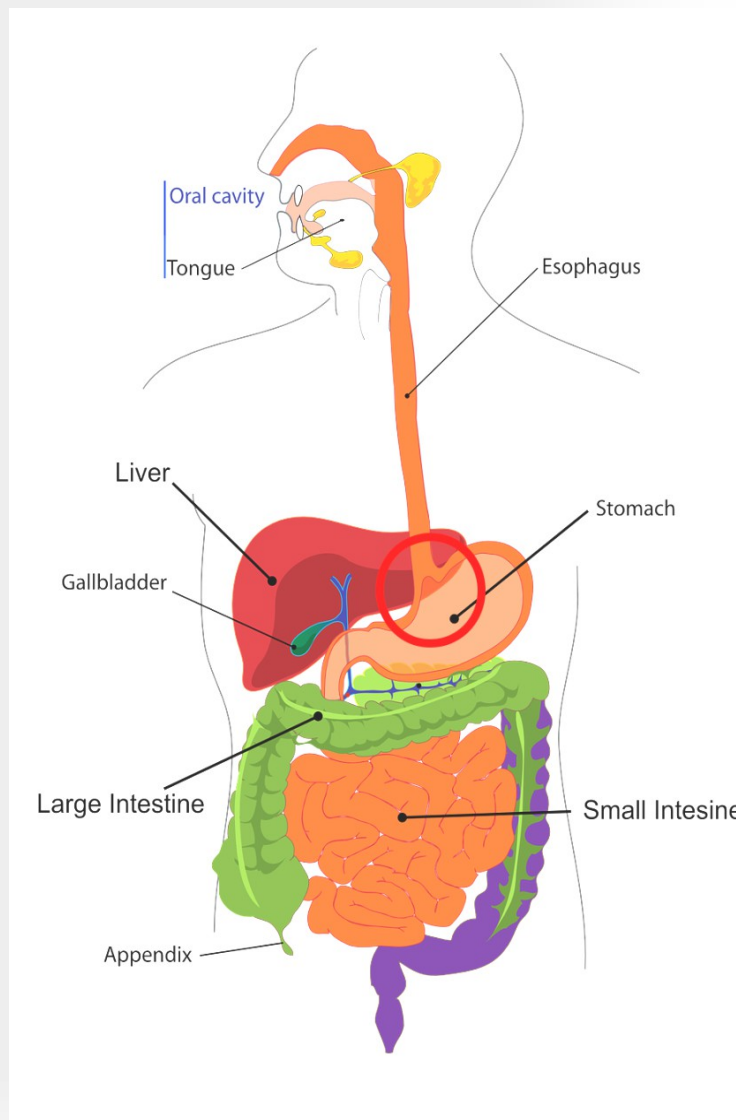


25% Normal or below
 40% Overweight
 35% Obese

70% of Americans overweight or obese, study finds | The Blade



Your Body Preserve Your Digestive System



The Digestion Process:

**Depending on the amount of food in your system, your food can stay in the stomach & small Intestines 8-12hrs during the digestion process. If we take the smaller number(8), then 3 or more meals per day means the digestive system NEVER REST & is FORCED TO STORE FOOD...
...also known as FAT!**

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Your Body Preserve Your Digestive System



**This STORED
FOOD or FAT or
OLD FOOD
becomes trash that
simply sits inside
our bodies and
begins to
decompose (or
rot). This
decomposing food
(natural &
unnatural)
becomes the cause
of the majority of
our illnesses!**

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Your Body

Preserve Your Digestive System

Best Time to Eat
4pm - 6pm



Best Way to Eat
1 Meal per Day
(Veggies & Fruit)
+ NO SNACKS
SUCCESS



[illegible]



Your Body Preserve Your Digestive System

Best Food to Eat
FRESH Veggies & Fruit



[illegible]



Your Body & Mind

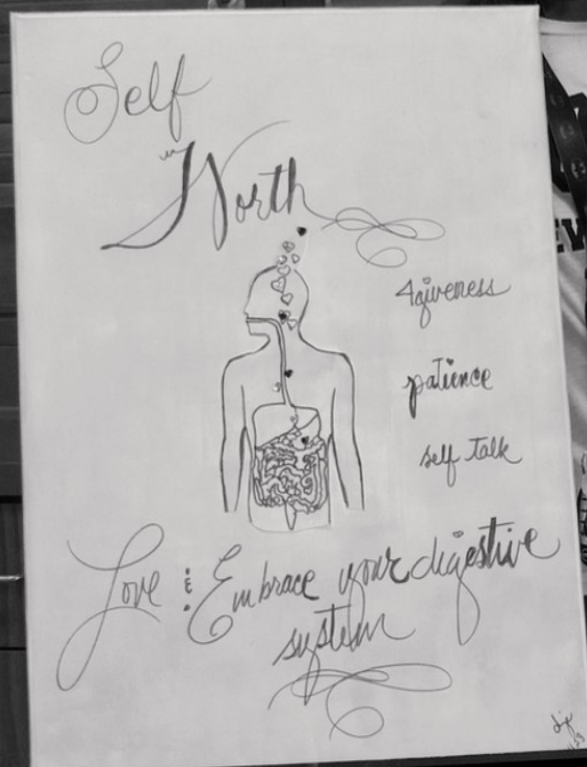
Negative Self-Talk vs. Positive Self Talk

SELF-WORTH

4giveness

patience

self-Talk



Love & Embrace Your Digestive System

Thank You, Ms. Deidra

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Be Free, Beloved

Divine Daily Affirmations

Every cell in my body is filled with the highest frequencies of God's divine healing power and I am activating these truthful affirmations in every memory of my being

I AM COMMITTED TO BECOMING WHO GOD MADE ME TO BE

I AM ALLOWING OPTIMAL WELLBEING IN EVERY CELL IN MY BODY

I AM ONE WITH THE DIVINE WILL OF GOD OVER MY LIFE

I AM ONE WITH DIVINE HEALTH, WELLNESS, RADIANCE, VITALITY

I AM A CHILD OF THE GOD OF SUCCESS

I AM ALLOWING MYSELF TO REFLECT GOD

I AM ONE WITH DIVINE ALIGNMENT

I AM CHOOSING FREEDOM IN MY MIND, IN MY BODY, AND IN MY SOUL

I AM CALLING ALL OF MY POWER BACK TO ME

I AM COMMANDING DIVINE ORDER IN EVERY CELL OF MY BEING

I AM INVOKING FORGIVENESS IN EVERY ZONE OF MY MIND, HEART, AND BODY

I AM ONE WITH THE DIVINE MIND OF GOD, THEREFORE; I LOVE MYSELF AND KNOW I AM EXTREMELY SPECIAL, PRICELESSLY VALUABLE AND WORTHY OF ALL THE GOODNESS THIS LIFE HAS TO OFFER

I AM SO GRATEFUL I AM FINDING IT EASIER AND EASIER TO LIVE MY BEST LIFE, THE LIFE OF MY DREAMS

I AM ALLOWING MYSELF TO EXPERIENCE HEAVEN ON EARTH EVERY DAY OF MY LIFE

I AM FREE FROM PAST PAINS AND I AM ALLOWING MYSELF TO HAVE PEACE

I AM FREE TO BE ME



I AM FREE TO SHINE MY LIGHT AND LIFT MY SOUL

I BLESS MY BODY WITH RADIANT HEALTH AND HARMONY

I BLESS MY MIND WITH PEACE

I BLESS MY RELATIONSHIPS WITH FORGIVENESS AND UNITY

I BLESS MY HEART WITH FREEDOM

I BLESS MY GOD-GIVEN DREAMS WITH SUCCESS

I AM DIVINELY COVERED, PROTECTED, AND SAFE RIGHT NOW

I AM CHOOSING TO HAVE A LOVING RELATIONSHIP WITH MY BODY

I AM CHOOSING TO HAVE A HEALTHY RELATIONSHIP WITH MYSELF

I AM CHOOSING TO LOVE AND ACCEPT MYSELF COMPLETELY

I AM TRUSTING MY BRILLIANCE

I AM MADE TO OVERCOME ALL OBSTACLES AND I AM GREATER THAN ANY CHALLENGE

I AM SEEING MYSELF IN THE HEALTHIEST LIGHT

I AM ALLOWING GOD'S HEALING LIGHT TO FLOW THROUGH EVERY PART OF ME, EVERY
VEIN, EVERY CHANNEL, EVERY VESSEL, EVERY SYSTEM

I AM DECLARING THAT ALL IS FORGIVEN AND RELEASED, RENEWED, RESTORED, AND
COMPLETE

I AM HEALING ALL RELATIONSHIPS WITHIN MY BLOODLINE NOW

I AM IN MY ERA OF MIRACLES

I AM HONORING MY BODY AS A SACRED TEMPLE FOR GOD'S ESSENCE TO DWELL IN

I AM CALLING UPON THE FREQUENCY OF THE GOD-POWER IN ME AND I AM
COMMANDING DIVINE ORDER IN ALL OF MY SYSTEMS

This image shows a single sheet of white paper with horizontal orange lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



NUTRITIONAL GUIDE

High Octane Fuel = High Octane Life

BEST

What to Eat

BEVERAGES

Steam Distilled Water, Distilled Water, Spring Water, Tea (Brown Sugar/Honey), Coffee (Brown Sugar/Honey), 100% Fruit Juice

VEGGIES

Navy Beans, Onions, Cauliflower, White Head Cabbage, Spinach (Sparingly), Rutabaga (Sparingly), Turnip Roots, Carrots, Broccoli, Zucchini, Green Beans, Squash, Okra, Peppers, Asparagus, Lettuce, Cucumbers, Tomatoes

BETTER

FRUITS

All Fruits, Apples, Oranges, Pears, Strawberries, Watermelon, Peaches, Plums, Tangerines, Mangos, Grapes, Pomegranates, Lemons, Grapefruits

Whole Wheat Bread (Cooked),
Whole Wheat Flour

MEATS

NOTE: Kosher/Grass Fed animals provide the healthiest meats to eat, however the introduction of meat into your diet will reduce the longevity of the digestive system simply from the friction of its texture rubbing against the lining of the walls within the digestive system over time.

GOOD

Salmon
Whiting
Perch

Beef, Steak
Chicken
Rice

Pasta
Rice
Potatoes

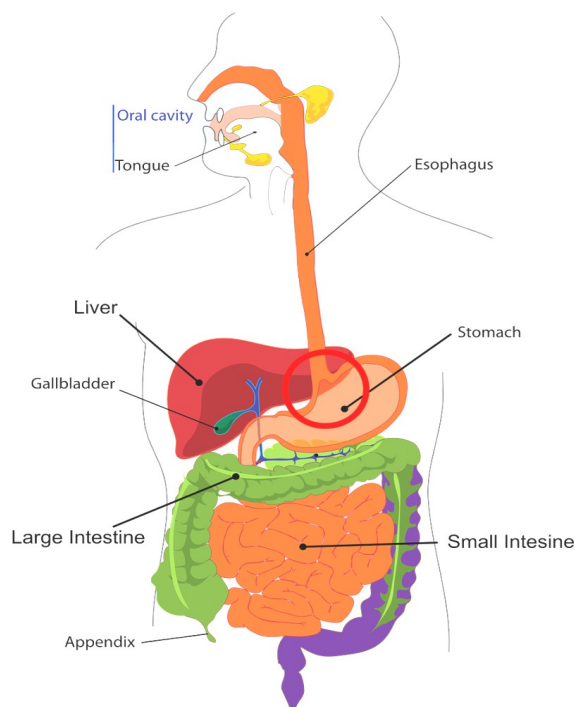
POOR

White Flour
Corn Bread
Seedless Fruit
Tap Water, Purified Water, Soda
Sweetened Fruit Juice
Collard Greens, Kale
Processed Food
Fast Food
Any Pork
Shrimp/Lobster/ Catfish
Fried Foods

How to Eat

The key principle to live a long healthy life is to:

PRESERVE YOUR DIGESTIVE SYSTEM



Preserving your digestive system will increase your quality and quantity of life! Your digestive system was never created to digest food all day and all night. When you feed yourself 3 or more meals per day, you NEVER allow the digestive system adequate time to rest and recover from your previous meal. This breaks down the strength and effectiveness of ridding your body of harmful toxins and impurities. Over time, it also begins to break down the walls of your digestive system allowing disease to run rapid throughout your body. Your body will naturally bring itself into perfect harmony as long as you feed it high octane foods and limit your daily consumption to 1 or 2 meals per day. A clogged, overworked digestive system is a recipe for self-destruction.

[illegible]

Sept.	90 Meals
Oct.	90 Meals
Nov.	90 Meals
Dec.	90 Meals
Jan.	90 Meals
Feb.	90 Meals
Mar.	90 Meals
Apr.	90 Meals
May	90 Meals
June	90 Meals
July	90 Meals
Aug.	90 Meals

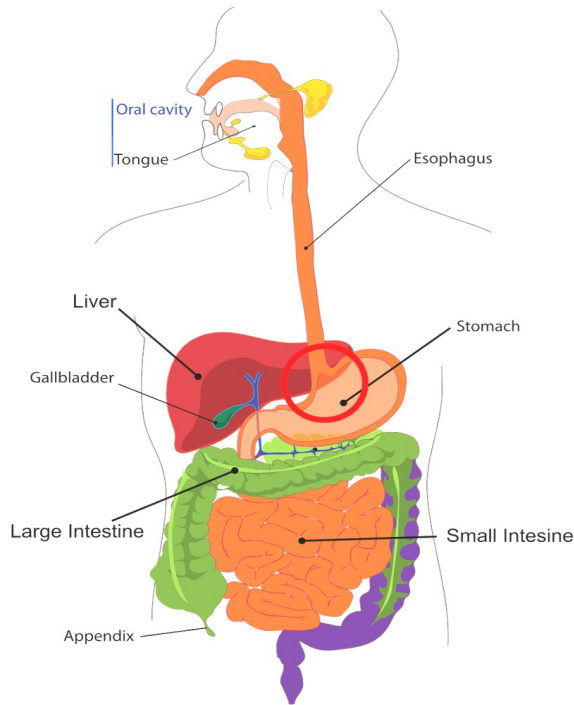
1080
Meals

3 Meals Per Day

UNNATURAL

The key principle to live a long healthy life is to:

PRESERVE YOUR DIGESTIVE SYSTEM



Preserving your digestive system will increase your quality and quantity of life! Your digestive system was never created to digest food all day and all night. When you feed yourself 3 or more meals per day, you NEVER allow the digestive system adequate time to rest and recover from your previous meal. This breaks down the strength and effectiveness of ridding your body of harmful toxins and impurities. Over time, it also begins to break down the walls of your digestive system allowing disease to run rapid throughout your body. Your body will naturally bring itself into perfect harmony as long as you feed it high octane foods and limit your daily consumption to 1 or 2 meals per day. A clogged, overworked digestive system is a recipe for self-destruction.

**1 Meal + Veggies & Fruits +
NO SNACKS =**

SUCCESS

30 Meals	Sept.
30 Meals	Oct.
30 Meals	Nov.
30 Meals	Dec.
30 Meals	Jan.
30 Meals	Feb.
30 Meals	Mar.
30 Meals	Apr.
30 Meals	May
30 Meals	June
30 Meals	July
30 Meals	Aug.

360
Meals

1 Meal Per Day

NATURAL

[illegible]



Walking Regimens

Beginners

BEGINNERS



3K WALKS

Speed on Treadmill:



2.0 - 3.0



3.2 - 4.2

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Rest	10 Mins	Rest	10 Mins	Rest	10 Mins	20 Mins
Week 2	Rest	15 Mins	Rest	15 Mins	Rest	15 Mins	30 Mins
Week 3	Rest	20 Mins	Rest	20 Mins	Rest	20 Mins	40 Mins
Week 4	Rest	25 Mins	Rest	25 Mins	Rest	25 Mins	50 Mins
Week 5	Rest	30 Mins	Rest	30 Mins	Rest	30 Mins	60 Mins
Week 6	Rest	15 Mins	Rest	15 Mins	Rest	15 Mins	30 Mins
Week 7	Rest	20 Mins	Rest	20 Mins	Rest	20 Mins	40 Mins
Week 8	Rest	25 Mins	Rest	25 Mins	Rest	25 Mins	50 Mins
Week 9	Rest	30 Mins	Rest	30 Mins	Rest	30 Mins	60 Mins
Week 10	Rest	30 Mins	Rest	30 Mins	Rest	30 Mins	60 Mins
Week 11	Rest	35 Mins	Rest	35 Mins	Rest	35 Mins	70 Mins
Week 12	Rest	45 Mins	Rest	45 Mins	Rest	45 Mins	90 Mins



Walking Regimens

Intermediate

INTERMEDIATE



Speed on Treadmill:



2.0 - 3.0



3.2 - 4.2

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Rest	30 Mins	Rest	30 Mins	Rest	30 Mins	45 Mins
Week 2	Rest	45 Mins	Rest	45 Mins	Rest	45 Mins	60 Mins
Week 3	Rest	60 Mins	Rest	60 Mins	Rest	60 Mins	90 Mins
Week 4	Rest	90 Mins	Rest	90 Mins	Rest	90 Mins	120 Mins
Week 5	Rest	30 Mins	Rest	30 Mins	Rest	30 Mins	45 Mins
Week 6	Rest	30 Mins	Rest	30 Mins	Rest	30 Mins	60 Mins
Week 7	Rest	45 Mins	Rest	45 Mins	Rest	45 Mins	60 Mins
Week 8	Rest	45 Mins	Rest	45 Mins	Rest	45 Mins	90 Mins
Week 9	Rest	60 Mins	Rest	60 Mins	Rest	60 Mins	90 Mins
Week 10	Rest	60 Mins	Rest	60 Mins	Rest	60 Mins	120 Mins
Week 11	Rest	90 Mins	Rest	90 Mins	Rest	90 Mins	120 Mins
Week 12	Rest	90 Mins	Rest	90 Mins	Rest	90 Mins	150 Mins



Walking Regimens

Advanced

ADVANCED



Speed on Treadmill:



2.0 - 3.0



3.2 - 4.2

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Rest	60 Mins	Rest	60 Mins	Rest	60 Mins	90 Mins
Week 2	Rest	90 Mins	Rest	90 Mins	Rest	90 Mins	120 Mins
Week 3	Rest	120 Mins	Rest	120 Mins	Rest	120 Mins	150 Mins
Week 4	Rest	150 Mins	Rest	150 Mins	Rest	150 Mins	180 Mins
Week 5	Rest	60 Mins	Rest	60 Mins	Rest	60 Mins	90 Mins
Week 6	Rest	90 Mins	Rest	90 Mins	Rest	90 Mins	120 Mins
Week 7	Rest	120 Mins	Rest	120 Mins	Rest	120 Mins	150 Mins
Week 8	Rest	150 Mins	Rest	150 Mins	Rest	150 Mins	180 Mins
Week 9	Rest	180 Mins	Rest	180 Mins	Rest	180 Mins	Rest
Week 10	Rest	210 Mins	Rest	210 Mins	Rest	210 Mins	Rest
Week 11	Rest	240 Mins	Rest	240 Mins	Rest	240 Mins	Rest
Week 12	Rest	270 Min	Rest	270 Mins	Rest	270 Mins	Rest



Scan QR Code to
SEE VIDEOS of
Each WorkOut Routine
(MUST BE AN ACTIVE MEMBER TO VIEW THIS PAGE)

WE>ME

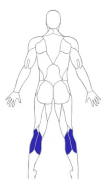
WORKBOOK & JOURNAL



Resistance Training

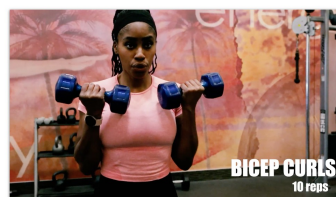
2-3 Times Per Week ONLY

Calf Raises



#1

Bicep Curls



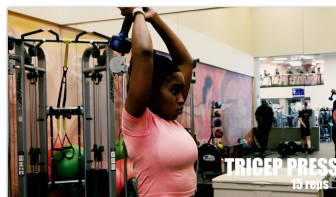
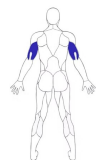
#6

Squats



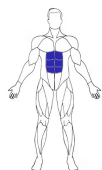
#2

Tricep Press



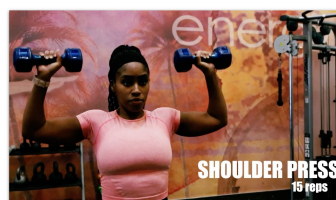
#7

Crunches



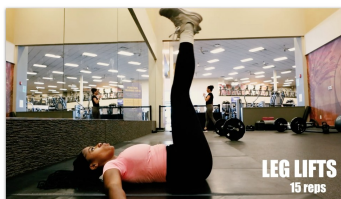
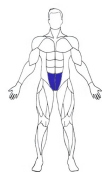
#3

Shoulder Press



#8

Leg Lifts



#4

Lat Pull Down



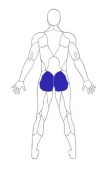
#9

Push Ups



#5

Glute #1

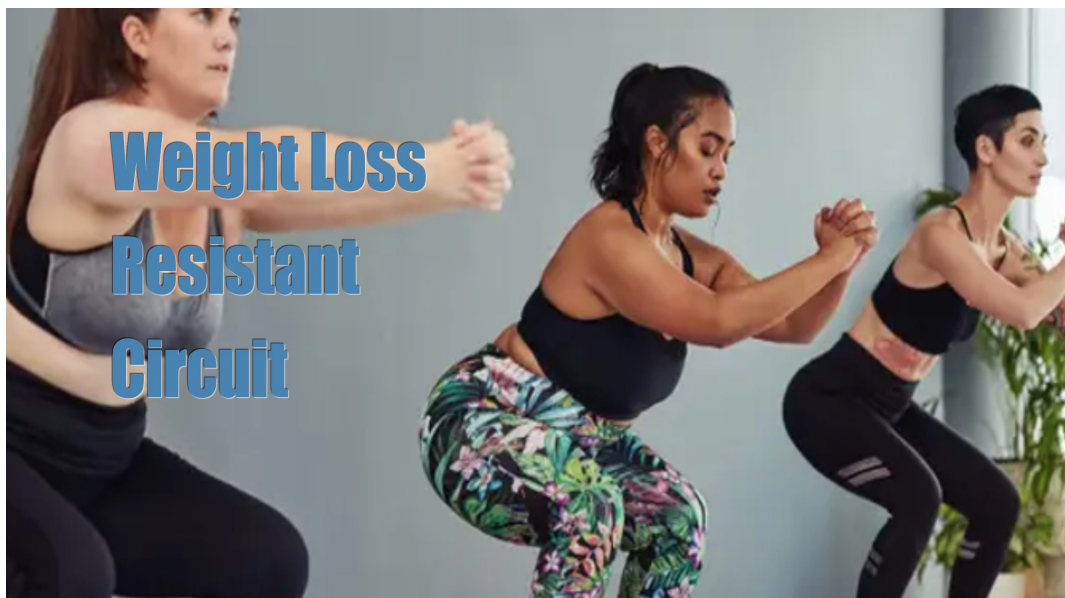


#10



Resistance Training Beginners

BEGINNERS



Increase Metabolism



Resistance



Walk/Cardio

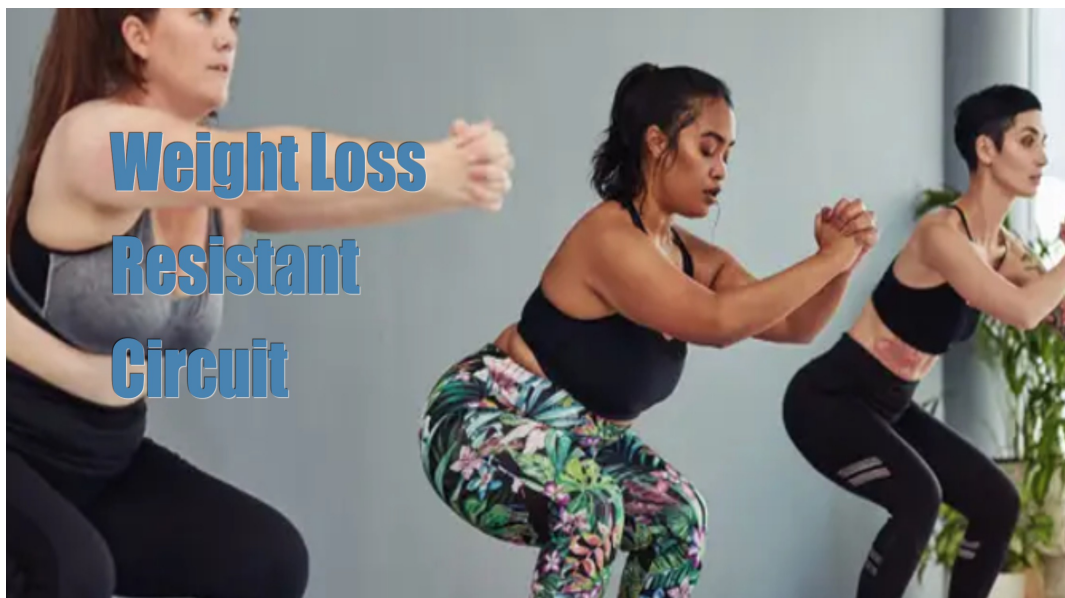
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Rest	Walk Only	15 Reps	Walk Only	15 Reps	Walk Only	Walk Only
Week 2	Rest	Walk Only	15 Reps	Walk Only	15 Reps	Walk Only	Walk Only
Week 3	Rest	Walk Only	20 Reps	Walk Only	20 Reps	Walk Only	Walk Only
Week 4	Rest	Walk Only	20 Reps	Walk Only	20 Reps	Walk Only	Walk Only
Week 5	Rest	Walk Only	20 Reps	Walk Only	20 Reps	Walk Only	Walk Only
Week 6	Rest	Walk Only	25 Reps	Walk Only	25 Reps	Walk Only	Walk Only
Week 7	Rest	Walk Only	25 Reps	Walk Only	25 Reps	Walk Only	Walk Only
Week 8	Rest	Walk Only	25 Reps	Walk Only	25 Reps	Walk Only	Walk Only
Week 9	Rest	Walk Only	30 Reps	Walk Only	30 Reps	Walk Only	Walk Only
Week 10	Rest	Walk Only	30 Reps	Walk Only	30 Reps	Walk Only	Walk Only
Week 11	Rest	Walk Only	30 Reps	Walk Only	30 Reps	Walk Only	Walk Only
Week 12	Rest	Walk Only	35 Reps	Walk Only	35 Reps	Walk Only	Walk Only



Resistance Training

Intermediate

INTERMEDIATE



Weight Loss Resistant Circuit

Increase Metabolism



Resistance



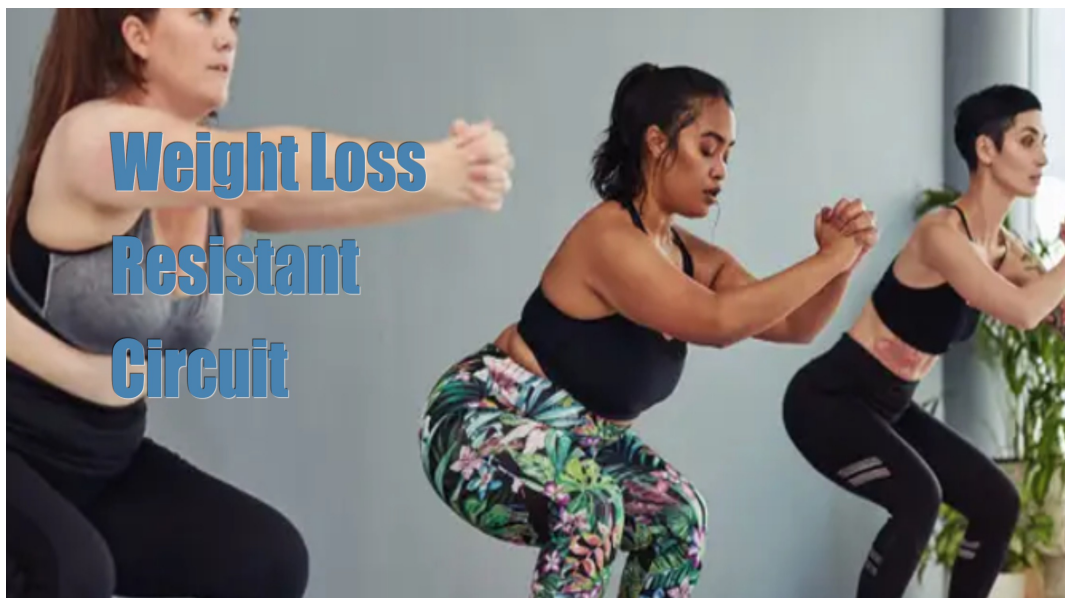
Walk/Cardio

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Rest	Walk Only	30 Reps	Walk Only	30 Reps	Walk Only	Walk Only
Week 2	Rest	Walk Only	30 Reps	Walk Only	30 Reps	Walk Only	Walk Only
Week 3	Rest	Walk Only	35 Reps	Walk Only	35 Reps	Walk Only	Walk Only
Week 4	Rest	Walk Only	35 Reps	Walk Only	35 Reps	Walk Only	Walk Only
Week 5	Rest	Walk Only	40 Reps	Walk Only	40 Reps	Walk Only	Walk Only
Week 6	Rest	Walk Only	40 Reps	Walk Only	40 Reps	Walk Only	Walk Only
Week 7	Rest	Walk Only	45 Reps	Walk Only	45 Reps	Walk Only	Walk Only
Week 8	Rest	Walk Only	45 Reps	Walk Only	45 Reps	Walk Only	Walk Only
Week 9	Rest	Walk Only	45 Reps	Walk Only	45 Reps	Walk Only	Walk Only
Week 10	Rest	Walk Only	50 Reps	Walk Only	50 Reps	Walk Only	Walk Only
Week 11	Rest	Walk Only	50 Reps	Walk Only	50 Reps	Walk Only	Walk Only
Week 12	Rest	Walk Only	50 Reps	Walk Only	50 Reps	Walk Only	Walk Only



Resistance Training Advanced

ADVANCED



Increase Metabolism



Resistance



Walk/Cardio

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	Rest	45 Reps	Walk Only	45 Reps	Walk Only	45 Reps	Walk Only
Week 2	Rest	50 Reps	Walk Only	50 Reps	Walk Only	50 Reps	Walk Only
Week 3	Rest	50 Reps	Walk Only	50 Reps	Walk Only	50 Reps	Walk Only
Week 4	Rest	55 Reps	Walk Only	55 Reps	Walk Only	55 Reps	Walk Only
Week 5	Rest	55 Reps	Walk Only	55 Reps	Walk Only	55 Reps	Walk Only
Week 6	Rest	60 Reps	Walk Only	60 Reps	Walk Only	60 Reps	Walk Only
Week 7	Rest	60 Reps	Walk Only	60 Reps	Walk Only	60 Reps	Walk Only
Week 8	Rest	65 Reps	Walk Only	65 Reps	Walk Only	65 Reps	Walk Only
Week 9	Rest	65 Reps	Walk Only	65 Reps	Walk Only	65 Reps	Walk Only
Week 10	Rest	70 Reps	Walk Only	70 Reps	Walk Only	70 Reps	Walk Only
Week 11	Rest	70 Reps	Walk Only	70 Reps	Walk Only	70 Reps	Walk Only
Week 12	Rest	75 Reps	Walk Only	75 Reps	Walk Only	75 Reps	Walk Only



PERSONAL COACHING

	M	T	W	TH	F	S	S	Sessions Per Month
5X								20
4X								16
3X								12
2X								8
1X								4

-----\$100 Enrollment Fee-----

Programs

Quick Start

Let's Move

My Time

New Me

Complete Change

Sessions

24

48

72

96

144

Coach Rates

\$55 per session

\$50 per session

\$45 per session

\$40 per session

\$35 per session

Paid In Full Options Available (10% Off)

Option #1

_____ Sessions, 6 MONTHS payments of \$ _____.

Option #2

_____ Sessions, 12 MONTHS payments of \$ _____.

Personal Coaching Sessions are held at your local Planet Fitness/Membership NOT REQUIRED.



WE>ME
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Day 1: _____Beginning Weight

Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

1

Workout



1 Meal



Veggies/Fruit

1

Affirmation

10



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Day 2: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 4: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 5: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 6: Daily Journal Entry

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 7: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

10

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 8: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

10

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 9: Daily Journal Entry

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 10: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 11: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 12: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 13: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 14: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 15: Daily Journal Entry

This image shows a full page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page, typical of standard lined paper used in schools or offices. There are no margins, text, or other markings on the page.

Check Appropriate Box for Today's Activity

Walk

10

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 17: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 18: Daily Journal Entry

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 19: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 21: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 22: Daily Journal Entry

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 25: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 26: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 27: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

1

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 28: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

1

Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
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[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



WE>ME
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Day 30: _____ Current Weight

Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 31: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 32: Daily Journal Entry

This image shows a full page of white paper with horizontal blue lines, typical of notebook or legal stationery. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings present.

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 33: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



WE>ME
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Day 34: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

1

Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
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Day 35: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation





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Day 36: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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WORKBOOK & JOURNAL



Day 37: Daily Journal Entry

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.

Check Appropriate Box for Today's Activity

Walk

10

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 38: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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WE>ME
WORKBOOK & JOURNAL



Day 39: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



A black and white silhouette illustration of a group of runners crossing a finish line. The lead runner in the foreground has their arms raised in a 'V' shape, celebrating. A white ribbon banner stretches across the scene, marking the finish line. Other runners are visible in the background, also in silhouette. The entire scene is set against a light, textured background.

[illegible]

Walk Workout 1 Meal Veggies/Fruit Affirmation



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[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



WE>ME
WORKBOOK & JOURNAL



Day 42: Daily Journal Entry

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or printed text visible.

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Walk It Out America**

WE>ME
WORKBOOK & JOURNAL



Day 43: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



**Scan QR Code to
Donate to
Walk It Out America**

WE>ME
WORKBOOK & JOURNAL



Day 44: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



**Scan QR Code to
Donate to
Walk It Out America**

WE>ME
WORKBOOK & JOURNAL



Day 45: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Walk It Out America**

WE>ME
WORKBOOK & JOURNAL



Day 46: Daily Journal Entry

The image shows a full page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
WORKBOOK & JOURNAL



Day 47: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
WORKBOOK & JOURNAL

[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



**Scan QR Code to
Donate to
Walk It Out America**

WE>ME
WORKBOOK & JOURNAL



Day 49: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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WORKBOOK & JOURNAL



Day 50: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 51: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 52: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
WORKBOOK & JOURNAL

[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



WE > ME
WORKBOOK & JOURNAL



Day 54: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation





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Day 55: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
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Day 56: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation





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Day 57: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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WORKBOOK & JOURNAL

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Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 59: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

10

Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
WORKBOOK & JOURNAL



Day 60: _____ Current Weight

Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

5

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 61: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 62: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 63: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
WORKBOOK & JOURNAL



Day 64: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 65: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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WORKBOOK & JOURNAL



Day 66: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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WORKBOOK & JOURNAL



Day 67: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

10

Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
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Day 68: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

1

Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
WORKBOOK & JOURNAL



Day 69: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
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Day 70: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

1

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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WORKBOOK & JOURNAL



Day 71: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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[illegible]

Check Appropriate Box for Today's Activity

Walk ☐ Workout ☐ 1 Meal ☐ Veggies/Fruit ☐ Affirmation ☐



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Day 73: Daily Journal Entry

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Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 74: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 75: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



WE>ME
WORKBOOK & JOURNAL



Day 76: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 77: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 80: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 81: Daily Journal Entry

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Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 82: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 84: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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Day 86: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

1

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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WORKBOOK & JOURNAL



Day 87: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 88: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk



Workout



1 Meal



Veggies/Fruit



Affirmation

10



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Day 89: Daily Journal Entry

[illegible]

Check Appropriate Box for Today's Activity

Walk

1

Workout



1 Meal



Veggies/Fruit



Affirmation

10



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[illegible]

Check Appropriate Box for Today's Activity

Walk Workout 1 Meal Veggies/Fruit Affirmation



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90 DAY CHALLENGE**