

<b>Exercise</b> -at least thirty minutes with one day off a week							
<b>No Flour</b> -no refined flour of any grain type.							
<b>No Sugar</b>							
<b>At Least Seven Hours Sleep</b>							
<b>Drink Your Water</b>							
<b>Honor Your Intermittent Fasting Goal</b>							
<b>No Snacking Between Meals</b>							
<b>Do Something Kind</b>							