

Integrating Tim Ferriss' research into regular life and documenting the results

# THE FOUR-HOUR BODY COUPLE

NOT AFFILIATED WITH TIM FERRISS OR THE FOUR HOUR BODY



Luke  
Gaining muscle, mental focus, health

"Training, eating, sleeping according to the New York Times #1 Bestseller"

WILL THIS LIFESTYLE SUPPORT US BEING HAPPIER, HEALTHIER, STRONGER, FITTER?

[www.fourhourbodycouple.com](http://www.fourhourbodycouple.com)



Kat  
Fat loss, energy and mental health

## Cheat Sheet: Cheat Day

### • The day before

- Review your cravings list from the week
- Buy anything needed for craving cooking
- Set 3-4 simple goals ie "2 kinds of favourite candy", "one meal cooked from the 'cheat' pantry", "eat a 3 course meal of anything I feel like at favorite restaurant"
- Write out your quick-guide/print this and add, then cross things off.

### • Water is important! Cross off each glass as you drink (aim for 8-10 cups):



### • Cheat Day Morning

- Morning meal within 30 mins of waking - standard Slow Carb breakfast you normally eat (minimum 30g protein, legumes), glass of water/tea
- Coffee and grapefruit juice 2-3 hours later, glass of water

### • Lunch

- Air squats, wall presses x30-50 - lemon water. Now eat!
- Note the time somehow - set a mental reminder for eating in another 3/4 hours at the most (even if you're doing something really fun!).

### • Afternoon

- Enjoy snack(s) if you want, more water too!
- Air squats, wall presses or a gym workout.
- Check in on your list/plan
- Coffee/yerba mate/licorice tea

### • Dinner

- Air squats, wall presses
- Lemon water before you eat
- Dessert with cinnamon
- Check in with your list - can you get through it? Earlier is better than later.

### • Evening

- Don't be hungry!
- Cal/Mag before bed, loads of water - think hangover-prevention.

### [Check out the book](#)

*Please read the book carefully for contraindications, warnings and guidelines.*

[www.fourhourbodycouple.com/  
link/PAGG/](http://www.fourhourbodycouple.com/link/PAGG/)

### **PAGG supplements:**

AGG  
Before Breakfast, Lunch,  
Dinner

PAGG  
Before Bed

For the hardcore:  
CQ -Cissus Quadrangularis  
2400mg x3/day  
before meals

[More Cheat Sheets, Meal Ideas with Photos, Food Diary, Blog at](#)  
[www.fourhourbodycouple.com](http://www.fourhourbodycouple.com)