

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

Kat
Fat loss, energy and mental health



Cheat Sheet: Drinking Water

• Water is important!

Water will hydrate your body, help you concentrate better and help your body flush out toxins and waste, as well as helping fat loss, and promoting healthy organs.

Try water with a dash of lemon juice to keep things varied; don't count coffee or tea as cups of water, as they have a diuretic effect.

7 Strips have been provided here, for a week - carry one with you each day!

Check out the book

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

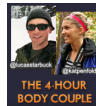
www.fourhourbodycouple.com/link/PAGG/

PAGG supplements:

AGG
Before Breakfast, Lunch, Dinner

PAGG
Before Bed

Cross off each glass as you drink (aim for 8-10 cups per day):



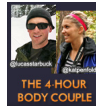
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Monday

Try water with a dash of lemon juice to keep things varied; don't count coffee or tea as cups of water.

Cross off each glass as you drink (aim for 8-10 cups per day):



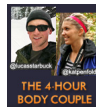
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Tuesday

Try water with a dash of lemon juice to keep things varied; don't count coffee or tea as cups of water.

Cross off each glass as you drink (aim for 8-10 cups per day):



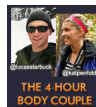
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Wednesday

Try water with a dash of lemon juice to keep things varied; don't count coffee or tea as cups of water.

Cross off each glass as you drink (aim for 8-10 cups per day):



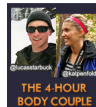
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Thursday

Try water with a dash of lemon juice to keep things varied; don't count coffee or tea as cups of water.

Cross off each glass as you drink (aim for 8-10 cups per day):



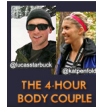
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Friday

Try water with a dash of lemon juice to keep things varied; don't count coffee or tea as cups of water.

Cross off each glass as you drink (aim for 8-10 cups per day):



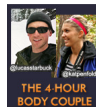
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Saturday

Try water with a dash of lemon juice to keep things varied; don't count coffee or tea as cups of water.

Cross off each glass as you drink (aim for 8-10 cups per day):



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Sunday

Try water with a dash of lemon juice to keep things varied; don't count coffee or tea as cups of water.

[More Cheat Sheets, Meal Ideas with Photos, Food Diary, Blog at](#)

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