



MISSION SLIM POSSIBLE

3- Week Challenge

Orientation Notes

In order to claim a perfect day you must follow the rules of a PERFECT DAY for THIS CHALLENGE. The rules are as follows:

Water: Drink at least 1/2 gallon of water each day. Try to drink one gallon each day. Tap Water, Spring Water, Alkaline Water, Distilled Water.

Journal: If it goes in your mouth then you should record it. Record your food consumption in your my shibboleth app or in the website journal. If you don't journal online then keep a written record and log your food on paper. You must journal daily.

Combinations: Simply use the meal ideas and food list provided in the website.

The website address is: <https://myzerodrag.com/mission-slim-possible-plan/>

If you are asked for login information use your email address as the username.

The PASSWORD is the word MISSION.

Portions: Use a portion 6-8" portion controlled plate/bowl.

I recommend these portion controlled plates/bowls.

<https://amzn.to/2leEoEu>

Timing: Eat only during the eating windows specified in the orientation video.

First Meal Sunrise up until 10 am

Mid Day Snack is Noon until 2 pm

Second Meal is 4 pm until sunset

Here is the orientation video: https://zoom.us/webinar/register/WN_eFSVwfHyT-K9rL3k1jqE6A

It is best watched in google chrome browser.

Exercise: I recommend 10,000 steps each day and at least 100 exercise repetitions each day. Please record in your journal. If you don't have a step counter I recommend that you walk

an additional 3 miles over and above your normal daily activity. Exercise is not mandatory but recommended.

If you are biking please count 10 miles biking as 3 miles walking or 10,000 steps.

If you are swimming please count each 15 minutes of continuous effort as 2,000 steps.

For other conversions please ask in the facebook group.

The Facebook group is www.facebook.com/groups/shibbolethmissionslimpossible

Holidays: You are allowed up to 3 holidays for the duration of the challenge. I would suggest no more than 1 holiday per week.

Here is the basic and current food list from the orientation. For up to date food lists please see the website as it will be kept current. The website address is: <https://myzerodrag.com/mission-slim-possible-plan/>

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