

Work Hard, Play Hard Challenge with Jack Savage

You're headed to Intervention Island. You did the crime and now you gotta do the time. The only way to get parole is to work hard for seven days. You will lose up to 10 pounds each week.

There are two ways to participate.

- 1) You can participate unofficially and on your own. You will follow the rules and based on your own integrity and honor will finish the one week challenge exactly as the rules stipulate. You will receive the first class link and the rules. You will not receive an ongoing kick in the rear as you have decided to be a nomad and do it yourself.
- 2) You can participate officially and with other battle buddies as you each help each other get through the psychological and physical butt kicking that I am going to dish out. You will receive support from your battle buddies, an ongoing butt kicking from me, access to the members only group, access to the website, weekly resources, and new exciting meal plans and meal ideas weekly. Each month you will be invited to participate in at least two of my challenges, be taught nutrition and fat loss in new no nonsense classes, and more. I do not share my genius with anyone outside the group on public social media pages. I will offer exclusive content only to official members! I have to know that members can take my attacks without being a crybaby so new members are vetted. The ridiculous cost of this is \$4.95 per month, for now. This will go up for new sugar britches in the future so get in now.
- 3) Sign up for official entry is here. <https://myshibboleth.formstack.com/forms/jacksavage> You can cancel anytime.

There are two types of days. **1) A SAVAGE DAY.** You were a savage. You toughed it out, denied yourself and followed the rules to the best of your ability. **2) A SUGAR BRITCHES DAY.** You didn't tough it out, didn't stick to the plan, and didn't do your best.

Savage Day ~ You followed the rules.

Each day you must earn the next day's meals and or snacks. Each day you are only guaranteed one meal.

If you get 10,000 steps through out the current day you are allowed a second meal the next day.
If you get 20,000 steps through out the current day you are allowed up to two meals and one snack the next day.

If you get 25,000 steps through out the current day you are allowed up to three meals the next day. No snack.

If you do not have a pedometer or step counter then you must do the following to earn the right to eat.

You must walk or run three miles in addition to your normal daily activity in order to earn the second meal the next day.

You must walk or run seven miles in addition to your normal daily activity in order to earn up to two meals and one snack the next day.

You must walk or run ten miles in addition to your normal daily activity in order to earn up to three meals the next day.

For those who are disabled and cannot walk.

You are only allowed one meal each day. However, you may choose from the following list up to 2 other times during the day.

AHS Macaroni and Cheese; 1 package
AHS Cheesesteak Pasta; 1 package
AHS Fettuccine; 1 package
AHS Pancakes; 1 package
AHS Cinnamon Crisp Cereal; 1 package with or without 1/4 cup of approved milk
AHS Coco Berry Cereal; 1 package with or without 1/4 cup of approved milk
Healthwise Oatmeal; 1 package
Healthwise Fettuccine; 1 package
Healthwise High Protein Soup; Up to 2 packages
Healthwise Hot Chocolate
CoCoringa; 1 serving
Bio-Coffee; 1 serving
Approved Shake with less than 5 net carbs; 1
Quest Potato Chips; 1 package
G Butter; 1/4 cup
Egg Drop Soup; <https://www.myshibboleth.com/survival-tools/recipe/egg-drop-soup/>
Hot and Sour Soup; <https://www.myshibboleth.com/survival-tools/recipe/hot-and-sour-soup-2/>

Sugar Britches Day/Holiday ~ You didn't follow all rules. You are a sugar britches and you want to be fat more than you want to be lean. Suck it up and accept it.

You can have one earned HOLIDAY meal in a 7 day period. You must choose the day you will have the HOLIDAY meal in advance. Any unplanned holiday meal means you are a sugar britches.

Water ~ I don't care if you drink it or not. It's your body. I suggest you drink 1 gallon of water each day.

Journal ~ I don't care if you journal or not. It's stupid not too. Really stupid. I suggest you journal. To officially participate you must use online journal, journal app or paper journal.

Combinations ~ I don't care if you eat in the right food combinations or not. Eat the foods on the list and in the portion mandated.

Portions ~ Eat from the plates I showed you in class or don't eat. (6-7" plate). Eat up to 1 meal plus any meals or snacks you have earned until you get rid of your excess fat. Some of you have enough stored energy to fuel a nuclear power plant for a month. Eating more than 1 meal each day is a psychological issue for you.

Timing ~ Why do I care when you eat? If you're hungry and earned it then eat. If you didn't earn it or are not hungry then don't eat it! For optimal results FAST while the sun is down, eat your earned meals while the sun is up.

Bless the name of the Lord! ~ Doesn't matter to me what you say with your mouth. It is what is in your heart and in your behaviors towards yourself and others that really matters.

Day 1 is Monday November 5th, 2018 You must earn Tuesday the 6th meals based on Monday's walking effort combined with successful completion of one of the following penalty meal plans.

Choose a penalty day. Penalty Day 1.

Breakfast:

Egg Whites with or without 3 tbsp of Hemp Hearts
Approved Shake with 5 grams of net carbs or less
1/3 of one Hemp Bar
8 up to 16 ounces of Approved Milk
Healthwise Hot Chocolate with or without 1 teaspoon of Ghee butter

Lunch:

Air
Salad. Leafy Green Veggies, Cucumbers, Bell Peppers, etc; Approved Dressing

Dinner:

Egg Whites with or without 3 tbsp of Hemp Hearts
Approved Shake with 5 grams of net carbs or less
1/3 of one Hemp Bar
8 up to 16 ounces of Approved Milk
Healthwise Hot Chocolate with or without 1 teaspoon of Ghee butter

Penalty Day 2

Breakfast:

Water

Lunch:

Water

Dinner:

Water

Special Instructions: You may munch on green leafy vegetables, cucumbers, bell peppers and carrots through out the day. You may munch on bran crisp bread freely.

Penalty Day 3

Breakfast:

High Protein Soup; Up to two packages

Lunch:

High Protein Soup; Up to two packages

Dinner:

High Protein Soup; Up to two packages

Here are the links you will need to officially participate and become a full time or part time resident of Intervention Island.

Sign up with this link. <https://myshibboleth.formstack.com/forms/jacksavage>

Join the members only group by requesting entry with this link. <https://www.facebook.com/groups/jacksavage/>

Find the current and updated food list with this link. www.thejacksavage.com

Type in your email address as your username and use the temporary password ISLAND to enter the website. You will be removed Monday unless you have officially joined Bad Jack Savage's Intervention Island.

To keep up to date on new video releases, new meal plan releases, and more text the word JACK ATTACK to 31996.

If you are not journaling online then you can use the downloadable on the temporary website above. In the downloadable section you will find a one week paper journal and you will find a meal plan worksheet.

OTHER:

The night before you start your one week challenge take before photos and document your WHY and REASONS for participating. What is your vision for your life moving forward? Document it with pictures and words. What is your level of disgust with your current physical appearance and well being? What do you have to look forward to once you reach your physical goals? DOCUMENT IT.

The morning your challenge begins weigh in and record this number in your journal. Measure your neck, chest, biceps, forearms, wrists, waist, hips, thighs and calfs. Record this information.

Take pictures of each meal you consume and post in the members only group as much as possible so that the group can self manage and stay on the same page. This is great accountability for you and will make sure you are following the rules correctly. Don't forget to eat every meal from your portion plate. If you are eating soup or something that is not practical to eat on a plate then use common sense when choosing a portion bowl.

On the morning of the 8th day, take after photos and record weight and all measurements. Get excited and use these results as your motivation to go another week. If you didn't get results it is because you didn't do as you were told and or cheated yourself in some way! End of discussion!