

## Brain Phase Challenges

In the Brain phase, you will continue the challenges you started in the Prep and Body phases, and add additional Brain phase challenges in each of the four challenge areas:

- R1 Remove the Source Challenge
- Diet Challenge
- Exercise Challenge
- Emotions Challenge

While we suggest some specific challenges for you, your TCD practitioner may customize the challenges specifically for your needs.

### R1 Remove the Source Challenge

In the Prep and Body phases, we asked you to remove at least two toxic sources from your life. In the Brain phase, you will continue to eliminate those toxic sources, and remove at least one more toxic source from your life. The result is a minimum of three toxic sources.

- **Continue:** Removing the two toxic source you selected in the Prep and Body phases.
- **Start:** Removing an additional toxic source from your life. Read the Toxic Top 10 article for ideas. Pick another toxic source to remove.
- **Continue:** Rating your compliance in your weekly journal.

### Diet Challenge

In the Body phase, we asked you to eat only three times a day and reduce your eating window to, at most, 10 hours a day (but no less than 4 to 6 hours a day). In the Brain phase, you will switch things up a bit with what's called the 5-1-1 diet.

- **Definition: 5-1-1 Diet**

- 5 = Eat only three meals a day within a 10 hour eating window on 5 days, any days you choose
- 1 = Fast on 1 day, any day you choose
- 1 = Feast on 1 day, any day you choose

Example:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| Eat 3. | Eat 3.  | Eat 3.    | FAST.    | FAST.  | Eat 3    | Eat 3  |

Figure 1: Example of the 5-1-1 diet schedule. You may pick any day(s) for Eat 3, Fast, and Feast.

Your challenge is eat meals according to the 5-1-1 diet.

- **Continue:** Eating only three meals a day: breakfast, lunch, and dinner, when not fasting or feasting.
- **Continue:** Reducing your eating window to, at most, 10 hours a day, when not fasting or feasting.
- **Start:** Eating meals following the 5-1-1 diet.
- **Continue:** Rating your compliance in your weekly journal.

## Exercise Challenge

In the Body phase, your exercise challenge was to walk for at least fifteen minutes each day or continue any exercise that exceeded that time, and do a fun activity at least once a week.

In the Brain phase, continue with your Body phase exercises. And add burst training or yoga to your exercise routine.

- **Definition: Burst Training**

- Burst training involves exercising at your maximum capacity for thirty to sixty seconds, followed by 2-3 minutes of low-intensity exercise or complete rest.
- Example: Sprint hard for 30 seconds. Rest for 1 minute. Repeat 4-5 times, increasing sprinting speed if possible.

Your challenge is to add burst training or yoga to your exercise routine. Read the Burst Training article if you choose that form of exercise.

- **Continue:** Walking at least 15 minutes per day, or keep doing what you've been doing.
- **Continue:** Engaging in at least one fun activity each week.
- **Start:** Engaging in burst training or yoga at least once a week.
- **Continue:** Rating your compliance in your weekly journal.

### Emotions Challenge

During the Body phase, your emotions challenge was to write a personal affirmation and recite it at least once a day. In the Brain phase, you will continue reciting your affirmation at least once a day and create a plan to overcome an emotional challenge that you struggle with, that you feel affects your health.

Your challenge is to write an emotional challenge plan and implement it. Use the Emotional Challenge worksheet to help you develop a plan to overcome an emotional challenge.

- **Continue:** Reciting your personal affirmation at least once a day.
- **Start:** Implementing your emotional challenge plan.
- **Continue:** Rating your compliance in your weekly journal.