Gain healthy body fat

"Not A Diet"

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CONTENTS

Quick Start Guide	3
Introduction	4
Lifestyle	4
Supplies	5
Preparation	5
Procedure	6
Instructions	7
Rules	8
Recommendations	9
Hydration	14
Sleep	15
Exercise	15
Cleanliness	16
Social Factors	16
Activities	17
Progress	20
Slipups	21
Conclusion	22
Side Effects	23
Food Menu	24
Water Intake Checklist	25

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Quick Start Guide

Before you begin

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Introduction

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Recommendations

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Rules

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
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Instructions

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Supplies

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Conclusion

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
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Side Effects

- Drink plenty of water
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Introduction

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Validation verifies that the software has been activated and is properly licensed. It also verifies that no unauthorized changes have been made to the validation, licensing, or activation functions of the software. Validation may also check for certain malicious or unauthorized software related to such unauthorized changes. A validation check confirming that you are properly licensed permits you to continue to use the software, certain features of the software or to obtain additional benefits.

The following features use Internet protocols, which send to the appropriate systems computer information, such as your Internet protocol address, the type of operating system, browser and name and version of the software you are using, and the language code of the computer where you installed the software. Microsoft uses this information to make the Internet-based services available to you.

This feature determines whether a system is connected to a network by either passive monitoring of network traffic or active DNS or HTTP queries. The query only transfers standard TCP/IP or DNS information for routing purposes. You can switch off the active query feature through a registry setting. This service synchronizes with time.windows.com once a week to provide your computer with the correct time. You can turn this feature off or choose your preferred time source within the Date and Time Control Panel applet. The connection uses the standard NTP protocol.

Lifestyle

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Supplies

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Figure 1: Scoop REDACTED (grocery store)

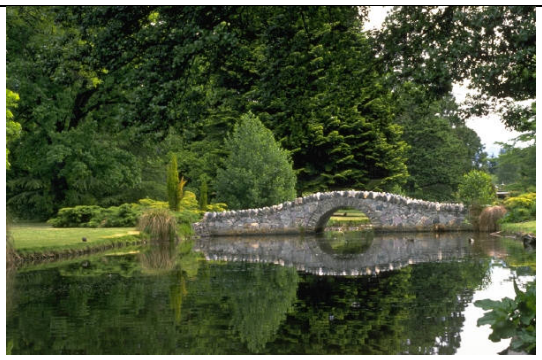

Figure 2: Pre-packed REDACTED

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Preparation

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Procedure

Instead of using the software directly on the licensed computer, you may install and use the software within only one virtual (or otherwise emulated) hardware system on the licensed computer. When used in a virtualized environment, content protected by digital rights management technology, BitLocker or any full volume disk drive encryption technology may not be as secure as protected content not in a virtualized environment. You should comply with all domestic and international laws that apply to such protected content.

The software may include more than one version, such as 32-bit and 64-bit. You may use only one version at one time. If the manufacturer or installer provides you with a one-time selection between language versions, you may use only the one language version you select. You may use the software on up to two processors on the licensed computer at one time. Unless otherwise provided in these license terms, you may not use the software on any other computer.

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If turned on, Windows Defender will search your computer for “spyware,” “adware” and other potentially unwanted software. If it finds potentially unwanted software, the software will ask you if you want to ignore, disable (quarantine) or remove it. Any potentially unwanted software rated “high” or “severe,” will automatically be removed after scanning unless you change the default setting. Removing or disabling potentially unwanted software may result.

Instructions

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Rules

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Recommendations

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Hydration

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Sleep

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Exercise

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Cleanliness

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Social Factors

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Progress

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Slipups

The software is licensed on a per copy per computer basis. A computer is a physical hardware system with an internal storage device capable of running the software. A hardware partition or blade is considered to be a separate computer. Please read them. They apply to the software named above, which includes the media on which you received it, if any. Printed-paper license terms, which may come with the software take the place of any on-screen license terms.

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Conclusion

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Side Effects

You may connect new hardware to your computer, either directly or over a network. Your computer may not have the drivers needed to communicate with that hardware. If so, the update feature of the software can obtain the correct driver from Microsoft and install it on your computer. An administrator can disable this update feature.

Content owners use Windows Media digital rights management technology (WMDRM) to protect their intellectual property, including copyrights. This software and third party software use WMDRM to play and copy WMDRM-protected content. If the software fails to protect the content, content owners may ask Microsoft to revoke the software's ability to use WMDRM to play or copy protected content. Revocation does not affect other content. When you download licenses for protected content, you agree that Microsoft may include a revocation list with the licenses. Content owners may require you to upgrade WMDRM to access their content. Microsoft software that includes WMDRM will ask for your consent prior to the upgrade. If you decline an upgrade, you will not be able to access content that requires the upgrade. You may switch off WMDRM features that access the Internet. When these features are off, you can still play content for which you have a valid license.

During setup, if you select "Get important updates for installation", the software may check for and remove certain malware from your computer. "Malware" is malicious software. If the software runs, it will remove the Malware listed and updated. During a Malware check, a report will be sent to Microsoft with specific information about Malware detected, errors, and other information about your computer. This information is used to improve the software and other Microsoft products and services. No information included in these reports will be used to identify or contact you. You may disable the software's reporting functionality by following the instructions. For more information read the Windows Malicious Software Removal Tool privacy statement.

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a

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validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

This is a public property. It can be modified by the public without permission.

Last official modification: May 1, 2020

Official revision number: 1

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Food Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REDACTED	REDACTED	REDACTED	REDACTED	REDACTED	REDACTED	REDACTED
14-22 glasses water	14-22 glasses water	14-22 glasses water	14-22 glasses water	14-22 glasses water	14-22 glasses water	14-22 glasses water

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Water Intake Checklist	
	Day 18 - □□□□□□□□□□□□□□□□□□□□
Day 1 - □□□□□□□□□□□□□□□□□□□□	Day 19 - □□□□□□□□□□□□□□□□□□□□
Day 2 - □□□□□□□□□□□□□□□□□□□□	Day 20 - □□□□□□□□□□□□□□□□□□□□
Day 3 - □□□□□□□□□□□□□□□□□□□□	Day 21 - □□□□□□□□□□□□□□□□□□□□
Day 4 - □□□□□□□□□□□□□□□□□□□□	Day 22 - □□□□□□□□□□□□□□□□□□□□
Day 5 - □□□□□□□□□□□□□□□□□□□□	Day 23 - □□□□□□□□□□□□□□□□□□□□
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Day 8 - □□□□□□□□□□□□□□□□□□□□	Day 26 - □□□□□□□□□□□□□□□□□□□□
Day 9 - □□□□□□□□□□□□□□□□□□□□	Day 27 - □□□□□□□□□□□□□□□□□□□□
Day 10 - □□□□□□□□□□□□□□□□□□□□	Day 28 - □□□□□□□□□□□□□□□□□□□□
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