



## 3.1 Week Two

Use the [Cronometer App](#)



**First Failure:** Many people fail on the keto diet between weeks 2-4. Side-step mistakes by preparing.

- 1) Drink lots of salted fluid before eating.
- 2) [Salt sucking](#) works. It sounds so strange, but it really helps. I shake my head and laugh as I type this, but it has course-corrected many lost Neurons.
- 3) Plan your first meeting. Be brave. Post the signup.
- 4) Say “NO!” To OMAD (One Meal A Day) It is not time yet. WARNING: If you make this dietary change at the wrong time, you’re VERY likely to fail and fall backward!

**PLEASE - Post challenge successes to the [Dr Boz Neurons Facebook Group](#).**

*“CHALLENGE FOR DAY 8 = I did it. I drank black coffee!!”*

### CHALLENGE FOR DAY 8:

- 1) At least ONE drink per day with NO calories or sweeteners.

Examples:

Water

Coffee (Black)

Tea - [Try this tea](#) if you are looking for a great instant tea



## 3.1 Week Two

**Or**

2) Drink [Ketones In A Can](#)

### **CHALLENGE FOR DAY 9:**

Open the can of sardines.

Mix in mustard, mayonnaise and onions. Try one bite!

[Post a picture to other Neurons](#) when you're done.

### **CHALLENGE FOR DAY 10:**

Have you found an accountability partner yet? [Tell us when you have.](#)

### **CHALLENGE FOR DAY 11:**

Soak in Magnesium - Epsom Salt Bath or Float

How do you soak in magnesium? [Post your answer](#) when you're done soaking.



## 3.1 Week Two

### CHALLENGE FOR DAY 12

Craving versus hunger. You should not be hungry. I want you feeling full thanks to plenty of fat-made hormones.

Fill out the chart for this challenge. Keep track of time (when it occurred and how long it lasted.)

| TIME | MIN. | HUNGER                       | CRAVING                         |
|------|------|------------------------------|---------------------------------|
|      |      | Hormone Driven. Slower onset | Associated with emotion. Quick. |
|      |      | Last 15-25 minutes           | Last 3-5 minutes.               |
|      |      | Subtle feeling at first.     | Very Powerful                   |
|      |      | Slowly suppressed by salt.   | Quickly suppressed by salt      |
|      |      | Hormone Driven. Slower onset | Associated with emotion. Quick. |
|      |      | Last 15-25 minutes           | Last 3-5 minutes.               |
|      |      | Subtle feeling at first.     | Very Powerful                   |
|      |      | Slowly suppressed by salt.   | Quickly suppressed by salt      |
|      |      | Hormone Driven. Slower onset | Associated with emotion. Quick. |
|      |      | Last 15-25 minutes           | Last 3-5 minutes.               |
|      |      | Subtle feeling at first.     | Very Powerful                   |
|      |      | Slowly suppressed by salt.   | Quickly suppressed by salt      |

[Post the number of cravings from Challenge 12](#)



## 3.1 Week Two

### CHALLENGE FOR DAY 13:

Watch the [Sleep Lecture by Dr Boz](#).

Fill out the [Sleep Handout](#).

### ASSESS SLEEP FROM LAST NIGHT:

| SLEEP  |                 |
|--|-----------------|
| What time did you go to bed last night?          | 9:30            |
| What time did you wake up?                       | 6:00            |
| How many hours did you sleep last night?         | 8.5             |
| How many times did you awaken?                   | 2               |
| Subtract 1 sleep hour for each time you woke up. | $8.5 - 2 = 6.5$ |
| Total hours of sleep                             | 6.5             |

Post your total hours of sleep to the [group](#).



## 3.1 Week Two

### CHALLENGE FOR DAY 14:

**Social Success** - As many of us are not interacting socially this challenge was changed from a workplace setting to a home setting.

I love reading about this challenge. Have a family dinner and don't do what you normally do: eat and drink everything. Test yourself. Can you say no?

When 'Pizza night' happens, tell them you are allergic to processed carbs. These social pressures are real!

Take the challenge one tiny step at a time. [Post your social stress and how you did.](#)

Test your strength. Society resists change. Your new way of eating creates waves in the unsuspecting and normal life of others. They are not giving up carbs... you are.

The Cake-Creator that offers, "Just a bite. It won't hurt you."

Or, a person offers you an apple, coaxing you, "Fruit is healthy." She feels the impact of your new choice. Your refusal to accept affects her. This is real. Push your feet into the ground and cram your hands into your pockets to keep from reaching for the forbidden food.

Imagine it's poisonous. Throw caution to the wind. Freak her out by grabbing a slab of butter. Eat that right in front of her. Tell her it's your snack. You might be evaluated for sanity -- a chunk of butter over cake. What's wrong with you?

Attract supporters. Don't bristle folks with your new way of eating. Stay out of that fight.

Popular Phrases to say NO-

- 1) I have been told to give up carbs. Please don't tempt me.
- 2) I am allergic to that.
- 3) Gluten might be causing some of my medical problems. I am going without that for a while.



# 3.1 Week Two

- 4) No.
- 5) My blood sugar has been high - that's against the rules.

## CHALLENGE FOR DAY 15:

What is your weight? FIND your BMI. [Post your BMI.](#)

Limit Weigh-ins to ONCE A WEEK. Twice a month is even better. Stay away from this measuring tool on a daily basis. Weekly or bi-monthly weigh-ins can be helpful. Weigh at the same time of the day.

### BMI Chart

| WEIGHT lbs    | 100         | 105  | 110  | 115     | 120  | 125  | 130  | 135  | 140        | 145  | 150  | 155  | 160   | 165  | 170  | 175             | 180  | 185  | 190  | 195  | 200  | 205  | 210  | 215  |
|---------------|-------------|------|------|---------|------|------|------|------|------------|------|------|------|-------|------|------|-----------------|------|------|------|------|------|------|------|------|
| kgs           | 45.5        | 47.7 | 50.0 | 52.3    | 54.5 | 56.8 | 59.1 | 61.4 | 63.6       | 65.9 | 68.2 | 70.5 | 72.7  | 75.0 | 77.3 | 79.5            | 81.8 | 84.1 | 86.4 | 88.6 | 90.9 | 93.2 | 95.5 | 97.7 |
| HEIGHT in/cm  | Underweight |      |      | Healthy |      |      |      |      | Overweight |      |      |      | Obese |      |      | Extremely obese |      |      |      |      |      |      |      |      |
| 5'0" - 152.4  | 19          | 20   | 21   | 22      | 23   | 24   | 25   | 26   | 27         | 28   | 29   | 30   | 31    | 32   | 33   | 34              | 35   | 36   | 37   | 38   | 39   | 40   | 41   | 42   |
| 5'1" - 154.9  | 18          | 19   | 20   | 21      | 22   | 23   | 24   | 25   | 26         | 27   | 28   | 29   | 30    | 31   | 32   | 33              | 34   | 35   | 36   | 36   | 37   | 38   | 39   | 40   |
| 5'2" - 157.4  | 18          | 19   | 20   | 21      | 22   | 22   | 23   | 24   | 25         | 26   | 27   | 28   | 29    | 30   | 31   | 32              | 33   | 33   | 34   | 35   | 36   | 37   | 38   | 39   |
| 5'3" - 160.0  | 17          | 18   | 19   | 20      | 21   | 22   | 23   | 24   | 24         | 25   | 26   | 27   | 28    | 29   | 30   | 31              | 32   | 32   | 33   | 34   | 35   | 36   | 37   | 38   |
| 5'4" - 162.5  | 17          | 18   | 18   | 19      | 20   | 21   | 22   | 23   | 24         | 24   | 25   | 26   | 27    | 28   | 29   | 30              | 31   | 31   | 32   | 33   | 34   | 35   | 36   | 37   |
| 5'5" - 165.1  | 16          | 17   | 18   | 19      | 20   | 20   | 21   | 22   | 23         | 24   | 25   | 25   | 26    | 27   | 28   | 29              | 30   | 30   | 31   | 32   | 33   | 34   | 35   | 35   |
| 5'6" - 167.6  | 16          | 17   | 17   | 18      | 19   | 20   | 21   | 21   | 22         | 23   | 24   | 25   | 25    | 26   | 27   | 28              | 29   | 29   | 30   | 31   | 32   | 33   | 34   | 34   |
| 5'7" - 170.1  | 15          | 16   | 17   | 18      | 18   | 19   | 20   | 21   | 22         | 22   | 23   | 24   | 25    | 25   | 26   | 27              | 28   | 29   | 29   | 30   | 31   | 32   | 33   | 33   |
| 5'8" - 172.7  | 15          | 16   | 16   | 17      | 18   | 19   | 19   | 20   | 21         | 22   | 22   | 23   | 24    | 25   | 25   | 26              | 27   | 28   | 28   | 29   | 30   | 31   | 32   | 32   |
| 5'9" - 175.2  | 14          | 15   | 16   | 17      | 17   | 18   | 19   | 20   | 20         | 21   | 22   | 22   | 23    | 24   | 25   | 25              | 26   | 27   | 28   | 28   | 29   | 30   | 31   | 31   |
| 5'10" - 177.8 | 14          | 15   | 15   | 16      | 17   | 18   | 18   | 19   | 20         | 20   | 21   | 22   | 23    | 23   | 24   | 25              | 25   | 26   | 27   | 28   | 28   | 29   | 30   | 30   |
| 5'11" - 180.3 | 14          | 14   | 15   | 16      | 16   | 17   | 18   | 18   | 19         | 20   | 21   | 21   | 22    | 23   | 23   | 24              | 25   | 25   | 26   | 27   | 28   | 28   | 29   | 30   |
| 6'0" - 182.8  | 13          | 14   | 14   | 15      | 16   | 17   | 17   | 18   | 19         | 19   | 20   | 21   | 21    | 22   | 23   | 23              | 24   | 25   | 25   | 26   | 27   | 27   | 28   | 29   |
| 6'1" - 185.4  | 13          | 13   | 14   | 15      | 15   | 16   | 17   | 17   | 18         | 19   | 19   | 20   | 21    | 21   | 22   | 23              | 23   | 24   | 25   | 25   | 26   | 27   | 27   | 28   |
| 6'2" - 187.9  | 12          | 13   | 14   | 14      | 15   | 16   | 16   | 17   | 18         | 18   | 19   | 19   | 20    | 21   | 21   | 22              | 23   | 23   | 24   | 25   | 25   | 26   | 27   | 27   |
| 6'3" - 190.5  | 12          | 13   | 13   | 14      | 15   | 15   | 16   | 16   | 17         | 18   | 18   | 19   | 20    | 20   | 21   | 21              | 22   | 23   | 23   | 24   | 25   | 25   | 26   | 26   |
| 6'4" - 193.0  | 12          | 12   | 13   | 14      | 14   | 15   | 15   | 16   | 17         | 17   | 18   | 18   | 19    | 20   | 20   | 21              | 22   | 22   | 23   | 23   | 24   | 25   | 25   | 26   |

