



NEW GENERATION

# WEIGHT LOSS PROGRAMME

1  
STAGE



WELCOME TO  
STAGE 1



***NEW GENERATION***

# EVERYTHING YOU NEED TO KNOW TO ACHIEVE YOUR GOAL IS HERE!

There is just one secret: follow the instructions on the following pages with **the utmost precision**.

To date, everyone who has tried, has succeeded.

**FIT6 New Generation** is the latest version of the FIT6 programme.

It combines the experience of five years of the programme with the modifications of the Nutricode brand.

The FIT6 programme is more than just a weight-loss scheme; it is a lifestyle change. It is not a quick weight loss diet, but a dietary tool. The objective is to face this phase as if it were the beginning of a new life. They say that “first you feel strange, then you understand”.

Bad eating habits, consumption of **alcoholic beverages, and processed foods, a sedentary lifestyle, stress, lack of sleep or not getting enough sleep, and excess fat mass** all contribute to inflammation in your body. An inflamed body, apart from suffering from bloating, fluid retention, discomfort, fatigue, and a lack of concentration, also contribute to losing less weight even during periods of caloric restriction. Therefore, it is crucial for your weight loss success that, in addition to losing weight, you reduce the bloating. Do it for your health and well-being too.

**FIT6** is designed to help you lose fat mass, re-educate your diet, reduce inflammation, maintain lean muscle mass, prevent loose skin, and restore your vitality.

## WISER, MORE EFFECTIVE, AND MORE SPECIFIC!

The programme that has changed so many lives has been renewed!

It is essential to stay focused. To achieve this, there are two things you should do: **weigh yourself regularly** and keep a **food diary**.

These records will be a way to assess and monitor yourself. In addition, throughout the programme, you will have some extra tasks to do on a weekly basis.

## LET'S GET STARTED WITH:

### • SELF-MONITORING TASK:

Every week, on weigh-in day, take a look at your food diary and your results.

On a piece of paper, write down what you need to improve on the following week.

The following week, aim to do more and better.

### • SELF-ASSESSMENT TASK:

You must also take a full body picture:

-On the day of the start of the programme;

-At the end of each stage.

This way, you will have a visual perception of the results and the changes that are taking place in your body.

The diet you are about to start is based on reducing carbohydrates and processed foods. Your diet will become more natural, which will result in a **reduction of inflammatory processes, a consequent improvement in general health, and a slowing down of the ageing process**. Overall, there is a loss of weight, fat mass, and visceral fat. The programme is designed to be easy to apply and includes monthly changes that will provide more variety and better results. Remember, monthly changes are mandatory!

Physical activity is not recommended during the first week. After that, you can resume it.

Keeping all FIT6 material until you reach your goal is recommended.

Once you have reached your goal, whatever stage you are in, you should start the Maintenance stage. The Maintenance lasts 60 days, and it is divided into two different stages:

Maintenance (stages 1 and 2) allows you to stabilise your weight. It is a transition that will allow you to eat all kinds of food little by little and will increase your body's tolerance to carbohydrates, thus avoiding the yo-yo effect.

On your way to your best version!  
FIT greetings,

Lídia Marrão.





# FIT6 PROGRAMME: LIST OF APPROVED AND RESTRICTED FOODS

## ✗ RESTRICTED FOODS

- **All foods containing sugar:**  
For example: cakes, biscuits, sweets, chocolates, chewing gum, bakery products in general, sauces such as ketchup, mayonnaise, mustard, tomato pulp, ready-made condiments such as garlic, pepper paste, and similar, juices, soft drinks, jams, jellies, honey, agave syrup, coconut sugar, fructose, glucose, and other sugars.
- **All foods containing flour of any kind, all types of cereals, and all flour derivatives:**  
For example: cakes, biscuits, toast, pizzas, quiches, pies, pastries, sauces, pasta, rice, couscous, puff pastry, shortcrust pastry, breakfast cereal, cereal bars, corn, and bread (exceptions are mentioned in the meal plan);
- **All alcoholic beverages;**
- **Tubers:**  
Potato, sweet potato, yam, cassava, carrot, beetroot;
- **Legumes:**  
Beans, chickpeas, peas, lentils, broad beans, soy beans and lupin beans;
- **Chestnut;**
- **Milk, milk derivatives, and vegetable-based drinks** intended to replace milk products;

- **Dried or candied fruit:**  
Dates, dried figs, sultanas, prunes.
- **Cold cooked or preserved meat** (except the lean part of ham).
- **“Knorr” broths,** sauces and precooked condiments.
- **Soup** (even if only vegetable based).  
Soup will be strategically introduced in another stage).
- **Offal:** e.g., liver or sweetbreads.
- **Crab sticks.**
- **Jelly of any kind.**

## ✓ APPROVED FOODS

1. Foods that have a daily quantity limit are foods that must be consumed up until afternoon snack time, no later than 6 p.m.
2. Foods that do not have a quantity limit should be consumed in sufficient quantities to make you feel full.
3. **Chew your food slowly and thoroughly,** savouring it. This way, you will feel full sooner and avoid overeating.

## • VEGETABLES

Pumpkin, Chard, Watercress, Lettuce, Artichoke, Leek, Purslane,	Aubergine, Broccoli, Lamb's lettuce, Onion, Chicory, Chayote, Courgette,	Endive, Asparagus, Spinach, Green beans, Turnip greens, Collard greens, Turnip,	Cucumber, Peppers, Radish, White radish, Soy sprouts, Arugula,	All types of wild cabbage, Tomatoes, Mushrooms.
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## • FRUIT:

### 1. Fruit is forbidden after 6 p.m...

2. It must be eaten **raw**.  
Since, when cooked, its glycaemic index increases.

3. The limit is 1 piece of fruit per day

### 1 PIECE OF FRUIT =

10-14 berries (raspberry, blueberry, blackberry, blackcurrant, redcurrant);  
8 strawberries;  
1/2 pomegranate;  
2 thin slices (1 cm thick each) of pineapple (the fibrous part in the middle of the slices must be consumed);  
1 thin slice (approx. 2 fingers thick) of melon or watermelon;  
1/2 cantaloupe melon;  
1 small apple with peel;  
1 small pear with peel;  
1 kiwi fruit;  
1 orange;  
2 tangerines or clementines;  
1/2 banana;  
1/2 mango;  
1/2 papaya;

1/2 avocado;  
1 peach or nectarine with skin;  
4 apricots with peel;  
4 loquats with peel;  
1 custard apple;  
10 grapes;  
2 plums with peel;  
5 small figs;  
10 cherries;  
1 small quince;  
10-14 physalis;  
1/4 dragon fruit



• **NUTS:**

1. Nuts are forbidden after **6 p.m.**
2. The limit is 10 pieces per day.

Hazelnut, almond, and walnut halves.

• **SEEDS:**

1. Seeds are forbidden after **6 p.m.**
2. The limit is 1 tablespoon per day.

Chia, flaxseed, hemp, poppy, sesame, and sunflower.

• **CEREALS:**

1. Cereals are forbidden after **6 p.m.**
2. The limit is 4 tablespoons per day

Oatmeal (coarse flakes) or quinoa.

• **MEAT:**

Beef, pork, lamb, goat, game, duck, rabbit, turkey, and chicken (provided visible fat is removed).

Dehydrated or dried meat is permitted, provided that the list of ingredients contains only meat.

• **FISH:**

All types. Canned products are permitted, provided they are preserved in water or olive oil.

• **SEAFOOD:**

Crustaceans and molluscs of all kinds.

• **EGG:**

Unlimited quantity of egg whites, **yolk only 1 per day.**

• **CHARCUTERIE:**

Pork ham without visible fat. Pay attention to the list of ingredients! Must not contain dextrose, maltodextrin, or any other type of sugar.

• **DRESSINGS:**

Olive oil (**max. 2 tablespoons per day**), olives (**max. 10 per day**), pickled gherkins, spices, herbs, salt, vinegar of any kind, garlic, and lemon.

Artificial sweetener is allowed as long as it is not used constantly with the aim of eliminating it during the process of dietary re-education. The STEVIA plant can be used for sweetening (powder or fresh plant).

Cocoa, maximum **1 teaspoon per day.**

Coconut oil (as a substitute for olive oil), not for daily use.

Grated coconut, **maximum 1 tablespoon per day.**

Psyllium, **maximum 1 tablespoon per day.**





# STAGE 1

## REDUCTION OF INFLAMMATION

### Rule n° 1:

Do not go more than 3-3.5 h without eating!

This rule is intended to help you control your hunger. If you control your hunger throughout the day, it will be easier to resist temptations at the end of the day. In addition, frequent meals stimulate the metabolism to be a “spending metabolism” rather than a “saving metabolism”. In other words, it will be easier to burn fat mass and to maintain the results after the end of the programme.

### Rule n° 2:

Do not spend too much time fasting!

It is mandatory to eat breakfast no later than one hour after waking up. Breaking the overnight fast is important to adjust meal times, activate the metabolism, and arrive at the end of the day feeling more satiated.

### Rule n°3:

The quantities mentioned in the food lists and the 6 p.m. rule must be respected

## BREAKFAST

### Option 1:

Egg (limit 1 egg yolk/day, egg whites unlimited) and/or ham (the lean part), smoked salmon, tuna, and/or fruit (optional, to be deducted from the daily limit) + coffee or tea without sugar.

### Option 2:

Oatmeal or Quinoa: in the form of porridge, pancakes, muffins, or cupcakes + coffee or tea + 1 tablespoon of seeds (optional, to be deducted from the daily limit).

### Option 3:

Fruit only, with no quantity limit (Not daily). Up to two times per week. (Not recommended for people who have more difficulty losing weight) + coffee or tea without sugar

### Option 4:

Dinner leftovers.

## MID MORNING

1 piece of fruit (limit of 1 piece of fruit per day) / 10 raw nuts (hazelnut/almond/walnut) / 1 egg (or just the whites if you had fruit/egg for breakfast./ a few slices of ham / meat / fish / seafood / shellfish / olives / 1 vegetable (tomato/cucumber/ etc.) / oatmeal.

*(Applicable if the period between breakfast and lunch is longer than 3 hours or if you feel very hungry after less than 3 hours, never less than 2 hours).*

*You can choose more than one option.*

## LUNCH

Approved vegetables + meat/fish

During these meals, you should have a good amount of meat or fish. These are the foods that will keep you full.

- Vary the meat and fish throughout the week, respecting the list of allowed foods and always removing visible fat and skin.
- Vary ways of cooking foods (avoid fried foods).
- Vary your vegetables (to avoid monotony).

You can drink unsweetened water/tea/coffee during or after a meal (you can add a teaspoon of cocoa powder or cinnamon to reduce appetite and stimulate body fat burning).

Avoid using sweeteners.

Note: You can use konjac\*, maximum once a week. Follow the cooking instructions on the package.

\*Konjac is a “fake” pasta or rice made from seaweed. Examples: slim pasta, slim noodles, or slim rice

## SNACK

1 piece of fruit / 10 raw nuts (hazelnut/almond/walnut) / 1 egg / egg whites / a few slices of ham / meat / fish / shellfish / shellfish / olives / 1 vegetable (tomato/cucumber/etc.) / oatmeal.

You can choose more than one option.

## DINNER

Permitted vegetables + meat/fish

During these meals, you should eat a good amount of meat or fish. These are the foods that will keep you full.

- Vary the meat and fish throughout the week, respecting the list of allowed foods and always removing visible fat and skin.
- Vary ways of cooking foods (avoid fried foods).
- Vary your vegetables (to avoid monotony).

You can drink unsweetened water/tea/coffee during or after a meal (you can add a teaspoon of cocoa powder or cinnamon to reduce appetite and stimulate body fat burning).

Avoid using sweeteners.

Note: You can use konjac\*, maximum once a week. Follow the cooking instructions on the package.

If you feel hungry after dinner, you can eat high-protein food (animal-based: meat/fish/egg/egg whites), or an ounce of dark chocolate with a minimum cocoa content of 70%.

You can also opt for a relaxing tea: chamomile, lemon verbena, valerian, or passionflower.

\*Konjac is a “fake” pasta or rice made from seaweed. Examples: slim pasta, slim noodles, slim rice.

## HYDRATION

It is mandatory to monitor the colour of your urine throughout the day.

The first morning's urine is always more concentrated. This is normal. However, from mid-morning onwards, you should have a light yellow (champagne coloured) urine. It should not be transparent (the colour of water), nor should it be bright yellow or dark yellow.

Your goal is to drink approximately 1.5 litres of water per day, but this is just an approximate amount. Our hydration needs can vary depending on temperature, daily physical activity, diet, hormonal status, etc...

Drinking water promotes weight loss and helps reduce fluid retention.

To help you with this, create a routine. For example, drink a glass of water every time you urinate, or set a reminder on your mobile phone every 45 minutes.

Create a trick to help you remember to drink water. Over time, you will feel the need to drink, and you won't forget to do it.

## WEEKLY TASK

### WEEK 2:

- Introduce at least 2 vegetables from the following group, on different days, that you have not eaten the previous week:

<i>Swiss chard</i>	<i>Spinach</i>
<i>Watercress</i>	<i>Turnip greens</i>
<i>Celery</i>	<i>Collard greens</i>
<i>Artichoke</i>	<i>Turnip</i>
<i>Purslane</i>	<i>Cucumber</i>
<i>Lamb's lettuce</i>	<i>Pepper</i>
<i>Chicory</i>	<i>Radish</i>
<i>Endive</i>	<i>White radish</i>

Vegetables are rich in vitamins, minerals, and water.

The above list contains the vegetables with the lowest glycaemic index and the lowest glycaemic load. They are also the most depurative and detoxifying, which will help you in the process of de-inflammation.

### WEEK 3 :

- Introduce at least 2 vegetables from the following group on different days that you have not eaten the previous week: aubergine, asparagus, pumpkin, bean sprouts, bamboo, and mushrooms.

Variety is important, both to educate your taste buds and to stimulate your body by exposing your metabolism to different substances. We challenge you to always try new foods, change the way you prepare them, and build a new lifestyle.

Check out our recipes at <https://uk.fmworld.com/fit6/recipes-113/>

### WEEK 4

- Introduce at least 2 vegetables from the following group on different days that you did not eat the previous week:

<i>Swiss chard</i>	<i>Spinach</i>
<i>Watercress</i>	<i>Turnip greens</i>
<i>Celery</i>	<i>Collard greens</i>
<i>Artichoke</i>	<i>Turnip</i>
<i>Purslane</i>	<i>Cucumber</i>
<i>Lamb's lettuce</i>	<i>Pepper</i>
<i>Chicory</i>	<i>Radish</i>
<i>Endive</i>	<i>White radish</i>
	<i>Arugula</i>



# SUPPLEMENTS

## 1. INNER BALANCE NEW GENERATION

### New Generation Formula

Combines the effectiveness of Inner Balance with collagen and vitamin B6.

**2 Sachets/Day:** 1 immediately after breakfast + 1 immediately after lunch.

**The sachet should be diluted in ½ glass of water**, first the contents of the sachet and then the water. Shake energetically and drink immediately.

The sachets are intended to help with inflammation. They are a source of antioxidants; they reduce oxidative stress, promote good immune system and reduce the ageing process. This action is combined with the diuretic action of the extracts, which promote a reduction in swelling/volume and fluid retention. Contains vitamin B6 to reduce emotional hunger.

**- 1 Sachet/Night:** 1 sachet, **before going to bed.**

**The sachet should be diluted in ½ glass of water**, first the contents of the sachet and then the water. Shake energetically and drink immediately. Promotes quality, restorative sleep. Sleep is fundamental to the balance of metabolism: less hunger, greater efficiency, more efficient in reducing fat mass, less swelling, less inflammation, less fluid retention, and greater weight loss. It is enriched with collagen to replenish daily losses and minimise sagging skin. (collagen supplementation is not necessary to treat sagging skin).



## INNER BALANCE

**- 2 Sachets/Day:** 1 immediately after breakfast + 1 immediately after lunch.

**The sachet should be diluted in ½ glass of water**, shaken vigorously, and drank immediately.

Antioxidant action and promotes a balanced metabolism.

**- 2 Capsules/Day:** 2 capsules, **before going to bed**, with a glass of water. Promotes quality, restorative sleep. Sleep is fundamental to metabolism: less hunger, more energy, greater efficiency in reducing fat mass, less bloating and swelling, less inflammation, less fluid retention, and greater weight loss.





## 2. OPTION:

### SLIM BODY SYSTEM NEW GENERATION:

1 sachet, 30 minutes before main meals. Place 1 sachet in an empty glass and add water while stirring vigorously. Drink immediately.

**3 sachets a day.**

The glucomannan found in **Slim Body System New Generation** is a soluble fibre that forms a gel when it comes into contact with water. So, when you take this product, you should reduce the amount of food you eat at that meal to about half. It also contains chromium, which helps reduce hunger, especially for sweets, and vitamin B6 which helps reduce the need for compensation (emotional hunger).



### SLIM BODY SYSTEM:

1 sachet, 30 minutes before main meals. Place 1 sachet in an empty glass, add water while stirring energetically. Drink immediately.

**3 sachets a day.**

The glucomannan found in **Slim Body System New Generation** is a soluble fibre that forms a gel when it comes into contact with water. Therefore, when taking this product, you should reduce the amount of food you eat at that meal to about half.



## 3. RECOMMENDED:

For "Emotional Hunger":

**ASHWAGANDHA: 1 capsule a day** after breakfast or at times of the day when you feel hungry.

**VITAMINS B COMPLEX: 1 capsule twice a week**, after breakfast.

To reduce Tiredness/Fatigue:

**MAGNESIUM FORTE: 1 capsule a day** with breakfast.

**VITAMIN D3 CAPSULES: 1 capsule a day.**

To Reduce Sagging/Improve Skin Texture:

**COLLABEAUTY: 1 measure a day**, diluted in water, before going to bed. A source of collagen, which helps to reduce visible wrinkles and improve the skin's during to accompany weight loss.

**BEAUTY DETOX: 2 capsules a day:** 2 hours after a meal. Spirulina, combined with collagen and vitamin C, helps improve skin texture. The result is less sagging.

To Control Physical Hunger:

**SLIM BODY SYSTEM NEW GENERATION: 1 sachet**, 30 minutes before main meals or at times of the day when you are most hungry. Maximum 3 sachets per day. The glucomannan found in **Slim Body System New Generation** is a soluble fibre that forms a gel when it comes into contact with water. Therefore, when you take this product, you should reduce the amount of food you eat at that meal by about half. It also contains chromium which helps reduce hunger spikes, especially for sweets and vitamin B6 which helps reduce the need for compensation (emotional hunger).

**SLIM BODY SYSTEM: 1 sachet**, 30 minutes before main meals or at times of the day when you are most hungry. Maximum 3 sachets per day. The glucomannan found in **Slim Body System New Generation** is a soluble fibre that forms a gel when it comes into contact with water. So when you take this product, you should reduce the amount of food you eat at that meal by about half.

**BEAUTY DETOX: 2 capsules a day** at the time of day when you feel most hungry.

For "Constipation":

**ALOE VERA: 2 capsules a day** at mealtimes.

### TEA, YERBA MATE, COFFEE, AND AURILE DECOFFEE

All of these are rich in antioxidants that promote less inflammation, more health, youthfulness and energy. They also have a thermogenic effect, depending on their the caffeine or tein content.

Your choice will depend on your preference or sensitivity to caffeine.

They're delicious!

Discover them!

# SUGGESTION MENU



This weekly suggestion is for guidance only.  
To access the recipes, visit our blog.

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<b>1 Inner Balance Sachet (Day)</b> 1 scrambled egg, 2 slices of ham, 1 coffee.	<b>1 Inner Balance Sachet (Day)</b> Oatmeal pancakes with cocoa.	<b>1 Inner Balance Sachet (Day)</b> Smoothie bowl.
MID MORNING	1 apple with cinnamon and walnuts.	Cup of strawberries (8 pieces) with sliced almonds, grated coconut and seeds.	1 orange sprinkled with cocoa
LUNCH	<b>1 Inner Balance Sachet (Day)</b> Mixed salad of lettuce, lamb's lettuce, radish, cucumber and assorted seafood with seeds.	<b>1 Inner Balance Sachet (Day)</b> Low-carb vegetable soup.	<b>1 Inner Balance Sachet (Day)</b> Courgette noodles with prawns.
AFTERNOON SNACK	Boiled egg + oatmeal bread + pepper sticks.	Ham + cherry tomato.	10 almonds + coconut flakes.
DINNER	Turkey fillet with grilled courgette and brussel sprouts.	Cooked hake salad (lamb's lettuce, radish, cucumber, red pepper, leek, shredded cooked hake).	Grilled chicken fillet with watercress salad.
BEFORE BEDTIME	<b>1 Inner Balance Sachet (Night)</b>	<b>1 Inner Balance Sachet (Night)</b>	<b>1 Inner Balance Sachet (Night)</b>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1 Inner Balance Sachet (Day)</b> Oatmeal porridge with cinnamon.	<b>1 Inner Balance Sachet (Day)</b> Omelette (1 egg yolk + egg whites as desired) with mushrooms. Tea.	<b>1 Inner Balance sachet (Day)</b> Oatmeal pancakes with cinnamon. Coffee.	<b>1 Inner Balance Sachet (Day)</b> 1 cup of assorted fruit with sesame seeds.
2 pineapple slices + 6 hazelnuts.	2 clementines + 10 almonds.	1 pear.	1 boiled egg.
<b>1 Inner Balance Sachet (Day)</b> Grilled hamburger with an egg and lettuce salad, arugula, peppers and radish.	<b>1 Inner Balance Sachet (Day)</b> Low-carb fish stew.	<b>1 Inner Balance Sachet (Day)</b> Baked pork loin with sautéed vegetables and seeds.	<b>1 Inner Balance Sachet (Day)</b> Baked sea bream and cucumber sticks.
Smoked salmon rolls with sesame seeds and cucumber sticks.	Cucumber sticks + ham.	Porridge with cinnamon.	Porridge with cinnamon.
Grilled sea bass with sautéed spinach.	Courgette chips with FIT mayonnaise, grilled beef medallion and sautéed spinach.	Baked salmon on a bed of spinach.	Chicken breast stuffed with vegetables and green salad
<b>1 Inner Balance Sachet (Night)</b>	<b>1 Inner Balance Sachet (Night)</b>	<b>1 Inner Balance Sachet (Night)</b>	<b>1 Inner Balance Sachet (Night)</b>



# FOOD DIARY



WORLD UNITED KINGDOM

NUTRICOIDE



	MONDAY	TUESDAY	WEDNESDAY
WAKE-UP TIME			
BREAKFAST	Time:	Time:	Time:
MID-MORNING	Time:	Time:	Time:
LUNCH	Time:	Time:	Time:
SNACK	Time:	Time:	Time:
DINNER	Time:	Time:	Time:
BEFORE BEDTIME	Time:	Time:	Time:
BEDTIME			
SUPPLEMENTS <small>(time and amount)</small>			
AMOUNT OF WATER			
INTESTINAL TRANSIT			
OBSERVATIONS RELEVANT SYMPTOMS			

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:

# FOOD DIARY



WORLD  
UNITED KINGDOM

NUTRICOODE



	MONDAY	TUESDAY	WEDNESDAY
WAKE-UP TIME			
BREAKFAST	Time:	Time:	Time:
MID-MORNING	Time:	Time:	Time:
LUNCH	Time:	Time:	Time:
SNACK	Time:	Time:	Time:
DINNER	Time:	Time:	Time:
BEFORE BEDTIME	Time:	Time:	Time:
BEDTIME			
SUPPLEMENTS <small>(time and amount)</small>			
AMOUNT OF WATER			
INTESTINAL TRANSIT			
OBSERVATIONS RELEVANT SYMPTOMS			

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:



# FOOD DIARY



WORLD  
UNITED KINGDOM

NUTRICOODE



	MONDAY	TUESDAY	WEDNESDAY
WAKE-UP TIME			
BREAKFAST	Time:	Time:	Time:
MID-MORNING	Time:	Time:	Time:
LUNCH	Time:	Time:	Time:
SNACK	Time:	Time:	Time:
DINNER	Time:	Time:	Time:
BEFORE BEDTIME	Time:	Time:	Time:
BEDTIME			
SUPPLEMENTS <small>(time and amount)</small>			
AMOUNT OF WATER			
INTESTINAL TRANSIT			
OBSERVATIONS RELEVANT SYMPTOMS			

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:

# FOOD DIARY



WORLD UNITED KINGDOM

NUTRITION



	MONDAY	TUESDAY	WEDNESDAY
WAKE-UP TIME			
BREAKFAST	Time:	Time:	Time:
MID-MORNING	Time:	Time:	Time:
LUNCH	Time:	Time:	Time:
SNACK	Time:	Time:	Time:
DINNER	Time:	Time:	Time:
BEFORE BEDTIME	Time:	Time:	Time:
BEDTIME			
SUPPLEMENTS <small>(time and amount)</small>			
AMOUNT OF WATER			
INTESTINAL TRANSIT			
OBSERVATIONS RELEVANT SYMPTOMS			

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
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Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:
Time:	Time:	Time:	Time:



# ANTHROPOMETRIC ASSESSMENT

**It is mandatory to perform circumference and weight assessments once a week.**

Assessments should always be done with the same equipment (scale, tape measure), with the same assessor, and at the same time of day. The ideal time of day for an assessment is upon waking, on an empty stomach, after urinating, and unclothed. The assessment is mandatory every week. Collect and record this data on the chart for this purpose.

**You must refrain from stepping on the scale daily.**

Misinterpretation of the results leads to demotivation and stress, which can result in uncontrolled hunger. It is advisable for another individual to take circumference measurements. The person being assessed should be standing, trunk upright, motionless, abdomen relaxed, arms hanging at the sides, palms facing inward, head upright, and feet together.

## CHEST CIRCUMFERENCE

Place the tape measure on the widest part of the chest in a plane parallel to the ground. The reading is always taken at the end of a normal exhalation, without the tape measure exerting any compression on the skin.

## ARM CIRCUMFERENCE

The measurement is taken on the dominant arm (a right-handed person will measure on the right arm, a left-handed person on the left arm). The arms should be relaxed and hanging alongside the body, and the hands should be turned inward. The measurement is taken at the widest part between the elbow and the shoulder.

## ABDOMINAL CIRCUMFERENCE

Place the tape measure two fingers below the navel, parallel to the floor. The reading is always taken at the end of a normal exhalation without the tape measure exerting any compression on the skin.

## BUTTOCK/HIP CIRCUMFERENCE (THIS POINT IS ONLY MEASURED IN WOMEN)

Place the tape measure on the widest part of the buttock, parallel to the floor. The tape should not exert any compression on the skin.

## LEG CIRCUMFERENCE

Place the tape measure on the widest part of the thigh, between the groin and the knee, parallel to the ground. The tape measure should not exert any compression on the skin.

## TAKING A PHOTO IS MANDATORY.

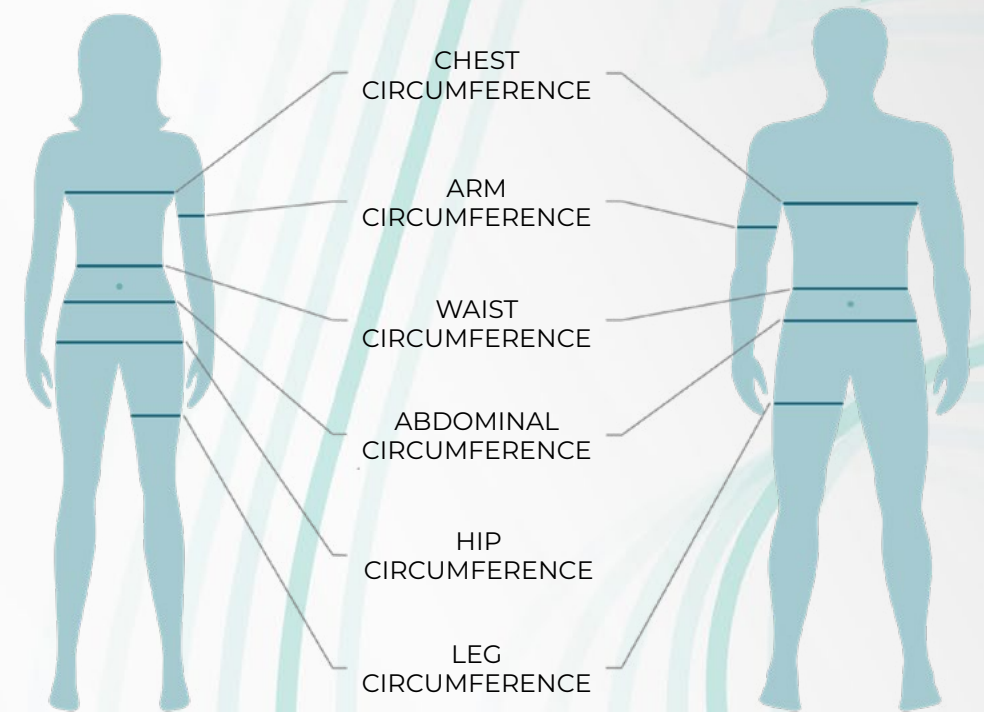
(Or several: front/side/back) before starting the programme, and repeat monthly to have a visual comparison.

Optional: You can send your photos to FM World Portugal with an authorisation for publication on social media. The selection of the pictures to be published will be made by the programme managers.

## IT IS MANDATORY TO KEEP A FOOD DIARY. THIS IS EXTREMELY IMPORTANT.

It is the best self-monitoring strategy. When we write down everything we eat throughout the day, we have a more realistic notion of what we are doing, and we have more accountability and commitment to sticking to the diet.

# BODY MEASUREMENTS



# WEIGHT RECORD WEEKLY

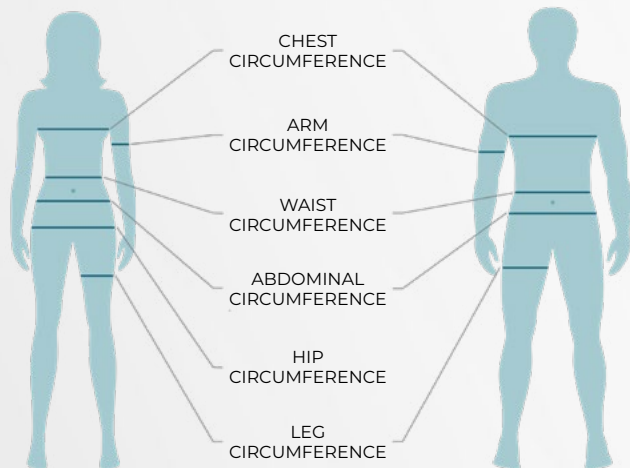
**Note:**

Weighing should be done once a week, on the same day, on an empty stomach, unclothed, and after the first urine of the morning.

**Start - STAGE 1**

DATE	TIME	WEIGHT	BF%	CHEST CIRCUMFERENCE	ARM CIRCUMFERENCE	WAIST CIRCUMFERENCE
TOTAL						

DATE	TIME	WEIGHT	BF%	ABDOMINAL CIRCUMFERENCE	HIP CIRCUMFERENCE	LEG CIRCUMFERENCE
TOTAL						



*“Persistence is the path to success.”*  
**Charles Chaplin**

May you achieve the best results.  
**Dr. Lúcia Marrão, CP nº 2022N - Nutritionist**



**Download** the **Fit6 App** from the App Store (compatible with iPad and iPhone) and the Play Store for Android devices (compatible with smartphones and tablets). You will get access to all the Fit6 programme information and news you can't miss.

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