



Do Well Protocol – 90 Day Quickstart

Month 1

- Walk 7,500 Steps Everyday
- Take recommended nutritional supplements with meals twice daily+
- Eliminate all Grains from your Diet
- Add in 3 extra servings of vegetables with meals

Month 2

- Increase Walk to 10,000 Steps Everyday
- Continue on Diaplex
- Add in extra step to up-level your nutrition plan (e.i. add in an SP Complete Shake as your breakfast Monday, Wednesday, & Friday)

Month 3

- Continue Walking 10,000 Steps Everyday
- Add in a fitness class or H.I.I.T, yoga or strength training
- Continue supplementation
- Eliminate all non-raw dairy products from your Diet (grass fed butter & Ghee are health foods)