

T-Tapp Boot Camp: Lose 4 or More Clothing Sizes

Week 1 Weigh in:	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods
Week 2 Weigh in:	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods
Week 3 Weigh in:	Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods
Week 4 Weigh in:	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods
Week 5 Weigh in:	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods
Week 6 Weigh in:	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods
Week 7 Weigh in:	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods
Week 8 Weigh in:	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods
Week 9 Weigh in:	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods
Week 10 Weigh in:	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods
Week 11 Weigh in:	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods
Week 12 Weigh in:	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Water: □□□ <input type="checkbox"/> Man Made Foods	Water: □□□ <input type="checkbox"/> God Made Foods	<input type="checkbox"/> BWO+ Water: □□□ <input type="checkbox"/> God Made Foods	Final Weight: Water: □□□ <input type="checkbox"/> Man Made Foods

BWO+ = Basic Workout Plus (15 minute workout, link on jamiesossamon.com/t-tapp)

Water = Each □ represents 30 oz. (work up to half your body weight in ounces, if you can)

God Made Foods = Anything that you can pick, gather, milk, hunt, or fish.

Man Made Foods = Enjoy what you love, in moderation.