

bodykey



DAYS



GUIDE

bodykey



GUIDE

This is a 15-day diet and exercise guide. Each day, you will have a recommended meal plan and exercise routine to complete. Use this guide to complete your 30/60-day transformation journey.

Day 1

Day 15

Day 30

Day 45

Day 60



Before you begin, here are several key information you need!

Body Mass Index (BMI)

This is the most established and widely used measurement defined as:

$$\text{BMI} = \text{Weight (kg)} / \text{Height}^2 \text{ (m)}^2$$

BMI (kg/m ²)	Classification	Level of Health Risks
<18.5	Underweight	Low
18.5 – 22.9	Normal	Average
≥23	Overweight	High
23.0 – 27.4	Pre-Obese	Increased
27.5 – 34.9	Obese I	Moderate
35.0 – 39.9	Obese II	Severe
≥40.0	Obese III	Very Severe

Obesity – Are you at risk?



Diabetes



Heart disease and stroke



High blood pressure



Osteoarthritis



Breathing problems, such as sleep apnea and asthma



Gallbladder disease and gallstones



Gout



Some cancers

BODYKEY JUMP START KIT SUPPLEMENT GUIDE



Meal Replacement Shake



Soy Protein Drink



Mixed Fiber Powder



Mixed Collagen Peptide Drink



Green-T Plus Tablet



DOUBLE X

Morning	Night	Remarks
	✓	Replace 1 meal at night. If light dinner is usually consumed, replace the heaviest meal in a day with a shake. The shake can also be taken for breakfast.
	✓	Take together with Meal Replacement Shake for satiety and muscle mass preservation.
✓		Take 1 stick in the morning or any other preferred time for satiety, good digestive health and metabolic functions. It provides a good source of prebiotic which will enhance gut health with probiotic. It can also be mixed with the Meal Replacement Shake and Soy Protein Drink.
	✓	Take 1 stick to help strengthen your bones, joints and muscles. Tone up during your weight management journey apart from achieving healthy and glowing skin.
✓	✓	Take anytime of the day, preferably after meals. Fight fats the healthy way in your weight management journey coupled with a low-calorie diet and exercises.
✓	✓	For your daily nutrition gap.

EXTRA SUPPLEMENTATION - NUTRILITE



CB Plus Block
Block carbohydrates



Natural B Complex
To produce energy



Cal Mag D Plus
To promote better sleep

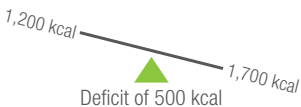


Salmon Omega Complex
Ultimate wellness

Disclaimer: Subject to individual preferences and needs

LOSE THE CALORIES AND BALANCE YOUR ENERGY

Energy in



Energy out



To lose
0.5kg/week



To maintain
weight



To gain
0.5kg/week

Currently doing this?

Usual Diet Pattern
(1800 kcal)

Macronutrients

What you need to do?

Weight Lost Diet Pattern
(1200 kcal)

10-15%



x 6 - 9

Protein

25-30%



x 10 - 13

55-65%



x 16 - 19

Carbohydrates

40-55%



x 8 - 11

30%



x 12

Fat

20-30%



x 5 - 8

Why the increase in Protein?

Protein burns more calories compared to Fat and Carbs.

Protein



Burns 30-40% of calories

Carbohydrates



Burns 5-6% of calories

Fat



Burns 4-5% of calories



EXERCISE ROUTINE

- For workout days, the routine will take approximately 20 minutes to complete.
- You can choose to scale up or scale down workouts based on your energy/fitness levels.
- Before starting your exercise, complete the '60 Second Burpee Test'. This test determines your fitness/energy levels.

60 SECOND BURPEE TEST



- Complete the Warm-Up section under 'Exercise' on the BodyKey App
- Set a timer to 60 seconds.
- Do as many burpees as you can in 60 seconds while maintaining good form.
- Do this test again after 15 days and see if there's improvement!

Your Results:

<15 burpees

Below Average

<25 burpees

Average

<35 burpees

Good

>45 burpees

Excellent

Extra Notes

- The 'Warm-Up' and 'Cool-Down' routines can be viewed on the BodyKey App.
- To view movement guides and videos, access the 'EZ Training' section on the BodyKey App.

• DAY 1 •

Breakfast

321 kcal



- 1x wholemeal tortilla wrap
- + 2x eggs (scrambled, no butter)
- + lettuce, cucumbers and onions (with 1½ tsp salad dressing)

Lunch

427 kcal



- 1x bowl pan mee (with egg, anchovies, extra sweet potato leaf & less noodles)

Snack

174 kcal



- 1x BodyKey Snack Bar On-the-Go (Seaweed)

Dinner

238 kcal



- BodyKey Meal Replacement Shake (1 pouch)
- + 3 scoops Nutralite Soy Protein

Total Calories A Day

1,160 kcal

Exercise Guide

4 rounds of:



Warm Up



Push Ups



Rest



Squats



Rest



Cool Down

▲ Scale Up

Complete 6-8 rounds

▼ Scale Down

Between each round, take a 1-minute break

• DAY 2 •

Breakfast

360 kcal



1x bowl fish congee (with ½ tsp sesame oil, ginger slices, 6 tbsp minced chicken, soy sauce, 1 spoon pickled vegetables, minced mushrooms and ½ salted egg)

+ Chinese tea

Lunch

458 kcal



1 bowl rice

- + 1 scoop stir-fried vegetables
- + 1 scoop long beans
- + 1 palm-sized chicken (remove skin) with 2 tsp chicken curry
- + 1 bowl vegetable soup

Snack

104 kcal



1 cup mixed fruits

Dinner

238 kcal



BodyKey Meal Replacement Shake (1 pouch)

+ 3 scoops Nutralite Soy Protein

Total Calories A Day

1,160 kcal

Exercise Guide

4 rounds of:



Warm Up



Plank



Rest



Lunges



Rest



Cool Down

▲ Scale Up

Complete 6-8 rounds

▼ Scale Down

Between each round, take a 1-minute break

• DAY 3 •

Breakfast

330 kcal



1 slice toast bread (with butter and/or kaya)

- + 2x half boiled eggs
- + 1 cup coffee (black)

Lunch

439 kcal



1x quarter chicken (thigh and leg piece has less fat)

- + 1 corn on the cob
- + 1 cup roasted vegetables
- + 1 XS Energy Drink

Snack

174 kcal



1x BodyKey Snack Bar On-the-Go (Seaweed)

Dinner

238 kcal



BodyKey Meal Replacement Shake (1 pouch)

- + 3 scoops Nutrilite Soy Protein

Total Calories A Day

1,181 kcal

Exercise Guide



Warm Up

8 rounds of:



Jumping Jacks



Rest



Cool Down

▲ Scale Up

Complete 10-12 rounds


▼ Scale Down

Between each round, take a 1-minute break

• DAY 4 •


Breakfast

257 kcal

- 
- 1 slice wholemeal bread (with $\frac{1}{4}$ can tuna light mayonaise)
 - + 1 cup fruit juice (2 whole fruits [oranges/apples] + water)


Lunch

510 kcal

- 
- 2 scoops rice
 - + 4 pieces rendang chicken
 - + 2 scoops kangkung belacan
 - + 1 tbsp pickled vegetables

Snack

200 kcal

- 
- 1 cup steamed edamame (lightly salted)

Dinner

238 kcal

- 
- BodyKey Meal Replacement Shake (1 pouch)
 - + 3 scoops Nutrilite Soy Protein

Total Calories A Day

1,205 kcal

Exercise Guide



Warm Up



OR



OR



Cool Down

Do a different activity today, go for a walk/jog, bike or swim. Have fun!

• DAY 5 •

Breakfast

319 kcal



1 bowl non-sweetened cereal with 1 cup low fat milk
+ 1 serving fruits

Lunch

422 kcal



1 bowl prawn mee (with more bean sprouts and prawns, refrain from drinking more than 1/4 of the broth)
+ 1 iced tea (less sugar)

Snack

174 kcal



1x BodyKey Snack Bar On-the-Go (Seaweed)

Dinner

238 kcal



BodyKey Meal Replacement Shake (1 pouch)
+ 3 scoops Nutralite Soy Protein

Total Calories A Day

1,153 kcal

Exercise Guide



Warm Up

4 rounds of:



Burpees



Rest



Plank



Rest



Cool Down

▲ Scale Up

Complete 6-8 rounds

▼ Scale Down

Between each round, take a 1-minute break

• DAY 6 •

Breakfast

406 kcal



Nasi lemak

- + 2x hard boiled eggs
- + Extra cucumbers

Lunch

444 kcal



1 plate chicken rice

- + 1 small serving rice
- + 1 portion roasted chicken (palm-sized)
- + 1 portion bean sprouts
- + 1 glass Chinese tea

Snack

122 kcal



Tau foo fah

- + ½ tbsp brown sugar

Dinner

238 kcal



BodyKey Meal Replacement Shake (1 pouch)

- + 3 scoops Nutralite Soy Protein

Total Calories A Day

1,210 kcal

Exercise Guide

4 rounds of:



Warm Up



Wall-Sit



Rest



Hip Bridge



Rest



Cool Down

▲ Scale Up

Complete 6-8 rounds

▼ Scale Down

Between each round, take a 1-minute break

• DAY 7 •

Breakfast

357 kcal



1x convenient store egg sandwich

Lunch

412 kcal



2x fried pieces yong tau foo
+ 3 pieces vegetable stuffed with fish
+ dipping sauce

Snack

174 kcal



1x BodyKey Snack Bar On-the-Go (Seaweed)

Dinner

238 kcal



BodyKey Meal Replacement Shake (1 pouch)
+ 3 scoops Nutralite Soy Protein

Total Calories A Day

1,181 kcal

Exercise Guide



Warm Up



Rest day. Complete your warm-up and cool-down and you are done!



Cool Down

• DAY 8 •

Breakfast

340 kcal



Garden salad

- + 2 tbsp asian sesame dressing
- + 2x hard boiled eggs
- + 1 serving fruits

Lunch

414 kcal



1 bowl Penang assam laksa

Snack

179 kcal



A handful of mixed roasted nuts
(lightly salted)

Dinner

238 kcal



BodyKey Meal Replacement
Shake (1 pouch)
+ 3 scoops Nutralite Soy Protein

Total Calories A Day

1,171 kcal

Exercise Guide

4 rounds of:



Warm
Up



Push Ups



Rest



Lunges



Rest



Cool
Down

▲ Scale Up

Complete 6-8 rounds

▼ Scale Down

Between each round,
take a 1-minute break

• DAY 9 •

Breakfast

513 kcal

- 1x chapati
- + ½ cup dhal
- + 1 piece tandoori chicken (palm-sized)
- + 1 glass lemon juice (no sugar)



Lunch

325 kcal

- 1 small bowl soup noodles
- + 1x fish fillet (palm-sized)



Snack

174 kcal

- 1x BodyKey Snack Bar On-the-Go (Seaweed)



Dinner

238 kcal

- BodyKey Meal Replacement Shake (1 pouch)
- + 3 scoops Nutrilite Soy Protein



Total Calories A Day

1,250 kcal

Exercise Guide

4 rounds of:



Warm Up



Crunches



Rest



Squats



Rest



Cool Down

▲ Scale Up

Complete 6-8 rounds

▼ Scale Down

Between each round, take a 1-minute break

• DAY 10 •

Breakfast

325 kcal

- 4 pieces roti jala
- + 2 pieces curry chicken
- + 2 ½ tbsp gravy (from curry chicken)
- + 1 glass lemon juice (no sugar)



Lunch

394 kcal

- 1 bowl Vietnamese pho noodles
- + 1 glass ice lemon tea (less sugar)



Snack

234 kcal

- + 2 small fried spring rolls
- + 1 serving fruits



Dinner

238 kcal

- BodyKey Meal Replacement Shake (1 pouch)
- + 3 scoops Nutralite Soy Protein



Total Calories A Day

1,191 kcal

Exercise Guide



Warm Up

8 rounds of:



Burpees



Rest



Cool Down

▲ Scale Up

Complete 10-12 rounds

▼ Scale Down

Between each round, take a 1-minute break

• DAY 11 •

Breakfast

330 kcal

1 slice toast bread (with butter and/or kaya)

- + 2x half boiled eggs
- + 1 cup coffee (black)



Lunch

441 kcal

- 1 bowl rice
- + 1 scoop stir-fried vegetables
 - + 1 scoop legumes
 - + 1 palm-sized fish slices with gravy
 - + Vegetable soup



Snack

174 kcal

1x BodyKey Snack Bar On-the-Go (Seaweed)



Dinner

238 kcal

- BodyKey Meal Replacement Shake (1 pouch)
- + 3 scoops Nutralite Soy Protein



Total Calories A Day

1,183 kcal

Exercise Guide



Warm Up



OR



OR



Cool Down

Do a different activity today, go for a walk/jog, bike or swim. Have fun!

• DAY 12 •

Breakfast

370 kcal

- 1x egg thosai
- + ½ cup dhal
- + 2 tbsp coconut chutney



Lunch

481 kcal

- 1x medium-sized burrito with chicken and beans



Snack

104 kcal

- 1 cup mixed fruits



Dinner

238 kcal

- BodyKey Meal Replacement Shake (1 pouch)
- + 3 scoops Nutrilite Soy Protein



Total Calories A Day

1,193 kcal

Exercise Guide



Warm Up

4 rounds of:



Jumping Jacks



Rest



Plank



Rest



Cool Down

▲ Scale Up

Complete 6-8 rounds

▼ Scale Down

Between each round, take a 1-minute break

• DAY 13 •

Breakfast

355 kcal



Caesar salad

- + 2 tbsp asian sesame dressing
- + 1 chicken strips
- + 1 serving fruits

Lunch

416 kcal



1 bowl tom yum soup noodles

- + 1 palm-sized fish fillet/handful of fish slices

Snack

174 kcal



1x BodyKey Snack Bar On-the-Go (Seaweed)

Dinner

238 kcal



BodyKey Meal Replacement Shake (1 pouch)

- + 3 scoops Nutrilite Soy Protein

Total Calories A Day

1,183 kcal

Exercise Guide

4 rounds of:



Warm Up



Crunch



Rest



Hip Bridge



Rest



Cool Down

▲ Scale Up

Complete 6-8 rounds


▼ Scale Down

Between each round, take a 1-minute break

• DAY 14 •


Breakfast

265 kcal

- 
- 1 slice wholemeal bread (with $\frac{1}{4}$ can tuna light mayonnaise)
 - + 1 cup fruit juice (2 whole fruits [oranges/apples] + water)


Lunch

473 kcal

- 
- 1x salmon teriyaki rice
 - + 200ml yoghurt drink (no fat)


Snack

201 kcal

- 
- 1 cup steamed edamame (lightly salted)

Dinner

238 kcal

- 
- BodyKey Meal Replacement Shake (1 pouch)
 - + 3 scoops Nutrilite Soy Protein

Total Calories A Day

1,177 kcal

Exercise Guide



Warm Up



Rest day. Complete your warm-up and cool-down and you are done!



Cool Down

• DAY 15 •

Breakfast

394 kcal



1 bowl hor fun
(flat rice noodles in broth with
shredded chicken)

Lunch

408 kcal



1 bowl rice
+ 1x ikan bakar sambal
+ 1 serving kangkung belacan

Snack

174 kcal



1x BodyKey Snack Bar
On-the-Go (Seaweed)

Dinner

238 kcal



BodyKey Meal Replacement
Shake (1 pouch)
+ 3 scoops Nutralite Soy Protein

Total Calories A Day

1,214 kcal

Exercise Guide



**Warm
Up**



60-second Burpee Test



**Cool
Down**