

# B Fearless

## 21 Day Mind & Body Reset

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Congratulations! You must feel amazing making the commitment and investing in yourself!

For the next 21 days you are going to reset your Mind and Body and start feeling amazing

There are 3 parts to the 21 Day B Fearless Reset, I call it my 'Perfect Prescription' and use this process with my private clients and continually see amazing success and now you can experience success with it, too!

In addition to the program, you will want to purchase the Garden of Life Herbal Detox - Wild Rose Kit prior to beginning the reset. You can purchase the kit [here](#) it generally runs around \$30. You can also contact me and purchase from me for \$22. The Detox Kit is very important to the program, you will **not see the same results without taking the detox supplements.**

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**There are 3 parts to my Perfect Prescription - This is the prescription I know works!**

### ***Part 1: Healthy Mind***

Sit and BREATHE in the a.m. for 1-20min. For stress relief and to start your day. You can use [Insight Timer App](#) if you need guidance.

### ***Part 2: Healthy Body***

Follow my food plan, this includes:

- Having a green/ protein shake within 45-60 min upon waking up
- Eating regularly/ when hungry. (Not going more than 5 hrs.)

## 21 Day B Fearless Reset Getting Started Guide

- NOT having starchy carbs at night
- Having one or two "Treats / Cheat" per week
- Having a green at EVERY MEAL
- Drinking a gallon of water a day
- Taking your supplements (Probiotics, amino acids)

### ***Part 3: Healthy Soul***

Follow my Workout Plan, this includes:

- All body strength training with H.I.I.T intervals 2-3 times per week
  - Cardio 2-3 times per week
  - Yoga, Pilates, Or Deep stretching 1-2 per week
  - Body work, self care, baths, and stretching.....Daily/Weekly
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### **To Prepare for the challenge you will need to do the following:**

- Purchase your detox kit
  - Make sure you have the things you will need for the workouts. (Listed in the Workout Guide)
  - Read through the [Nutrition Guide](#) and the [Workout Guide](#) to familiarize yourself with the program.
  - Create your menu for the first 3-5 days.
  - Purchase your groceries for the first 3 days
  - Once you have your [groceries](#), I recommend meal prepping your meals for the first 3 days. This will help you to jumpstart your success with the program and remove any of the anxiety you may have getting started.
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### **Getting started with the challenge...**

#### ***Part 1: Healthy Mind***

Each day you will SIT for 2-20 minutes. You can use [Insight Timer App](#) if you need guidance.

Morning Clearing - It's a fact that if you don't get your mind right, your body can't follow. By simply breathing, we can clear out old stuck energy and make room for NEW positive actions!

## 21 Day B Fearless Reset Getting Started Guide

*Take 2 - 20 min in the morning to set the tone (intention) for the day.*

### My mantras:

- I will eat healthy foods today to support my body.
- I will NOT get overly nervous, hungry, or tired, before I take care of myself.
- I will check in 3 times today and honor what i need.

### **Part 2: Healthy Body**

**Step #1:** You will need to download [My Fitness Pal](#) or another calorie counter. Enter your AGE, HT, WEIGHT, GOAL WEIGHT, AND ACTIVITY LEVEL so you know your numbers. **\*IMPORTANT\*** Change your settings to 40% Carbs, 30% Protein, 30% Fat.

1. Click more bottom right
2. Click goals
3. Enter weight and activity
4. Click calorie, carbs protein fat
5. Adjust the settings
6. Done

**Step #2:** [Download the Nutrition Guide](#)

**Step #3:** [Download the Grocery List](#)

### **Part 3: Healthy Soul**

[Download the Workout Program Guide](#)