

2 BROTHERS HEALTH & FITNESS

WITH TONY N CRAIG

The 90-Day Transformation Plan

Three phases — foundation, build, lock it in. Workouts, nutrition with real foods and portions, and honest supplement guidance for the full 90 days.

Generic Plan — $179

TONY + CRAIG — THE BROTHERS HELPING YOU GET HEALTHY.

Health is wealth — so get rich with us.

General fitness information only. Not medical advice. Consult your doctor before starting any new program.

How the 90 days work

Phase 1 (Days 1–30): Foundation. Daily walking, bodyweight basics, sleep and water habits. Your job is showing up, not going hard.
Phase 2 (Days 31–60): Build. Add dumbbells or resistance bands, walk farther and faster, start simple intervals.
Phase 3 (Days 61–90): Lock it in. Train like the 30-day plan at your new level. The goal for Day 90 is a routine you want to keep.

The one rule: never miss twice. Missed a day? Do not miss two. Put your shoes on and walk for 10 minutes.

> ***Talk to your doctor first.*** *This plan is general fitness information, not medical advice, diagnosis, or treatment. Consult your physician before starting any new exercise or nutrition program, especially if you have a health condition, injury, or take medication. Stop and seek care if you feel pain, dizziness, or unusual shortness of breath.*

Phase 1 — Days 1 to 30: build the habit

Day	What to do	Time
Mon / Wed / Fri	Walk + bodyweight basics, 2 easy rounds: sit-to-stands ×10 • wall or knee push-ups ×8 • glute bridges ×10 • marching in place 60 sec	20–30 min
Tue / Thu	Brisk walk. Start 15 min, add 5 min each week.	15–30 min
Sat	Longer walk, yard work, bike, or play. Move with family or friends.	30–45 min
Sun	Rest, stretch, meal prep.	—

Phase 1 nutrition: water when you wake up and with every meal; protein + vegetables at lunch and dinner; in bed on time 5 nights a week. Use the plate method from the sample day below — no strict counting yet.

Phase 1 wins: walk daily (even 10 minutes counts), check off each day on a calendar.

Phase 2 — Days 31 to 60: build strength and stamina

Day	Session
Mon	**Strength A:** goblet squat 3×8–12 • push-up or DB press 3×8–12 • one-arm DB row 3×10/side. Slow the lowering.
Tue	**Walk intervals:** 2 min brisk / 2 min easy × 6–8.
Wed	**Strength B:** DB Romanian deadlift 3×10 • DB overhead press 3×8–10 • reverse lunge 3×8/leg • dead bug 3×10/side.
Thu	**Recovery:** easy 25-min walk + 10-min mobility.
Fri	**Strength A again + core:** same as Monday + plank 3×30–45 sec.

Day	Session
Sat	**Endurance:** 45–60 min walk, hike, or bike.
Sun	**Rest + prep:** plan the week, prep lunches.

Phase 2 nutrition upgrade: protein at breakfast too (eggs, Greek yogurt, or a smoothie); vegetables at lunch AND dinner; fruit daily. Prep twice a week if once isn't enough.

Form check: neutral spine, controlled movement, steady breathing, feet planted. If form breaks, the set is done.

Phase 3 — Days 61 to 90: lock it in

Train like the 30-day get-in-shape plan: **3 full-body strength days** (Mon/Wed/Fri — same A/B/C structure, a little heavier or more reps than Phase 2), **2 conditioning days** (one interval walk, one longer walk/run/bike/swim), **1 active recovery day**, **1 full rest day**. 10 minutes of mobility after training or on recovery days.

Your daily checklist: glass of water on waking • move (workout, walk, or both) • protein + vegetables at 2–3 meals • check the day off • never miss twice.

Daily nutrition — foods and portions

The plate method all 90 days: **½ plate vegetables, ¼ plate lean protein, ¼ plate whole grains or starchy vegetables**, a thumb of healthy fat, water with every meal. Protein at every meal — about a palm-and-a-half per meal for most adults.

Sample day with portions (adjust to hunger and goals):

Meal	Phase 1–2	Phase 3 upgrade
Breakfast	2 eggs + ¾ cup oats + 1 cup berries	3 eggs + 1 cup oats + berries, or protein smoothie (1 scoop whey + banana + 1 tbsp peanut butter + milk)
Lunch	5 oz chicken + ¾ cup rice + 2 cups broccoli	6 oz chicken + 1 cup rice + 2 cups mixed veg
Snack	1 apple + ¼ cup almonds	1 cup Greek yogurt + 1 apple
Dinner	5 oz fish or lean beef + 1 medium potato + salad	6 oz salmon or chicken + 1 large sweet potato + large salad with 1 tbsp olive oil
Evening	Herbal tea	Protein shake or 1 cup cottage cheese

7-day dinner rotation: Mon chicken stir-fry (6 oz chicken, 2 cups veg, 1 cup rice) • Tue turkey tacos (6 oz 93% lean turkey, 2 tortillas, peppers, salsa, ¼ avocado) • Wed tuna whole-grain pasta (1 can tuna, 1½ cups pasta, tomato sauce, salad) • Thu beef & quinoa (6 oz lean beef, 1 cup quinoa, roasted veg) • Fri pita pizza (whole-grain pita, sauce, 4 oz chicken, veg, light mozzarella) • Sat flexible meal out (plate method, sensible portions) • Sun sheet-pan chicken & vegetables.

Water: at least a half-gallon daily — a marked bottle makes it easy to track.

Supplements — honest guidance

Supplements support the work; they don't do it. Follow label directions and talk to your doctor about what's right for you.

- **Whey protein** — convenient daily protein; great in the Phase 3 breakfast smoothie. Shop whey protein on Amazon
- **Creatine monohydrate** — 3–5 g daily; one of the most studied sports supplements, supports strength over time with real training. Shop creatine on Amazon
- **Fish oil / vitamin D** — common gaps; ask your doctor if you need them. Shop fish oil on Amazon
- **Resistance bands or adjustable dumbbells** — the home-gym essentials for Phases 2–3. Shop adjustable dumbbells on Amazon

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Track all 90 days

Weigh in weekly (same morning, same conditions), measure your waist monthly, and check off every training day.

Phase	Start weight	End weight	Waist change	Workouts done	How I feel (1–10)
Phase 1					
Phase 2					
Phase 3					

After Day 90: repeat Phase 3, add a new goal (distance, strength, or habit), or talk to us about a custom plan built around your life. Day 90 isn't the finish line — it's proof you can do this.

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