

FRUIT UP WITH BOBBY SMITH | 7-DAY TOTAL LOCK-IN BUNDLE

Official 7-Day Reset Guide + The Interactive Digital Execution Journal

1. THE 3 GOLDEN RULES OF FRUIT UP TIL 5

- * RULE 01 (7:00 - 8:30 AM): Hydrate Before You Caffeinate (16-32 oz Key Lime Water).
- * RULE 02 (8:30 AM - 5:00 PM): Whole Living Fruit Until 5:00 PM (Melon -> Tropical -> Dense).
- * RULE 03 (5:00 - 7:30 PM): Clean Warm Cooked Dinner at 5:00 PM + 20-Min Evening Walk.

2. THE 4-PILLAR DAILY STANDARD

- [] PILLAR 1: 6+ Servings of Living Fruit Before 5:00 PM
- [] PILLAR 2: 5,000+ Daily Steps (Morning Walk + 20-Min Post-Dinner Walk)
- [] PILLAR 3: 5-10+ Minute Intentional Bodyweight / Mobility Workout
- [] PILLAR 4: Morning & Evening Digital Journal / MAP Check-In + If-Then Plan

3. PRE-5:00 PM DIGESTIVE FRUIT SEQUENCING

- * Window 1 (8:30-10:30 AM): Melons First & Alone (Watermelon, Cantaloupe, Honeydew).
- * Window 2 (11:00 AM-1:30 PM): Citrus, Berries & Tropical (Mango, Pineapple, Papaya, Grapes).
- * Window 3 (2:00-4:30 PM): Dense Carbohydrate Fuel (Spotted Bananas, Medjool Dates, Smoothie).

4. 7-DAY PROVISIONING & GROCERY CHECKLIST

- [] 1-2 Whole Watermelons + 1 Cantaloupe & 1 Honeydew
- [] 2 Large Papayas + 12 Key Limes / Lemons + Fresh Coconut Water
- [] 4-6 Ripe Mangoes, 2 Pineapples, 2-3 lbs Seeded Grapes, 6 Navel Oranges
- [] 3 Packs Fresh Berries (Strawberries, Blueberries, Blackberries)
- [] 3 Bunches Bananas (let spot) + 1 Box Medjool Dates + Chia/Hemp Seeds
- [] 5:00 PM Dinner Staples: Sweet Potatoes, Quinoa/Wild Rice, Avocados, Greens, Legumes

5. MY 7-DAY TOTAL LOCK-IN COMMITMENT CONTRACT

My #1 Reason Why I Am Locking In For 7 Days: _____

Day 1 Baseline Energy (1-10): ____ Day 7 Target Energy (1-10): ____

Signature: _____ Start Date: _____

FRUIT UP DIGITAL EXECUTION JOURNAL | DAY 01: CELLULAR HYDRATION FLUSH & MELON F

Daily Focus: Hydrate before you caffeinate. Eat water-rich melon first on an empty stomach.

A. MORNING MINDSET & 90-SECOND SELF-TALK CHECK-IN

Speak out loud: 'How great I am. How good life is. I serve at a high level every day.'

Today's #1 Intention: _____

My If-Then Obstacle Plan (If _____ happens, then I will _____): _____

B. TODAY'S FRUIT UP TIL 5 MENU & HYDRATION LOG

☐ 08:30 AM (Morning): 32 oz Key Lime Water + Large Seeded Watermelon Bowl

☐ 12:00 PM (Midday): 2 Ripe Mangoes + 1 Pint Fresh Blueberries

☐ 03:00 PM (Afternoon): 3 Spotted Bananas + 4 Medjool Dates

☐ 05:00 PM (Dinner): Cucumber-Avocado Salad + Baked Sweet Potatoes, Steamed Broccoli & Tahini

Water Intake Tally (16 oz glasses): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

C. 4-PILLAR DAILY EXECUTION SCORECARD

☐ 6+ Fruit Servings Logged ☐ 5,000+ Steps Completed ☐ 5-10+ Min Workout

☐ 15-Min Barefoot Grounding ☐ 20-Min Post-Dinner Walk ☐ Zero Heavy Food Pre-5PM

D. EVENING REFLECTION & RECOVERY SCORE

Today's Energy Score (1-10): _____ Digestion & Clarity Score (1-10): _____

Biggest Win Today: _____

Adjustment for Tomorrow: _____

Interactive Web Journal & Audio Briefings: <https://fruit-up-til-5-app.web.app/7-day-reset-guide.html>

FRUIT UP DIGITAL EXECUTION JOURNAL | DAY 02: DIGESTIVE ENZYMES, GUT RESET & 90S S

Daily Focus: Pair 15 minutes of barefoot grounding with your 90-second out-loud self-talk.

A. MORNING MINDSET & 90-SECOND SELF-TALK CHECK-IN

Speak out loud: 'How great I am. How good life is. I serve at a high level every day.'

Today's #1 Intention: _____

My If-Then Obstacle Plan (If _____ happens, then I will _____): _____

B. TODAY'S FRUIT UP TIL 5 MENU & HYDRATION LOG

☐ 08:30 AM (Morning): 32 oz Key Lime Water + Fresh Papaya with Lime

☐ 12:00 PM (Midday): Red Seeded Grapes + Fresh Strawberries

☐ 03:00 PM (Afternoon): Mango-Banana-Berry Smoothie + Hemp Seeds

☐ 05:00 PM (Dinner): Warm Quinoa & Black Bean Bowl with Roasted Peppers & Guacamole

Water Intake Tally (16 oz glasses): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

C. 4-PILLAR DAILY EXECUTION SCORECARD

☐ 6+ Fruit Servings Logged ☐ 5,000+ Steps Completed ☐ 5-10+ Min Workout

☐ 15-Min Barefoot Grounding ☐ 20-Min Post-Dinner Walk ☐ Zero Heavy Food Pre-5PM

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FRUIT UP DIGITAL EXECUTION JOURNAL | DAY 03: SYSTEMIC INFLAMMATION DROP (VOLUME 1)

Daily Focus: Eat enough ripe fruit volume before 5:00 PM so afternoon cravings never hit.

A. MORNING MINDSET & 90-SECOND SELF-TALK CHECK-IN

Speak out loud: 'How great I am. How good life is. I serve at a high level every day.'

Today's #1 Intention: _____

My If-Then Obstacle Plan (If _____ happens, then I will _____): _____

B. TODAY'S FRUIT UP TIL 5 MENU & HYDRATION LOG

☐ 08:30 AM (Morning): 32 oz Lime Water + Cantaloupe & Honeydew Melon

☐ 12:00 PM (Midday): Fresh Pineapple + Blackberries & Raspberries

☐ 03:00 PM (Afternoon): 2 Honeycrisp Apples + 5 Medjool Dates

☐ 05:00 PM (Dinner): Chickpea & Vegetable Coconut Curry over Wild Rice + Steamed Greens

Water Intake Tally (16 oz glasses): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

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☐ 15-Min Barefoot Grounding ☐ 20-Min Post-Dinner Walk ☐ Zero Heavy Food Pre-5PM

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FRUIT UP DIGITAL EXECUTION JOURNAL | DAY 04: DEEP LYMPHATIC CIRCULATION & POST-D

Daily Focus: Lock in your 20-minute evening walk right after dinner for digestion & sleep.

A. MORNING MINDSET & 90-SECOND SELF-TALK CHECK-IN

Speak out loud: 'How great I am. How good life is. I serve at a high level every day.'

Today's #1 Intention: _____

My If-Then Obstacle Plan (If _____ happens, then I will _____): _____

B. TODAY'S FRUIT UP TIL 5 MENU & HYDRATION LOG

☐ 08:30 AM (Morning): 32 oz Key Lime Water + Seeded Watermelon Bowl

☐ 12:00 PM (Midday): 4 Navel Oranges + 3 Kiwis

☐ 03:00 PM (Afternoon): Green Fruit Smoothie (2 Bananas, Mango, Spinach, Coconut Water)

☐ 05:00 PM (Dinner): Roasted Butternut Squash, Lentils, Asparagus & Mixed Greens

Water Intake Tally (16 oz glasses): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

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☐ 6+ Fruit Servings Logged ☐ 5,000+ Steps Completed ☐ 5-10+ Min Workout

☐ 15-Min Barefoot Grounding ☐ 20-Min Post-Dinner Walk ☐ Zero Heavy Food Pre-5PM

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Biggest Win Today: _____

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FRUIT UP DIGITAL EXECUTION JOURNAL | DAY 05: METABOLIC STABILITY & AFTERNOON ME

Daily Focus: Notice how clean your 2:00-5:00 PM energy feels with zero heavy afternoon food.

A. MORNING MINDSET & 90-SECOND SELF-TALK CHECK-IN

Speak out loud: 'How great I am. How good life is. I serve at a high level every day.'

Today's #1 Intention: _____

My If-Then Obstacle Plan (If _____ happens, then I will _____): _____

B. TODAY'S FRUIT UP TIL 5 MENU & HYDRATION LOG

☐ 08:30 AM (Morning): 32 oz Lime Water + Papaya & Blueberries

☐ 12:00 PM (Midday): Crisp Green & Red Grapes + Strawberries

☐ 03:00 PM (Afternoon): 3 Spotted Bananas with Cinnamon + Medjool Dates

☐ 05:00 PM (Dinner): Oven-Baked Potato Wedges, Guacamole, Romaine Salad & Salsa

Water Intake Tally (16 oz glasses): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

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☐ 15-Min Barefoot Grounding ☐ 20-Min Post-Dinner Walk ☐ Zero Heavy Food Pre-5PM

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FRUIT UP DIGITAL EXECUTION JOURNAL | DAY 06: WEEKEND RHYTHM, RECOVERY TIME & PRO

Daily Focus: Recovery time is all that matters how fast you get back on your script!

A. MORNING MINDSET & 90-SECOND SELF-TALK CHECK-IN

Speak out loud: 'How great I am. How good life is. I serve at a high level every day.'

Today's #1 Intention: _____

My If-Then Obstacle Plan (If _____ happens, then I will _____): _____

B. TODAY'S FRUIT UP TIL 5 MENU & HYDRATION LOG

☐ 08:30 AM (Morning): Fresh Coconut Water + Watermelon Bowl

☐ 12:00 PM (Midday): Tropical Platter: Pineapple, Mango & Papaya

☐ 03:00 PM (Afternoon): Berry-Banana Smoothie Bowl with Chia Seeds

☐ 05:00 PM (Dinner): Warm Mediterranean Bowl (Hummus, Cucumber, Roasted Veggies & Wild Rice)

Water Intake Tally (16 oz glasses): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

C. 4-PILLAR DAILY EXECUTION SCORECARD

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Biggest Win Today: _____

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FRUIT UP DIGITAL EXECUTION JOURNAL | DAY 07: FULL 7-DAY STANDARD LOCKED & NEXT-L

Daily Focus: Celebrate 7 days locked in! Roll your streak into the Fruit Up Daily App.

A. MORNING MINDSET & 90-SECOND SELF-TALK CHECK-IN

Speak out loud: 'How great I am. How good life is. I serve at a high level every day.'

Today's #1 Intention: _____

My If-Then Obstacle Plan (If _____ happens, then I will _____): _____

B. TODAY'S FRUIT UP TIL 5 MENU & HYDRATION LOG

☐ 08:30 AM (Morning): 32 oz Key Lime Water + Preferred Melon

☐ 12:00 PM (Midday): Preferred Tropical & Berry Selection

☐ 03:00 PM (Afternoon): Spotted Bananas + Medjool Dates

☐ 05:00 PM (Dinner): Preferred Clean Warm Dinner + 20-Minute Walk

Water Intake Tally (16 oz glasses): ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

C. 4-PILLAR DAILY EXECUTION SCORECARD

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☐ 15-Min Barefoot Grounding ☐ 20-Min Post-Dinner Walk ☐ Zero Heavy Food Pre-5PM

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