

What You Need

To complete the BioFit-360 28-Day Protocol safely and effectively, please gather the items below. These tools ensure accurate tracking, proper monitoring, and full participation in the metabolic reset.

1. Smart Scale (BioFit Standard – Strongly Preferred)

Recommended Model: RunSTAR Digital Smart Scale

Amazon Price (typical): **\$25–\$45**

Amazon Link: <https://a.co/d/fEULib1>

This is the official smart scale used for BioFit-360. It uses Electrical Bio-Impedance Measurement Technology (BIA) to estimate essential body composition trends. While individual readings may not be 100% precise, they provide accurate overall patterns, which BioFit uses to track metabolic progress. This scale measures 13 key body metrics:

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- Weight
- BMI
- Body Fat Percentage
- Fat-Free Body Weight
- Subcutaneous Fat
- Visceral Fat
- Body Water Percentage
- Muscle Mass
- Bone Mass
- Protein Percentage
- Basal Metabolic Rate (BMR)
- Metabolic / Body Age
- Overall Physique Trends

The StarFit App allows you to monitor data across days, weeks, months, and years, helping track metabolic shifts, inflammation trends, and long-term progress.

Important Note:

All BioFit clients are encouraged to use a smart scale during the program. If you do not have one on Day 1, you may begin with a digital scale; however, upgrading is strongly recommended.



2. Digital Scale (Minimum Requirement)

Amazon Price (typical): **\$10–\$20**

Link: <https://tinyurl.com/4apafkh5>

basic digital scale is acceptable if a smart scale is not available.



standard

Amazon
Any

3. Smart Watch (Strongly Recommended)

Model: Smart Watch for Women & Men (Answer/Make Call), 1.83" HD Fitness Activity Tracker

Amazon Price (typical): **\$20–\$45**

Amazon Link: <https://a.co/d/3RpM4a1>

smartwatch tracks steps, heart rate, sleep quality, and activity levels, helping maintain accountability during the 28-Day Protocol. It connects easily to Android iPhone devices, supports call functions, and is IP68 waterproof. Clients may choose any color or another fitness tracker that offers similar functionality (step counter, sleep monitoring, and heart-rate tracking).



This
or

4. Blood Pressure Cuff (Optional but Strongly Recommended)

Amazon Price (typical): **\$20–\$45**

Amazon Link: <https://a.co/d/cGYwK2X>

Clients with hypertension, diabetes, kidney disease, heart conditions, or inflammation-related concerns should monitor blood pressure daily. Rapid improvements may require medical supervision.



5. Ketone Strips

Amazon Price (typical): **\$7–\$15**

Amazon Link: <https://tinyurl.com/3n7zvet5>

Used to track metabolic switching and nutritional ketosis during the protocol.



6. Electrolyte Support (Required)

Maintaining proper electrolyte balance is essential during detoxification, metabolic switching, and low-inflammation phases.

Approved Electrolyte Options:

1. Hi-Lyte K1000 Hydration Packets – Unflavored Keto & Performance (30 Servings)

Amazon Price (typical): **\$20–\$35**

Amazon Link: <https://amzn.to/3XJtyFx>

Official BioFit-360 electrolyte powder. Clean, unflavored, and balanced for fasting and detox support.

2. Skratch™ Hydration Packets (BioFit Standard – Preferred)

Amazon Price (typical): **\$20–\$30**

Amazon Link: <https://a.co/d/eVJEZSy>

Clean, lightly flavored electrolyte mix supporting hydration and metabolic balance.



3. LMNT Electrolyte Drink Mix (Unsweetened / No-Sugar Versions Only)

Amazon Price (typical): \$35–\$55

Provides sodium (Na), magnesium (Mg), and potassium (K). Acceptable if clean, dye-free, and unsweetened.

4. Homemade Electrolyte Formula (DIY Option)

Mix 40 oz water + a tiny pinch of pink Himalayan or sea salt + a tiny pinch of cream of tartar (potassium source).

Sip throughout the day to prevent dehydration or lightheadedness.

5. Unsweetened Electrolyte Waters or Drinks

Allowed only if no sugar, no artificial sweeteners, and no dyes (available at CVS, Walmart, Target, etc.).

6. Unsweetened Gatorade (Last Resort Only)

Acceptable only if it contains no sugar, no sucralose, no aspartame, no Ace-K, and no dyes.

7. Fabric Resistance Bands (Hip / Thigh / Glute Bands)

Product: Resistance Bands for Working Out with Workout Bands Guide – Fabric Elastic Bands

Amazon Price (typical): \$10–\$25

Purchase Link: <https://a.co/d/cvBMrDd>

Use: Lower-body strength, glute activation, hip stability, and leg toning exercises used throughout BioFit-360 workouts

Notes: Set includes multiple resistance levels; suitable for beginners through advanced users



8. Figure-8 Resistance Bands with Handles

Product: RENRANRING Figure 8 Fitness Resistance Bands with Handles

Amazon Price (typical): \$10–\$25

Purchase Link: <https://a.co/d/1Doti68>

Use: Upper-body toning, arm and shoulder strengthening, posture support, and low-impact resistance training included in BioFit-360 movement protocols

Notes: Set of three resistance levels; compact and easy for home or travel use



9. Food & Weekly Groceries

You will receive a complete grocery list for each week at the beginning of each phase. Dr. Jenkins may update meal plans periodically, so it is best to purchase groceries weekly rather than in bulk.

How to Prepare (3–7 Days Before Starting BioFit)

To begin the BioFit-360 28-Day Protocol successfully, prepare your body, mind, and environment in the week prior to your start date.

Preparation Steps:

- Remove sweetened drinks, sodas, and artificially flavored beverages
- Reduce high-carb and processed foods
- Increase water intake gradually for consistent hydration
- Organize your kitchen and prep space for clean foods
- Notify family or coworkers for accountability
- Review BioFit guidelines before Day 1
- Set up your smart scale, smartwatch, BP cuff, ketone strips, and electrolytes
- Choose and confirm your official start date
- Focus your mindset on structure, discipline, and healing