

Fat 2 Fit Manual - Starter

Congratulations on making the decision to make a change to your body.

Please read this manual so you are clear on what you need to do to get started, and to help you prepare yourself ready to start on Monday. This will be an important journey and I promise that you will be pleased with the amazing results this programme can bring to you.

If you stick to this plan you will:

- 1. Burn body fat and dramatically change your body shape**
- 2. Lose inches in the right areas**
- 3. Look and feel great and see results from day 7-14**

YOU HAVE TO STICK TO THE PLAN. I am here to help you turn your CAN'TS into CANS and your dreams into PLANS!

Real Results: For most people there are visible results after the first 7 days detox. This plan really does work better than anything I know. In order to make it work you will need to be properly prepared especially during your detox.

7 day detox positive mindset - be positive, stay positive and focus on the end result: Take some time to reflect on what you want and read your 'this is me form'. The first 3 days are the hardest then it gets easier. So remember to stay strong and keep in mind why you are doing this and what your goals are. Always remember **"Discipline is choosing between what you want now and what you want most"**. It's not always going to be easy and you will get some cravings during the first few days of the detox. If you feel that you are struggling why not post in the group or email me. Some of you will have stronger will power than others, but you will get through it with the other members in the group. It will be worth it when you are finished. Remember the detox is the hardest and the rest is plain sailing. You will be feeling great as soon as your body adapts and when you start seeing just how good the results are.

Exercise plan - train like a beast and look like a beauty: Do your exercise plan every day. I suggest trying to get it out of the way first thing in the morning. Set your alarm 30 to 40 minutes before normal to make sure you achieve your exercise goal. I will send a varied daily exercise video for you. Tell yourself **"Success trains failure complains"**. Fit is the new sexy.

Sleeping beauty - bed by 10.30pm asleep by 11pm: Sleep is a key factor with this program and it's vital to have a strict policy on bed times where possible. I know it can be difficult for some of you, especially if you are busy or parents with lots of things to do and don't normally hit the sack until much later. By getting to bed earlier you may need to wake a little earlier. **Minimum of 8 hours undisturbed sleep works best.**

How this plan works: I will be giving you instructions along the way. I will post a message in our secret Facebook group most days with full notes as we go along. PLEASE LISTEN to any audio messages. It's vital for you to listen to these instructions. For those of you that are not on Facebook, please email or text me so that I know to email the steps to you instead. A new message will be posted for you most evenings clearly explaining what to do for the next day or 2. You should make time to read these on the night or latest, the very next morning before you do anything.

What to do next?

1. Fill in your 'this is me form' at the bottom to tell me a little bit more about where you are now and what your aspirations are. Please answer the questions on this sheet and save so that I can look at them later.

2. Have you printed off your vital stats? Record your vital stats and take your front and side picture. It is important to record your body stats by photo and measurements so we can track your progress accurately. If you want me to do them just make an appointment before one of my classes by booking online. Ensure that muscles are not flexed when you measure them and always measure the same area. It MUST be done before your MONDAY start date.

3. Shopping list

Have you printed off your shopping list? Take a look at the shopping list and our meal ideas for the next 7 days detox. Try to work out what you will be eating for most days so that you are prepared. Using our ideas or create your own. Only eat what is on the shopping list for the next 7 days. I will post food notes on what to eat and what to avoid on the group as we go along.

4. Give it up (for best results)

Between now and the start and for the 7 day detox you need to give up the following: Caffeine, alcohol, anything with sugar and all sugar replacements, processed foods and dairy products.

5. Water and Food Diary

Have you printed off your water and food diary? Drink a minimum of 3 litres of water every day (more if needed) that's 6 small 50cl or 500ml bottles. **Drink** at least 1 large glass 15 minutes before each meal and if you forget set a timer on your phone every hour to remind yourself.

Meals: It is important to record what you eat and log your water.

Great! let's get started

Fill in the questions on the next page:

This is me

Please keep this safe, as I will need to see this at some point

Name:

1. How do you feel about yourself now?

2. What do you want to achieve?

3. What are your main goals?

4. Do you think you have any weak points and will find this plan hard? If so please state.

5. How can you stay strong and overcome this in order to achieve your goals?

6. How are your stress levels?

7. How much sleep do you get and what time do you go to bed, is it undisturbed?
