

# GUARANTEED RESULTS BLUEPRINT

THE PROVEN 4-STEP PROCESS

THAT LEADS TO LIFECHANGING RESULTS

## #1 - FITNESS & ACTIVITY



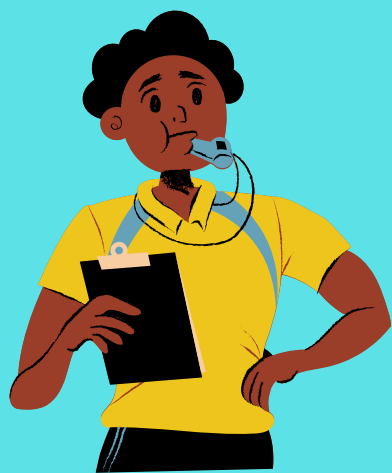
Fitness & Activity is important for many scientific reasons. The most important thing you can do is find an activity that you enjoy and do more of it. Whether it's lifting weights, walking, running, playing tennis, kayaking, or coming in and working out with us... Whatever it is - enjoy it and start building consistency from it. As you start building the habit from consistent exercise you can start getting more specific and advanced. The key is to just start!

## #2 - SIMPLIFY NUTRITION

With all the fad and gimmick diets out there, the easiest way to get on track with nutrition without having to sacrifice your life is to follow a pre-approved food list with the right serving sizes. This way you don't have to track points, track your macros, or take magic pills. Simplifying your nutrition is key to understanding how to fuel your body and melt body fat - all without starving yourself.



## #3 - ACCOUNTABILITY



The difference between those that are successful and those that are not successful? Strategy vs Execution. Most people know what to do but either don't know how to start or just refuse to follow the plan the way it's designed. This is why accountability is key.

As great as friends and family can be as "accountability buddies" the most successful people are the ones that hire an expert to create a custom strategy and make sure they hold your hand every step of the way when it comes to executing.

## #4 - REALISTIC EXPECTATIONS

There's a way to lose weight rapidly (not sustainable) and there's a way to strategically burn fat while instilling habits that last a lifetime. What we've seen is those that who lose an excessive amount of weight fast tend to crash even harder.

Set realistic expectations - body transformation and fat loss should not be a sprint. The focus should be on setting realistic expectations and deadlines. Would you rather be a yo-yo dieter where it's an emotional rollercoaster? Or would you rather follow a plan that allows you to make long-term, sustainable results while building the right habits and understanding around your body so that you never have to revisit where you are today?

...I'm sure sustainable, long-term results is the answer.

