



# YOUR 4 STEP CHECKLIST

How to get started with a bang! And not miss anything out.

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## DISCOVERY

### Step One: Set Yourself Up For Success Go Through the PRE PROGRAM

As eager as you may be to hit the ground running, your long term success will likely result from completing these important setup tasks:

- ☐ Watch the "Start Here" Videos (yes, I mean all of them)
- ☐ Customize your profile including photo, join into the Facebook private members group,
- ☐ Add the live coaching calls to your calendar,
- ☐ Connect with your Whats App group and introduce yourself and your goals
- ☐ Fill in "YOUR INFORMATION"
- ☐ Work through all the Measuring lessons and complete all of this section VIP
- ☐ Work through Motivating Mindset
- ☐ Work through Your Kitchen

## REMOVE DAY 1-10

### Step Two: Complete the REMOVE Phase, & substitute with healthy alternatives

As in many of life's pursuits, much of your success with your health will come from establishing a strong foundation. Be sure to complete these lessons as completely as possible.

- ☐ Trigger your daily emails to guide you through the next 10 days
- ☐ Print out your meal plan and substitutions list
- ☐ Daily work through each Remove lessons as followed by your daily triggered emails. Watch
- ☐ the exercise and self care. Take the yoga 30 day challenge
- ☐ Try some of the meditation and Reprogramming.

## REBOOT DAY 11-20

### Step Three: Complete the 10 Day REBOOT of your choice lots of reboots to chose from

The key to a successful Reboot is to choose the right reboot for you right now. The juice reboot is my most recommended meal plan to follow for weight loss and wellbeing. Its the "full service".

- ☐ Learn about all the Reboot choices you have and watch the videos to learn the benefits
- ☐ Watch the Juice reboot videos. See how easy it is to juice and eat, print the meal plan for
- ☐ future reference. Get to know the rice diet and the benefits to your health and liver
- ☐ Learn the benefits of the starch based diet
- ☐ Work through the a daily learning of "Your Ultimate Health"
- ☐ Work through the many health modalities in the Self care & Spirituality course
- ☐ Work Meditation and Reprogramming for your Reboot.

## RESET DAY 21-30

### Step Four: Complete the RESET Phase & learning

Don't skip this phase, keep going and keep that natural high for life. See your symptoms continue to melt away and stick with the plant-based whole food diet.

- ☐ Work through the preparing for your reset
- ☐ Print your reset meal plan and your last 10 rest learning lessons
- ☐ Prepare yourself for the transition back, and make a commitment to what you will change in your
- ☐ future meals Fill in the After "YOUR INFORMATION" found in feedback - transitioning
- ☐ Plan your next ULTIMATE Health program or reboot
- ☐ Send me "Your Information", feedback & declare your wins in your Whats App group