

## Welcome to Week 1!

We are excited to work with you as you start this journey. We are excited for the changes that you are going to see in your health and also in your life.

This week we will get started with four of the seven areas that we are going to cover in this program. If these four areas are too much for you right now that is fine - feel free to drop down to one or two areas and gradually add the other areas as we move along. If you want to jump all in, and you can do all four areas, great. It is totally your call. We will be spending the next four weeks getting into a routine with these four lifestyle changes.

Week 1 we will be focusing on the following four areas:

- Thoughts/controlling and directing your thoughts to be more positive. (see mindset exercise)
- Toxins/reducing your toxic load (see meal plans available)
- Trauma/Moving Your Body Properly (see exercise options)
- Water Intake (see water instruction and tip page)

Included in this week's module you will find the following:

- Three TRUCHIRO Fit 30 workouts;
- Your choice of a weekly meal plan. These weekly meal plans include the recipes and shopping lists;
- Your first daily mindset exercise. This week we are going to start keeping a gratitude journal. There is so much research on the health benefits of gratitude;
- Plus instruction on the proper amount of water and tips on how to get to the optimum level;
- Also included this week is a research synopsis and a daily checklist, both of which you can download and print.

Please also make sure to join the private FB group. We answer a lot of questions in this FB group and also provide motivation, support, and more. See you there.

