



Quick Review:

First module of the six modules of Complete Bodyfat Control:

1. Insulin Control
2. Lifestyle Control
3. Exercise Control
4. Result Control
5. Supplement Control
6. Future Control

Finding the method that works:

- Adjustments to routine
- Eating regular, large meals
- Feeling plenty of energy
- Not going hungry
- Not counting calories or doing math
- Having lots of time for family, friends and recreation

1. Understanding Insulin

Insulin control is part science, part art. So make sure you understand the principles behind it and you'll go a long way.

Do you understand how fat storage and fat burning work?

Yes

(If not, please review the video again)

2. Goal Setting

What's your number 1 reason to change your life?

Is there an inspiring story or person that motivates you?





ACTION GUIDE

MODULE 1

What are your goals?

(You may have these written elsewhere already, in which case leave this blank, or summarize)

When would you like to have these results?

What time of day will you read your written/printed goal sheet? (Be specific, and make 2 times per day)

What scenarios do you see the new you in? (Suggestions: at work, on the weekends, with friends)

3. The Meals

What are your favorite proteins from this list (circle them):

Chicken Tuna Salmon Ground Beef Turkey Eggs

Other:

What are your favorite vegetables from this list:

Broccoli Spinach Asparagus Green Beans Cauliflower Kale Cabbage





ACTION GUIDE

MODULE 1

What times of day, according to your regular schedule, will you eat 4 meals per day? (Approx 4 hours apart)

What's the easiest and tastiest breakfast option you would like to try?

What cooking method will suit you the best?

- Make meals on the spot Pre-prepare for a day Pre-prepare for a week

Can you use hot meals during the day, or will you need to eat cold meals?

- Hot Cold

What ideas do you have for lunch, and the afternoon meal?

What ideas do you have for dinners?

One key to success is having all the ingredients you need at home.
What time of the week will you go shopping for your ingredients?





Is there anything you need in your kitchen to be able to make these meals regularly?
(You might need a new pan, pot or some sealed storage tubs for the fridge)

4. Preparing to Lose Fat

Changing your environment is the easiest way to create a new behavior that you want to follow. Use this list as an easy way to change your habits with less effort and fuss:

1. Throw away any 'other' foods in your cupboards, or hide them away in a disused cupboard
2. Throw away 'others' foods in your fridge, or label them with colored tape
3. Write out 5 easy meal ideas
4. Write out your regular shopping list
5. Take your first shopping trip (very quick)
6. Stock your cupboards and fridge
7. If you like, do some pre-preparing of meals by either cooking large amounts and freezing/refridgerating or pre-cut vegetables and pre-portion meats

What are the 3 locations that you will find the hardest to stick with these new foods?

Having a strategy makes it easier to deal with challenges.

What are your strategies for those 3 locations?

(You might include avoiding those places, coming up with a new 'story' or internal meaning for those situations, or simply only going there when you've eaten and will definitely not be feeling hungry)





5. Keeping at it

What are the ways you will make sure you keep at this?

How important is changing your life to you?

Have you set a reminder/alarm to read your goal sheet each day?

How will you include the 5 people you see the most in this process, and help them to support you?

You're ready to get going! *Do some shopping, clear out your cupboards and get started today! You're well on your way to having the new life you've dreamed about, and the body that goes with it, and **I'm really excited for you!***

Remember, that I created the Complete Bodyfat Control course to give you everything you need to get started, get the results you want and **have confidence that you can maintain those results in the future.**

