



Welcome to week four of RECON.

When you no longer have to worry about eating right or losing weight, you gain more time, confidence, and energy to focus on the things that really matter in your life.

Whether you are at your goal weight or not, check out this week's video to learn how to eat out, if you can have a cheat meal, and how to easily carry on the RECON lifestyle:

<http://www.personaltrainerfood.com/videos/recon.php>

Be sure to place your second RECON order if you have not done so already, so that you can continue on the journey. In the second month, I'll be sending you more helpful videos and exercises routines. Here you can see the results and experience of 10 men from the RECON challenge after the first 28 days.

They also continue on RECON for a second month: <https://www.youtube.com/watch?v=aj4MEe6CJ5o>

Let us know how RECON has changed your life by submitting your testimonial here:

www.PersonalTrainerFood.com/Submit

If we use your testimonial on our website, you'll receive a free month's worth of food!

Congratulations and onwards, soldier!

--Mike Starks

CEO and President, Personal Trainer Food

P.S. Be sure to take a before picture. At the end of your program, we'll ask you how RECON has changed your life and give you're the chance to submit your testimonial here:

www.PersonalTrainerFood.com/Submit

If we use your testimonial on our website, you'll receive a free month's worth of food!

If you have any questions about your program, contact us:

Live Chat: www.PersonalTrainerFood.com

Email: RECON@PersonalTrainerFood.com

Call: 1-800-273-1686

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