

Welcome: Let's Do This!

If you are reading this, you just made the best decision of your life. You are about to take part in major changes to not only your health, but your happiness. Change is never easy, but this will be the most important change you make. Be proud of this first step you have taken!

Personal Trainer Food has helped thousands of people lose weight eating real foods. Our philosophy is based on eating the way that we did 50-70 years ago before processed foods and fillers like rice, starches and pasta became so prevalent in our diets. We simply focus on eating real foods.

How REV! Works

REV! is the best program we offer for rapid weight loss. REV! works by providing enough real protein to prevent muscle loss while filling you up with a lot of healthy fiber, complex carbs, and nutrients from vegetables.

Maximizing Your Results on REV!

To maximize results, we suggest sticking with the base program. You will eat delicious combinations of eggs and meats for breakfast, for lunches you will eat 1 serving of vegetables and one serving of protein and then for dinner you will eat 2 servings of vegetables.

If you have questions about incorporating the extended guidelines into your REV! program, please feel free to contact your Weight Loss Coach or talk to them about it at the end of the week when they call you. You can find the PTF REV! Guidelines and extended guidelines here: www.PersonalTrainerFood.com/rev/guidelines/REV-Guidelines.pdf

Planning for Your Program

Planning and preparation is typically where people get lost on a diet. All you have to do is take a before picture, weigh in one last time, take some measurements with the tape measure we have provided for you, and unpack your box of food. Personal Trainer Food has the rest covered!

Clean Out Your Freezer and Kitchen

Speaking of unpacking your box of food, it is a lot of food! Real food takes up a lot of space. While you are unpacking your box of food, think about what you were eating regularly before PTF. Take a moment to jot it down in the Previous Food Log that you can find here: www.PersonalTrainerFood.com/rev/guidelines/Previous-Food-Log.pdf

You and your Weight Loss Coach will re-visit this document later in your 28 days.

Make sure you have cleaned out your freezer of any junk food to make room. You also have the option to store 14 days' worth of your protein in your refrigerator for extra space.

Prepare for Your Fast

The first step to becoming the best version of you is a 48 hour clear liquid fast. Stock up on PTF beverages like coffee, tea, diet sodas, water, sparkling waters, broth, and water flavor enhancers.

Don't be afraid of the fast! In fact, many of our customers report feeling empowered by how much energy they have when fasting. You will feel hungry on day 1 of the fast, but that will pass. If you haven't already, swing by the grocery store and stock up on non-caloric beverages that you

can sip on for the next few days.

Go ahead and get creative. Here are some examples of beverages you can incorporate into your fast: www.PersonalTrainerFood.com/rev/guidelines/Spice-Up-Your-Fast.pdf

Taking Your Before

If you are like most people, the idea of having your picture taken in general is frightening. So the suggestion of taking a picture of what you consider a flaw is normally out of the question.

However, one of the tools to see your progress from Personal Trainer Food is taking that dreaded before and impressive after picture. Trust us, you won't regret this decision!

You don't necessarily have to pose in a bikini or underwear. While you will see the most change with the least clothing, a body-skimming outfit exposing as much skin as possible will give you a good shot. Just keep that 'before' outfit ready for day 28 so you can take your after photos in it as well.

If you are too shy to take the infamous selfie, you can always ask a trusted friend or family member to take the photo. They can even keep it hidden from you until day 28 if you want.

You want to take a full length picture of you, with front and side shots against a background where it is easy to notice changes. Whatever you do, snap away! You will have so much to compare in just 28 short days!

3 Steps for Scale Success

1. Go weigh yourself.
2. Write that number down.
3. Now hide that scale! Seriously.

The scale is a very poor measurement of progress. Weighing yourself over and over is only an addictive reminder and messes with your mind. Weigh only on day 1 and day 28. This is another decision you will not regret!

Other ways to take steps towards seeing progress without the scale:

- Pay attention to how your clothes, jewelry, belt or bra strap are fitting.
- We all have that one outfit that doesn't quite button in the back of our closet. Keep that around! You may want to casually try it on throughout your program.
- Measure! The number on the scale certainly isn't the only number to see the change! Use a tape measure and the measurement chart in our REV! resources to take your measurements. www.PersonalTrainerFood.com/guidelines/rev_guidelines.php
- Take note on how you physically feel. Does that flight of stairs at work intimidate you or make you winded? Take note of simple tasks that have been challenging.

Need some Positivity to Keep You on Track? We Got You Covered!

Need See how 8 brides-to-be went from flab to fab for their big day with the REV! program and Personal Trainer Food: www.PersonalTrainerFood.com/alterd/PTF_2014_altered_results.pdf

Get inspired with great ideas and insights on how changing your diet changes your life: PersonalTrainerFoodBlog.com/

Put some good thoughts in your newsfeed and follow us on Facebook: www.facebook.com/trainerfood

Follow and retweet our tweets here: twitter.com/TrainerFood

Follow fun pictures and menu ideas here: instagram.com/personaltrainerfood

Pin up some great stuff and follow our board here: pinterest.com/prsnltrnerfd/personal-trainerfood/

Watch some eye-opening videos from Mike, get inspired with success stories or find some Creative Food Ideas here: www.PersonalTrainerFood.com/videos

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

You can Live Chat us at www.PersonalTrainerFood.com

Email us at WeightlossCoach@PersonalTrainerFood.com

Call us at [1-800-273-1686](tel:1-800-273-1686) x4