



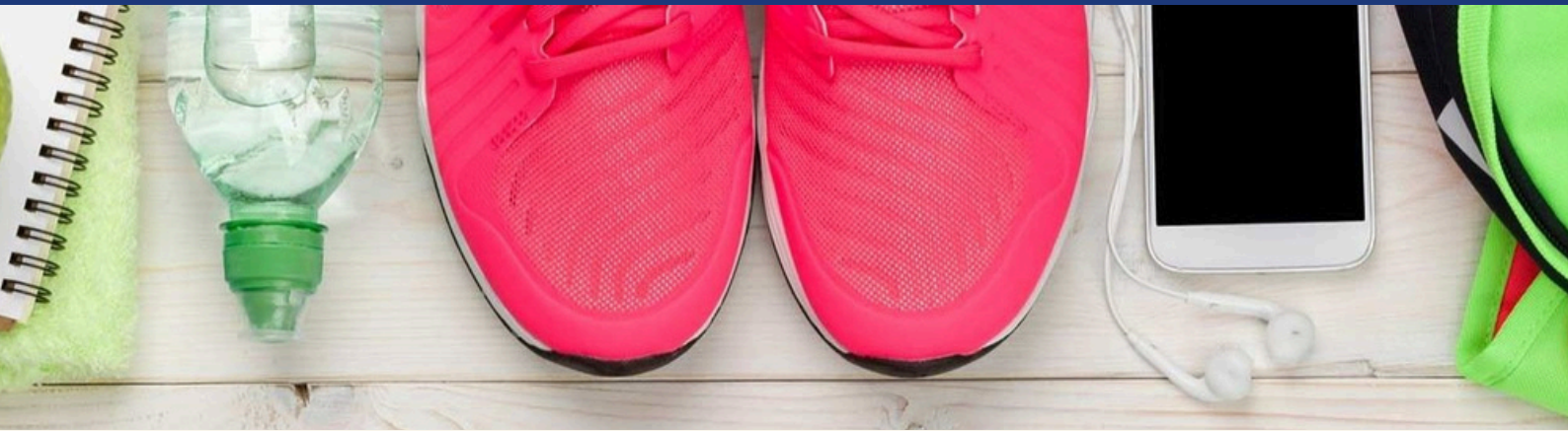
**GetFit21**

# **WELCOME GUIDE**



 **healthpracticeadvisors**





Feel Great **21**

## SCHEDULE

PREP DAY 1						PREP DAY 2	
<b>DAY 1</b> Protein	<b>DAY 2</b> Body Weight Exercise	<b>DAY 3</b> The 4-4-12 Method	<b>DAY 4</b> Water & Sleep	<b>DAY 5</b> Discipline	<b>DAY 6</b> Meal Planning	<b>DAY 7</b> Nutrition Labels	
<b>DAY 8</b> Exercise Creatively	<b>DAY 9</b> Carbohydrates	<b>DAY 10</b> Glycemic Index	<b>DAY 11</b> Emotional Eating CHECK IN	<b>DAY 12</b> Supplements	<b>DAY 13</b> Maximize Your Exercise	<b>DAY 13</b> Sabotage	
<b>DAY 15</b> Core Strength	<b>DAY 16</b> No Excuses	<b>DAY 17</b> Fats	<b>DAY 18</b> Support Team	<b>DAY 19</b> Positivity	<b>DAY 20</b> Routines	<b>DAY 21</b> Perseverance CHECK IN	



# WELCOME

## GetFit21 Quick Start Guide!

Welcome to your GetFit21 Experience. For the next 21 days you'll eat better, exercise more, learn how to take the best care of your body and work on growing a positive, disciplined, and self-loving mindset. You'll also have access to a wealth of science-backed information and guidance that will help you make the most out of every decision you make.

With a group of new friends, you will share encouragement, support, and knowledge throughout your journey. You will have a coach here to support you as you make a journey towards the kind of change that lasts.



### PRIORITIZE PROTEIN

Protein stimulates metabolism. It is critical in building and maintaining healthy muscle and bone. Adequate protein consumption helps people feel fuller longer and reduces the tendency to overeat.



### FUEL WITH FAT

Hunger and cravings can sabotage the most well-intentioned health plans. Healthy fats digest more slowly than carbohydrate and aids in satiety – helping you feel fuller, longer.



### CONTROL CARBS

By getting smart about which carbs you eat and when you eat them, your body will burn stored fat for energy.



### 4 - 4 - 12

The 4-4-12 method is a form of intermittent fasting. You'll learn a lot more about it during your experience. The basic concept is waiting 4-6 hours between breakfast and lunch, 4-6 hours between lunch and dinner, and 12 to 16 hours between dinner and breakfast the next day. By spacing out your meals and saying no to snacking, you'll optimize your ability to burn your own fat for energy.

Click the links to watch the videos of the 4-4-12: [PHYSICIAN EXPLANATION OF 4-4-12](#), [INTERMITTENT FASTING 4-4-12](#)



### EXERCISE YOUR WAY

Being active will change your body, your health, your attitude, and your life. Everybody has unique abilities and preferences regarding exercise. We encourage you to stay active for a minimum of 30 minutes a day in a way that's best suited to your interests and goals, creating a lifelong habit.

# YOUR COMMITMENT YOURSELF

## TRACKING YOUR PROGRESS

We ask that you track your progress using three methods: photographs, measurements, and body weight. Before starting your experience, record where you are right now. Share these privately with your coach. This will be your accountability starting point.

- 21 Check in with your group every day to give and get support from your coach and your group, posting daily updates of your own journey.
- 21 Make small changes to the way you approach your diet and exercise habits that will give you big results over time.
- 21 Post daily and hold yourself accountable. There will be moments when following through will be difficult. This is the time to remember your commitment and your goals. This is the secret to your success.
- 21 Have an open mind towards unfamiliar foods, new exercise options and healthy habits.
- 21 Integrate Unicity products into your daily routine. They help you stay committed to your goals by accelerating your progress and providing encouragement to stay the course. Speak to your coach about which products are best for you.

**Learn new skills, push yourself further, and have TONS of fun!**

## OUR COMMITMENT TO YOU

You're going to have questions along the way. Don't be afraid to ask your coach for answers. Nothing makes your coach happier than knowing they've helped you learn more about how to live a better life. GetFit21 coaches are incredible resources. They are caring and compassionate people. Take advantage of what your coach has to offer.



# RESOURCES

We want you to succeed! That's why we've created these resources for you to use throughout your challenge. We recommend checking them all out before you get started to make sure you're equipped for your next 21 days.

- Go To [www.getfit21now.com](http://www.getfit21now.com)
- Click on “Client Resource Library” your **password is; health** make sure all letters are lower case.

In your resource library you will find:

## EXERCISE GUIDES

New to working out? Ready to change up your routine? We've created a guide just for you. Our exercise guides contain body weight exercises you can use to get fit anytime, anywhere. These guides include step by step PDF's and videos, so you can see exactly how to do each exercise.

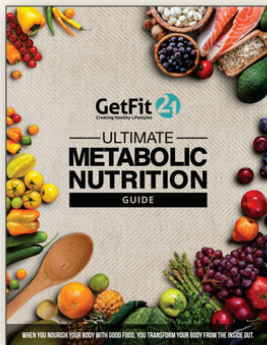
GetFit21 Burn Videos are for all levels; <https://getfitburn.com/>

Find body weight exercise PDF to fit your level:



(Click the images to download the files)

# RESOURCES



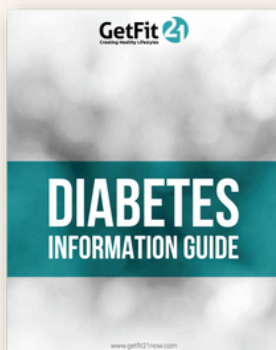
## **Ultimate Metabolic Nutrition Guide:**

The food you eat has a big impact on your metabolic health. Our Ultimate Metabolic Nutrition Guide gives you everything you need to know to support your metabolic health.



## **100 Low Carb Recipes Guide:**

The food you eat has a big impact on your metabolic health. Our Ultimate Metabolic Nutrition Guide gives you everything you need to know to support your metabolic health.



## **Diabetes Information Guide:**

If you have diabetes or are at risk for developing it, managing your blood sugar is probably one of your GetFit21 goals. Our Diabetes Information Guide is a great place to start in understanding, managing, and preventing diabetes. A must read for anyone who cares about their metabolic health!



## **Unicity Complete Recipes:**

Ready to take your high protein meals to the next level? Browse through the Complete Recipes for inspiration, guidance, and plenty of delicious ideas.

*(Click the images to download the files)*



# YOUR CHECKLIST

Excited to get started on your GetFit21Program? So are we! Make sure you're starting out on the right foot by completing this checklist before you begin.

- 1 Take your “before” photos and take your measurements. Read more about this step in the "Tracking Your Progress" section of this guide.
- 2 Think about why you're taking on this challenge and determine which goals you'll be working towards over the next 21 days. Make a commitment to follow the program exactly the way the program is designed for 21 days and not allow excuses.
- 3 Set yourself up for success by throwing away all the snacks, junk food and unhealthy beverages in your cabinets and refrigerator. This will test your commitment to getting healthy from the start.
- 4 Check in with your doctor if there are any concerns about how a change in what you eat and how often you exercise may impact your health.

Invite your friends! The more people there to encourage and hold you accountable, the more you'll get out of your GetFit21 experience. If you have a friend who wants to get involved, let your coach know.

**Congratulations... Your Journey Starts Now!**

# WELCOME To GetFit21!

As you start this program, there are a lot of things you already know. You know you want to improve your health. You know you want to make changes in your eating habits. You know that you want to work on yourself so you can get the most out of your life. You know that you want to feel better.

But here's something you might not know - you've just taken the first step to achieving all of that, and more. By committing to this program you're pushing yourself out of the mindset you had yesterday into a new way of looking at your health, your weight, and your life.

We couldn't be more excited that you've come so far. But you've only just begun. You're in for an exciting - and transformative - 21 days.

## WHAT IS GetFit21?

GetFit21 is a three-week long program. For the next 21 days you'll eat better, exercise more, learn how to take the best care of your body possible, and work on growing a positive, disciplined, and self-loving mindset. You'll also have access to a wealth of science-backed information and guidance that will help you make the most out of every decision you make.

But that's just the beginning. The reason why GetFit21 works is because you'll never be doing any of this alone. You'll have a coach who checks in with you every day.

You'll have a group of new friends with which you can share encouragement, support, and knowledge throughout your journey. You'll have a connection to a wider network of people all over the world who are working as hard as you are to improve their health, their bodies, and their lives.

Your coach and your GetFit21 Team are all here to support you as you make a journey towards the kind of change that lasts. Our combination of science-backed guidance and positive, supportive relationships makes GetFit21 the only program of its type in the market today.



# YOUR NEXT 21 DAYS

Are you ready to get started? Here's what you'll be doing for the next 21 days:

- 21 Checking in with your GetFit21 Team every day to support your new friends and post updates of your own journey
- 21 Learning 21 Core Fundamentals that will help you achieve the kind of mind, body, and life you want
- 21 Receiving guidance from a qualified coach who is dedicated to helping you through your journey
- 21 Making small changes to the way you approach your nutrition and exercise habits that will give you big results over time
- 21 Learning new exercise options that suit your preferences and lifestyle
- 21 Meeting new friends, sharing great accomplishments, getting support when the road gets tough, learning new skills, pushing yourself further, and having TONS of fun!

## WAIT ... WHY AM I DOING THIS FOR 21 DAYS? Why Not Some Other Length of Time?

Great question! Behavioral scientists have found that 21 days is the amount of time it takes to break bad habits and form new ones. By surrounding yourself with support and expert guidance for 21 days, you'll put yourself in a great position to make the kind of changes that last.

Every change you make will be hard at first, but by the end of 21 days, it will become a comfortable part of your new life

# THE GETFIT 21 Mentality

What do you think about when you hear the word "diet?"

Not good, huh?

This "four-letter word" conjures up feelings of hunger, deprivation, and shame. Diets tend to be fads that are restrictive to an unhealthy extent. In the end they bring you nothing but grief.

So... who needs them?

One of the first things we'll ask you to do in your GetFit21 Program is remove the word "diet" from your vocabulary. Poof. It's gone. No more diets!

The very best way to start your journey to a healthy lifestyle is to let go of everything you've learned about dieting in the past. Replace it with the concept of "healthy eating." Diets have a beginning and an end. You can either do them "right," or fail them completely. Healthy eating, on the other hand, gives you a chance to make a much more lasting change.

Unlike diets, a healthy lifestyle doesn't have a set beginning and end. It doesn't give you false hope, unrealistic moments of success, and eventual disappointment and despair. It's an ongoing process. It provides real hope and real change.

Instead of focusing on what you can't eat or do, a healthy lifestyle is all about what you can. By making good choices, eating nourishing healthy foods, moving your body, and focusing on a healthy mindset, you'll be healthier, leaner, more energetic, and happier than you ever thought possible. Building a lifestyle is a journey, and every journey begins with a step. Congratulations!

You have taken your first step! We understand it's not necessarily a simple choice. It's has been easy to fall into the trap of someday: "Someday I'll lose those extra pounds, but right now there's too many other things to take care of." There may have always been something that needed your attention, people to see, places to go, and things to do. Putting everything else before yourself and staying busy may feel like the right thing to do, but what really may have been telling yourself is "I'm not worth the effort." You are worth it! You deserve to spend time on yourself. You deserve a better life. Getting into that mindset may take a while, and the road you travel may be rough, but in the end it will all be worth it. The GetFit21 mindset is that you're worth more than a diet. You're worth more than a quick fix. You are a whole, complete person who deserves a whole, complete approach to long term optimal health. What's more, you deserve to start putting yourself first today.

Read through this section. Embrace it. Commit to it.

When you do, you'll be ready to make the most of the next 21 days.

Today's choices are tomorrow's consequences.



# YOUR THREE AREAS OF FOCUS

Over the next 21 days you'll focus on making improvements in these three areas:



## Healthy Eating:

Nutrition is the foundation of fitness, as well as a healthy body. Throughout the 21 days we'll equip you with what you need to know to make healthy food choices throughout your day.



## Fitness:

Regular exercise is crucial to a healthy body. It will make you stronger, leaner, healthier, and more likely to make great dietary choices. For the next 21 days we'll help you find the right kind of exercise for your lifestyle and level of fitness. Whether it's being active for 30 minutes a day, digging deeper into an activity you already enjoy, learning new ways to work out using your body weight.

Use these videos to get the most from your fitness routine; <https://getfitburn.com/>

Discovering how much your body can do while seated, there's an approach to fitness that will work for you!

## Personal Development:

Your mindset and attitude towards what you eat, how you move, and how you feel will impact your results! We'll help you grow in areas you may not have thought much about before in order to put you in a mindset of success.

(Click the images to download the files)

# YOUR ROADMAP

You wouldn't set off on a road trip without looking at a map. Why would a journey to a better you be any different?

Here's a roadmap for your next 21 days. It's a path that will lead you towards new, healthy habits and away from a routine that isn't doing you any good.

## DEFINE YOUR WHY

What good is a map if you don't have a destination? Before you start, take some time to determine why you're setting out on this journey.

Do you want to lose weight? Do you want to feel healthier? Do you want to exercise more? Do you want to better manage your diabetes? Do you just want to make a change? That's your why. Know it, understand it, and use it as motivation throughout the next 21 days.

## EXERCISE 5 DAYS A WEEK

Everyone who undertakes our GetFit21 program is strongly encouraged to exercise 30 minutes a day, five days per week. That doesn't mean we expect you to run a marathon tomorrow! Look through the exercise guides and videos your coach has provided and find the best level to start. Accept where you are.



**“Start where you are, use what you have, do what you can”**

*Arthur Ashe Jr., American professional tennis player who won three Grand Slam titles.*

Exercise during this program should be challenging, but it shouldn't be damaging. Push yourself to move in a way that makes your life better, not worse.

## FOLLOW THE 4-4-12

### METHOD

The 4-4-12 method is a Core Fundamental that you'll learn a lot more about as you get started. The basic concept is waiting 4-6 hours between breakfast and lunch, 4-6 hours between lunch and dinner, and 12-16 hours between dinner and breakfast the next day. By spacing out your meals and saying no to snacking, you'll put your body in the best position to burn as much fat as possible.

Click the links to watch the videos of the 4-4-12: [PHYSICIAN EXPLANATION OF 4-4-12](#), [INTERMITTENT FASTING 4-4-12](#)



# YOUR ROADMAP

## PRACTICE THESE NUTRITION PRINCIPLES

**21 Prioritize Protein:** Protein is critical in building and maintaining healthy muscle mass and bone. Many people do not get enough. Adequate protein consumption helps people feel fuller reducing the tendency to overeat.

**21 Start Each Day with Unicity Complete:** A high protein breakfast is proven to jump start your metabolism, help you lose weight and eat less throughout the day. Start every day with a serving of Complete. We encourage you to have a Complete for a second meal every day for the first week of the program.

**21 Control Carbs:** By getting smart about which carbohydrates you eat and when you eat them, you allow your body to burn your stored fat for energy.

**Read the Glycemic Index Guide to learn more.**

<https://getfit21now.com/img/form/GLYCEMIC%20INDEX%20FINAL%20.pdf>

**21 Reduce the Amount of Sugar You Eat:** Sugar has a completely negative impact on your body. It gives you calories, but no nutrition. Avoiding sugar as much as possible will set you up for success.

**21 Avoid Liquid Carbohydrates:** Just like sugar, liquid carbohydrates (such as soda, juice, and alcoholic beverages) burden you with calories without providing much or any nutritional value. We encourage you to limit your servings to one or two a week, or...even better... to get them out of your diet completely.






**21 Fuel with Fat:** Often, hunger and cravings sabotage the most well-intentioned health plans. Fat digests more slowly than carbohydrates, helping you feel fuller longer.

**Read the Ultimate Metabolic Nutrition Guide**

<https://getfit21now.com/img/form/METABOLIC-NUTRITION-2021.pdf>

Learn what you need to know to maximize your metabolic health. The better your metabolic health, the faster you will lose weight.

# YOUR ROADMAP

-  **Understand and Avoid Temptation:** There will be things in your life that tempt you to make poor choices. Think about what they are and create a strategy to avoid them. For example, if your cabinets are full of your favorite snacks, you might be tempted to go off your 4-4-12 plan. Take control of temptations - don't let them control you!
-  **Understand Your Body:** As you challenge yourself over the next 21 days, your body will go through some changes. We'll be asking you to eat more protein than you normally do, which means you'll need to drink more water than you may be used to. If you don't, you may find yourself getting a headache. You'll also be eating less sugar and carbohydrates than you usually do. Your body will need some time to adjust, and you may have some headaches while it detoxes. But that's not bad news! It means your body is getting back into balance and you'll soon be noticing positive changes in how you look and feel.
-  **Connect with Your Teammates:** Your support system will be your greatest asset. Your teammates will be there to support you, give you encouragement, and hold you accountable. Be open to learning from them and hearing what they have to say. And don't be shy about giving back! The encouragement you give may be just what someone else needs to make a great choice.
-  **Ask Your Coach for Advice:** You're going to have questions along the way. Don't be afraid to ask your coach for answers. We guarantee that nothing will make your coach happier than knowing they've helped you learn more about how to live a better life. GetFit21 coaches are incredible resources, and incredible people. Take advantage of what your coach has to give.
-  **Get Help from Friends and Family:** Talk to your family and friends about your goals before you start GetFit21. Ask them to help hold you accountable. If the people around you tend to encourage you to make unhealthy choices, gently and lovingly ask that they stop doing so.

# TRACKING YOUR PROGRESS

Nothing is more motivating than seeing how far you've come! Tracking your progress throughout these 21-days will help you stay motivated and give you clues about what's working and what isn't. Everyone in your group may have a different goal during our time together and there are different ways to track your progress.

If you are participating with a goal of losing weight, the best way to track that is to measure inches before starting and weekly. As you start to incorporate a Fitness Program 5 days a week, follow the Ultimate Metabolic Nutrition Guide, and adhere to the 4-4-12 meal spacing, inches will begin to reflect your progress rather quickly.

Many people, especially women, have a negative relationship with numbers on the scale. If the numbers are not decreasing, they find themselves going into a downward emotional spiral. If you are one of those people, know that this is a common problem and DO NOT use the scale as a measure of success, use weekly measurements only.

There are many factors that affect your weight that have nothing to do with fat loss. Some of them include the time of day, the time in a woman's cycle, regularity of bowel elimination, fluid retention due to a salty meal the night before or perhaps from a medical problem. Also realize that as you begin to gain muscle with your body weight exercises, that muscle weighs 8 times more than fat per square inch!

If numbers on the scale don't bother you, weigh yourself before starting, weekly and at the end of your 21 days as well as taking measurements.

Another way to track your weight loss progress is to take photos in the mirror before and after your 21 days, one facing front and one facing the side. We recommend men take their photos in a pair of swimming trunks or shorts and that women wear a two-piece bathing suit or a sports bra and shorts. Stand naturally with your feet together to get a realistic idea of what your body looks like right now. Save the photos so you can compare with the new you whenever you are ready.

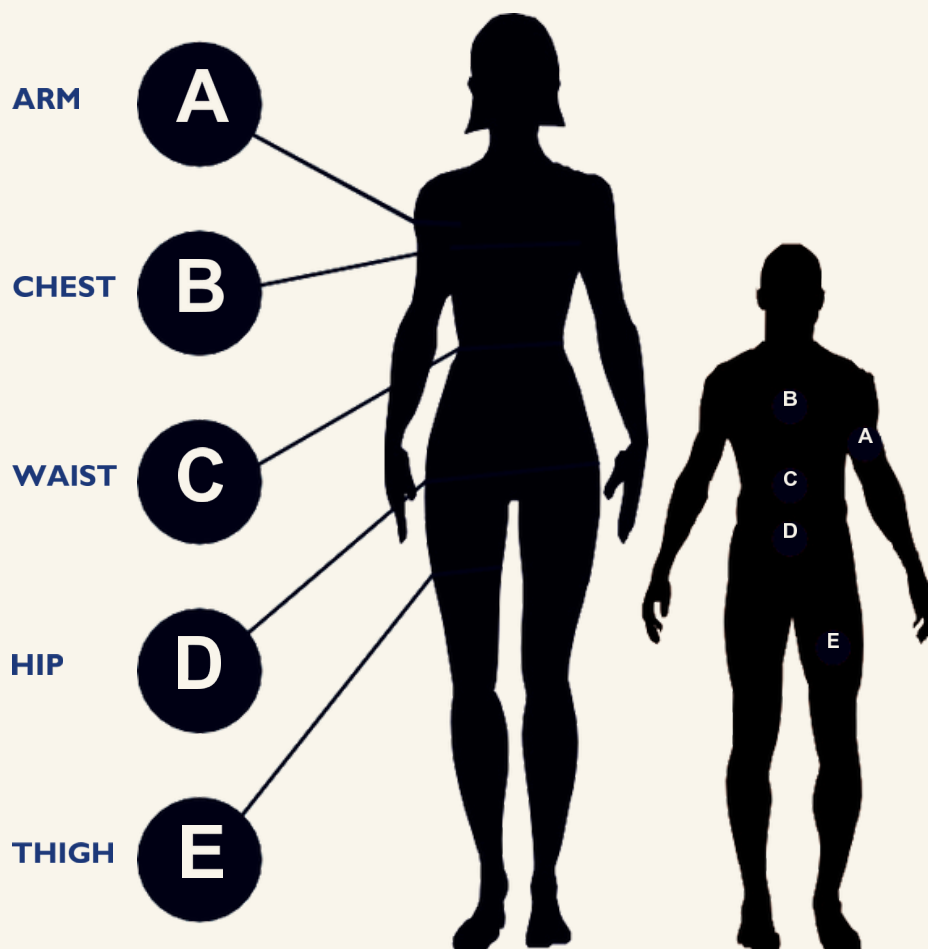
Keeping track of your measurements will give you a more complete picture of the changes your body has gone through.

To measure yourself use a flexible tape measuring tape. Making sure that the tape is flush with your body, not digging in and level with the floor, measure your chest, waist, hips, thighs, and upper arms. Measure yourself around the widest points of your chest, hips, thighs and arms, and the largest part of your belly. Use the chart on the next page to keep track of your starting measurements and your weekly measurements.

If you are tracking your weight, write that along with the date, in the same box, on a weekly basis. At the end of the program, you will take your pictures again. Try to do so wearing the same clothes, in the same location and in the same poses you used at the beginning. Record your measurements and share these with your coach. If you stick with it, follow the guidelines and consistently interact with your group online, you will see a big difference!



# TRACKING YOUR PROGRESS



DATE	A	B	C	D	E



# TRACKING YOUR PROGRESS

## NON-SCALE VICTORIES

There are some goals that are quite subjective if you don't give them a numerical value to start with. Then each week when you are measuring your progress, assign them a new numerical value and watch your progress. We call these your Non-Scale Victories (NSV) and to your coaches these are often considered more important than the numbers on a scale.

Using a 1-10 scale where 1 means *not at all* and 10 means *achieved 100%*, you can determine how you are progressing. Following are some examples.

- 1 I feel healthy. (1-10)
- 2 I have a good energy level. (1-10)
- 3 I am sleeping 7-8 hours a night. (1-10)
- 4 My clothes fit comfortably. (1-10)
- 5 I have a good level of self-confidence. (1-10)
- 6 I have good discipline. (1-10)
- 7 This is the number of seconds/minutes I can hold a plank. \_\_\_\_\_
- 8 This is the number of pushups I can do in succession. \_\_\_\_\_

**We want to celebrate ALL your achievements!**

# EXERCISE YOUR WAY

Getting active (or building upon your current activities) will change your body, your health, your attitude, and your life. Just as no two people are the same, everybody has unique attitudes and preferences on exercise. That's why we encourage you to stay active in the way that's best suited to their interests and abilities. Which of these options sound best to you?

## BODYWEIGHT EXERCISES

Want to grow stronger, burn fat, lose weight, and improve your appearance anytime, anywhere? Then you'll love bodyweight exercise. You'll have access to expertly prepared bodyweight exercise routines that will work your muscles from head to toe.



## DO WHAT YOU LOVE

Are you coming into GetFit21 with a previously established exercise routine? Great! No need to change it if your routine includes upper, lower and core strength as well as cardio fitness. The program guidelines include at least 30 minutes per day, 5 days per week. This is your opportunity to find physical activity that you love.

## BE ACTIVE FOR 30 MINUTES A DAY

Being new to fitness or having limitations on how much activity you can do doesn't mean you can't participate. Try being active for 30 minutes a day. This can mean taking a walk with your dog, going for a swim, or doing gentle yoga stretches. Block out a half hour every day to work on you.

Need some ideas? Download 102 Ideas here; <https://getfit21now.com/img/Exercise/PDF/7.pdf>

## STAY SEATED

You can still exercise and improve your fitness, even if you're unable to stand for long periods of time. Check out the Seated Exercise Guide to safely challenge yourself over the next 21 days. Not sure which option is right for you? Check in with your coach - they're here to guide you to the right option.

Download seated exercises here; <https://getfit21now.com/img/Exercise/PDF/6.pdf>

# WHAT KIND OF RESULTS SHOULD YOU EXPECT?

GetFit21 isn't about dropping a specific number of pounds. It's about creating a healthy, sustainable lifestyle that leads to both short- and long-term results. That's why we focus more on fat loss instead of weight loss. This is why tracking through measurements and photos is such an important step!

We invite you to consider success as more than simply seeing a lower number on the scale. Great results could mean committing to a healthier way of eating, building more muscle, increasing your energy, losing inches, improving your cardiovascular function, or better controlling your blood sugar.

The results you see are also dependent on several different variables. Here are a few things to keep in mind when anticipating what your end results might be:

## METABOLIC CONDITIONING

Your level of metabolic fitness will influence how quickly you lose weight. As we age, we tend to lose muscle and gain fat, which lowers our metabolism. The regular exercise and resistance training you'll do as part of your challenge will stimulate muscle growth, which in turn will combat muscle loss and improve your metabolism.

## SUGAR INTAKE

The more you're able to cut out sugar, the better your results will be.

## CARB INTAKE

We encourage you to focus on eating healthy, complex carbohydrates and limiting your consumption of low quality, processed carbs. The more you commit to choosing healthy carbs, the better your results will be. Review the Glycemic Index Guide to gain a greater understanding.

## HEALTHY FAT

Including a healthy fat in each meal and shake will help you feel full longer. It has been shown to improve brain function, hormonal health and decrease inflammation.

## REPLACING MEALS WITH SHAKES

Replacing meals with Unicity Complete is an effective way to start the day with a high protein, nutrient-dense, low carbohydrate meal. Committing to replace at least one meal with a shake will improve your results. Drinking a shake for breakfast is ideal because it fires up your metabolism for the day! Should You Expect? WHAT KIND OF RESULTS



# WHAT KIND OF RESULTS SHOULD YOU EXPECT?

## ELIMINATING SNACKING

GetFit21 advocates a 4-4-12 eating plan. By waiting between meals and eliminating snacking, you allow your body to enter The Fat Burning Zone. This is a BIG deal. If you can commit to not snacking for 21 days, you will lose your desire to snack. The better you stick to this schedule, the happier you'll be with your results in both the short term and long term.

## EXERCISE DISCIPLINE

Some days you'll want to skip exercising. Whether or not you follow through on your commitment to work out 5 days per week will influence your results. The more disciplined you are with your exercise routine, the more successful you'll be and the better you will feel about yourself.

## DIETARY DISCIPLINE

During your 21 days you'll be tempted to eat things you know you shouldn't. Your results will depend on how well you resist those temptations and stick to your food plan.

## EMOTIONAL DISCIPLINE

How badly do you want to make a change? Are you willing to stick with it, even when it gets tough? If you commit to being emotionally disciplined, you're much more likely to see results.

## INTERACTING WITH YOUR GETFIT21 GROUP

The more you take advantage of your coach's advice and your team's encouragement, the closer you'll get to your goals. They are your greatest resource.

# MY GOALS








We're so excited that you're starting GetFit21. But we're also curious- why are you here? What do you hope to gain? What are your goals?

Setting goals is a powerful step in changing your life. Even more powerful is reflecting upon your "why." Why do you want to make a change in your life? What will you be able to do when you achieve your goal that you can't do now? Why even bother?

Your goal is what you're working towards. Your WHY is what will motivate you to get there.

Now is the perfect time to decide on your goals and to define your why. Think about it, talk it over with friends and family, and ask your coach what they think. If you're still not sure what direction to head in, here are a few ideas to get you started:

By the end of 21 days, I want to...

-  Create a habit of exercising or being physically active every day
-  Create a habit of eating a high protein breakfast every day
-  Cut out liquid carbohydrates from my diet completely
-  Improve my stamina
-  Go down a dress or pant size
-  See an improvement in my blood sugar levels
-  See an improvement in my Cholesterol.

Share your goals with the people in your group. They'll be there to hold you accountable, and to celebrate with you when you get to where you want to be!

# MY COMMITMENTS

During the next 21 days, what you learn can change your life. If you are not serious, the next 21 days can also lead to absolutely no change at all. How do you make the most of these 21 days? Commit to making a change.

Read through the following commitments. They may not all feel easy, but they are all things you can do. Understand them, embrace them, and see the kind of difference they can make in your body, your health, and your life.

*I commit to...*

## REPLACING 2 MEALS WITH UNICITY COMPLETE FOR THE FIRST WEEK

For one week, replace two of your daily meals with Complete. You'll give your body the protein it needs to increase your metabolism without sacrificing on nutrients.

## ENJOYING A UNICITY COMPLETE FOR BREAKFAST FOR THE SECOND AND THIRD WEEKS

Start your day out right with a high protein shake. Make thoughtful food choices based on the guidelines from the Nutrition Guide for your other two meals.

## FOLLOWING THE 4-4 -12 METHOD

Say yes to three nutritious and healthy meals every day. Say no to snacks. Committing to this method gives you the greatest potential for success.

## TRACKING MY FOOD EVERY DAY

Use the Activate App to track your meals and exercise. This will help you monitor how much time you spend in the Fat Burning Zone.

## BEING HONEST

Unless you're honest with yourself and your group, you won't get anywhere. Be honest about your triumphs and struggles to get the accountability, feedback and support you need.

## BEING COACHABLE

Your coach is motivated by one thing - helping you improve your life. Be open to the advice they have to give.

## MAKING TIME

Your coach and your group can change your life... but only if you let them! Make time to check in every day. You don't need to spend all day on Facebook, but we strongly encourage everyone to block out 15 minutes each day to connect with your team. Check in with everyone, respond to your coach's posts, comment on what other people are doing, and enjoy how great it feels to connect with people who are working towards the same goals as you.

## FOLLOWING THE PROGRAM FOR 21 DAYS

GetFit21 isn't supposed to be easy. There will be days you want to cheat. There will be days you want to give up. We're asking you right now to commit to following through. This experience might be tough, but when you start seeing results the time will fly by.

# GROUP COMMITMENTS

Your GetFit21 Group is your number one source for Accountability, encouragement, and information for the next 21 days. Getting to know the other participants will help you achieve your goals faster. It can also introduce you to people who may become friends for life.

To keep GetFit21 a positive experience for everyone involved, keep these group commitments in mind:

## PRIVACY

Everything shared in your group is confidential. Do not share anything posted in your group, including all photos. Since this is a private group, if your coach tags you in a post, it will not be seen by anyone other than those in your group.

## PARTICIPATION

Contribute to your team as often as possible. Ask questions. Comment on other's photos. Share your struggles or advice. Have fun! The more you put into your group, the more you'll get out of it.

## ENCOURAGEMENT

Every time you like or comment on someone's posts, you're giving them a boost towards their goals. Above all else, your group is a place for encouragement. Commit to being a source of positivity throughout your challenge.

## ACCOUNTABILITY

You've committed to being disciplined about your nutrition and exercise habits. Your group is there to encourage you, but also to hold you accountable to those commitments. Be open and honest about your struggles. Take advantage of this group of people who want to see you succeed. Be willing to answer to your group for the commitments you've made, and be a judgement-free source of accountability to others.

## PHOTOS

Here's the fun "accountability" part! Every day, post a photo of yourself enjoying your Complete for breakfast, any of your meals from the day, and show something you did that was physically active. If you forget to take a photo, just post a description of what you ate or what exercise you did as part of your accountability to yourself and the group





All information and guidance provided is intended to help individuals progress towards their health, fitness, and weight loss goals. It is not tailored to address any injuries, health problems, or other issues that could be aggravated by low, moderate, or high intensity physical exercise. If you have any problems that may be exacerbated by a change in your fitness routine, please seek help from a healthcare professional or qualified fitness professional.

The information and guidance provided throughout your GetFit21 program are general health improvement recommendations. They are not intended to stand in for professional medical advice, diagnosis, or treatment.

Though in-depth, science-based information and specific workout routines are provided, individuals should not rely exclusively on information provided by GetFit21 or their GetFit21 coach for their health needs. This program is branded as a set of "guidelines" aimed at a diverse audience. Any specific medical questions you have should be addressed by your own health care professional.

GetFit21 makes no warranties or representations, express or implied, to the accuracy or completeness, timeliness or usefulness of any opinions, advice, services, or other information contained or referenced to in any GetFit21 guidance or materials.