Getting into the Right Mindset

Energy is the main aspect that will skyrocket your weight-loss and fitness success, and surprisingly enough this is the most overlooked element in many fitness programs. Even with the greatest intentions in the world, having low energy will cause you to drop off and therefore bring insignificant results.

Therefore, make the commitment that you will bring the energy every single day...with no better time to start than right now.

In your training sessions, it's important to not only do your very best but believe in yourself and that you will be successful. I want every training session to be an experience each and every workout. I want you to forget your daily slumps and weight problems by bringing the most insane energy known to man and I want you to bring that same kind of energy! So to put it short, appreciate that you have an opportunity like this. Take advantage of it and stay passionate by constantly believing in yourself. Stay enthusiastic about the fact that you are beginning a new journey to put yourself and your body through a whole new and healthy transformation!

In order to see that you are successful in your transformation, we will be doing things that other trainers would never think of to give you the tools to be successful.

So you see, 6 Week Transformation is going to be THE BEST, with no questions asked. And even if you only do one thing right that we teach you, you will be better for it in the long run. Starting the 6 Week Transformation Program instantly gives you that unfair advantage over anything else you have tried in the past. You are in the right place to reach your goal(s) of losing weight, gaining muscle tone, and be all around healthier in just 6 weeks, but also to feel like you have finally taken control of your life!

Here are some important questions you should constantly ask yourself:

- How bad do I truly want this?
- How many workouts a week do I need to reach my goal?
- How much will “support” from home play into my success?
- How much more planning ahead will I need to do in order to stick to a good diet and nutrition plan?
- How much time do I need to spend learning about what is good for me and what is bad for me?

But still, I can hammer all day in your mind that this is a great program and you still will not experience any of it if you don’t have the right mindset. That's why I want you to print the following reminders and read them out loud every day:

- Learn to love rejection. Every rejection you get is a chance to grow, and every failure brings with it the seed of an equivalent success….and really, the only time you truly experience failure is when you give up.
Focus on the skills to GET into the best shape of your life, don't focus on past failures.
If you focus on the future, and you're setting realistic goals, you will get there.
Every decision you make causes psychological growth—making no decision causes depression & anger. For example: when you stand in line at a grocery store and the line's not moving, you only get upset because you haven't made the decision whether you are going to stay in line or not. Once you decide, you're calm and focused.
What you believe will happen to you is very likely to actually happen. Somewhere along the line you made up who you think you are, and you stopped challenging it. Therefore, you can reconstruct a new inner self any time. All you have to do is decide to be who you want to be.
You are not your past, you are not where you came from, and you are not your family.
You are not even who you think you are now, but you identify yourself with it. Start architecting your new self.
The mind can be a bull crap creating machine, and it will continue to do so unless you get involved (by learning new things) and fill up with what you want to create. So start creating some affirmations for yourself, like “things just work out for me in life”, “My life just keeps getting better and better every day”, “I am strong, powerful, committed and driven”, “I adapt and overcome at lightening speed”, “I am comfortable being healthy”, and “I am the power”. Listen to these sentences OVER your standard ‘cassette-tape of doubt’ that always plays when getting out of your comfort zone.
You can have whatever you want in life – treat life like a catalogue and pick and choose what YOU want.
Preparing too much and micro managing every detail is burning fuel on the uncontrollable (which is the definition of stress) – You should rather trust your unconscious, trust that you automatically know what to do. Even if you fail, you will still have gained experience and confidence, if done courageously.
Do not focus on what other people think of you – Only compare when you compare your old self to your new self. Never compare yourself to others.
If you’re not competitive, don’t compete.
Really, if you believe you’re good, there is no competition.
Getting Started

Obviously you took the first step or you wouldn’t be reading this manual. So congratulations on your decision and I hope that after reading the first few pages, your mindset is where it needs to be to receive success.

One of the first things that you will be notified of is the important dates of the program, such as “Picture Day”. This day is very important for several reasons. This is the day that you come into the Studio and take professional “before” pictures, get your starting measurements, and receive nutrition supplements that you will need for the program. It is super important that if you are signed up for the transformation program, that you are able to be present at this time. We bring in a professional photographer and equipment for this as well as clear our schedule to make sure we are able to get everyone’s starting numbers. Now, I know at first this can make some people feel uncomfortable, but I promise it’s no big deal. Besides, one of the things we already talked about was that in order to be successful at your transformation it will be necessary for you to get outside of your comfort zone. Sorry people not my rules, just the way it is. As a matter of fact you will be so excited that you took them. Once you are able to compare them to the “after” pictures, you will be blown away! We prefer that women take the pictures in shorts/yoga pants with a sports bra, but that will be up to you. Obviously for men, shorts and no shirt is best. We will be sure to notify you as to when this day will be (usually the Saturday before the Monday of the beginning of the 6 weeks). This will not take very long and will probably only need to allow around 15-20 min to complete.

Tracking your nutrition is also very important. A complete tutorial on how to track your nutrition is available on a great website called www.sparkpeople.com. This is the website that you will log what you eat each day. There will be times that you will eat things you shouldn’t and will need to log them. This website is not to get you in trouble or make you feel guilty. The old line from the cartoon series G.I.Joe had a saying, “Knowing is half the battle”. This is so true when it comes to seeing serious results with your fat-loss. I always ask my clients if they are eating correctly. I hear things like, “I am doing better” or “I think I am right where I need to be” or my favorite “I have been doing so well. You would be so proud of me”. I want to see it. As part of your 6 Week Transformation Program, one of the services that you receive is daily monitoring of your nutrition. That’s right. Either myself, Shawn, Sonny or Shauna will personally view, on a daily basis all of the daily nutrition reports. If anything is out of whack, We can make the corrections right away so that you don’t keep repeating the same mistakes. No matter how many times you come to work out here or at home, I cannot, and neither can you, out train a bad diet! You will want to email your daily nutrition reports to fitwerks@yahoo.com if you train in Yukon, or email edmondffbcbc@yahoo.com if you attend our Edmond Fit Body Boot Camp. Only use these emails for that purpose.
Otherwise please use your other means of communicating with the staff. So remember, if you need to communicate with us about something else please use the AOL address.

Here are the written steps

2. Create an account.
3. To track your nutrition go to “Nutrition Tracker”- Watch the video on how to use this page.
4. You will see a daily meal plan. It doesn’t matter if you specifically use this meal plan although they do produce some good ones for you.
5. Simply put a check mark in next to the item of food that you consumed.
6. You also have the ability to change that meal plan or eat something totally different but you will still want to track it on this page.
7. If you are eating something that is not already in the spark people database (for instance the protein supplement that you got from us) then click on the button that says “Add a food not in my meal plan”.
8. You can then search for a food by name, but you will not always find everything.
9. If that is the case, click on “enter a food not listed”, that will take you to a new window. This window is where you will enter the name and nutritional info. You won’t need to fill in all of the information. You will need to enter in the calories, fat grams, carb grams, protein grams.
10. Click on “save food”. This will save in your favorites and this info will only have to be entered once.
11. Track your food for the day and then that night or the next morning. It is important to do this everyday or at least make sure that you send within 48 hrs. If too much time lapses without corrections if mistakes are being made, it makes this whole process irrelevant.
12. Email me your report by going to the bottom of the page and click on “see today’s full report”. Copy and paste the entire page into an email and send to fitwerks@yahoo.com or edmondffbbc@yahoo.com
13. It is important to watch the pie chart at the bottom of the page to make that come out to a 40/40/20 percentage of carbs, protein, and fats.
14. Women: It is our goal to spend the first two weeks at 1200 calories a day. Then we will drop to 1100 calories a day for the next 2 weeks, and then down to 1000 for the final 2 weeks. If you are nursing, we will need to bump up those numbers.
15. Men: We will start you out at 1500 calories a day for the first 2 weeks. Then down to 1400 calories a day, for the next 2 weeks and 1300 calories a day for the final 2 weeks.
16. Alcohol does have a negative effect on weight loss. Please consume sparingly. Nothing sucks worse than working your butt off in the gym all week and being
“spot on” on your nutrition and then blowing it with a weekend of beer drinking. I am just saying be careful with this, not banning you from alcohol for 6 weeks.

17. Please drink lots of water and cut out the calorie loaded soft drinks. That’s right….Coke makes you FAT.

Supplementation is also an important part of the program. On measurement and photo day, you will be given a bag of goodies with supplements to get you started. I will cover what these supplements are and how to use them properly in the chapter on Supplements. You can purchase additional supplements from our store as needed. Clients who participated in the supplement program got significantly better results than those that didn’t. I can assure you that the supplementation is good for you and will not include any fat-burning stimulants, but rather good macro nutrients that help you stay within your caloric restrictions.

1. Protein: This is essential to helping you get the amount of protein you need on a daily basis without consuming a bunch of unwanted calories. This will also go a long way to helping your muscles recover from the intense workouts. We want to build as much lean muscle mass as possible (I don’t mean bulk up, this will not occur) and to help rev up our metabolism to turn us into a fat burning machine. Plus, muscle is much nicer to look at than fat anyway. This protein supplement should always be taken within an hour of your workout to be most effective. You can also use your protein to act as a meal or snack replacement throughout the day.

2. CLA-Conjugated Linoleic Acid- for more information go to this link→
http://en.wikipedia.org/wiki/Conjugated_linoleic_acid Wikipedia explains it best. Personally, I believe it is good stuff. I take it myself and many of my clients do as well. If you are pregnant or nursing, please let me know so we can find a substitute for you.

The coaching program that comes with your 6 Week Transformation will be unlike any fitness and nutrition counseling you have ever had. This is one of the major differences that you will notice compared to other training or exercising programs you have tried in the past. The workouts are designed specifically to burn fat, build sexy lean muscle tissue and bring an appealing shape to your body.

My trainers, as well as myself, will be there to lead you in the exercise and make sure you are giving your all. I promise, performing your workouts with us by your side, you will be able to work harder and not give up on that extra rep or two that is really the difference maker. We will be there to check your form to make sure you are getting the most from every exercise. There is also nutrition coaching that comes with the program
(the most critical of all). Being held accountable on a daily basis to submit your nutrition reports is the most important part of this whole program. I will know everyday where you stand, whether it is on a path to success or not. Although this can be somewhat of an inconvenience for some, it only takes about 5 minutes a day to do, so less time than it takes to work out!

The other aspect will be motivational. We all actually pride ourselves on being super positive, enthusiast trainers who believes that everyone can change if they really want to change. In my personal experience, and in my experience as a trainer and a motivational coach, I have learned that pain causes change. That is why many people never succeed in their weight-loss goals or for that matter, just being happy with life. Many of you who decided to participate in this program finally decided that you have had enough of the old you and want to make positive changes in your life. Well my friend, sometimes with positive changes comes painful choices (like deciding to commit to this program, both time and financially), and painful actions (like having to change the way we eat and the choices we make about food, and putting your bodies through a training program like this that is designed to get you the results you want).

The whole staff of trainers will be working tirelessly to help you be successful. There will be times when you aren’t sure if you can make it through the workout, or through the program for that matter! We are trained to recognize the signs that are present when people are having a hard time coping with this transition. So there may be times when you feel like giving up and throwing in the towel, but that is when we will be there to pull you up and give you the extra push to keep you going. I will be using many different means to keep you motivated. Email, text message, Facebook, videos, and phone calls are all weapons at our disposal to keep our clients motivated.

I am so truly fired up for you right now! There is something very special about helping a person change their life and turn things around completely. Not just when it comes to their health and fitness. We have seen our programs help clients not only get in better shape but improve all aspects of their lives. The confidence you will gain from this experience will help you in ways that you won’t believe. You will find your entire attitude change. When your attitude is “right”, many more good things come your way. I have had clients thank me for the life skills they have learned, and how it helped set the tone that led to a new job promotion, sales people who say they are making more sales now, even had one client thank me for saving her sex life, which in turn she believes saved her marriage! I can’t promise you that this program is a save-all, end-all type of program. However, I can promise you it is a positive start in the right direction. When these six weeks are over not only will you see results physically, but you will think differently about yourself. You will feel stronger and more confident. In the future, when
you are confronted with a challenge, you will embrace it and know that you can take it on and be successful.

It has always been my belief that if you help enough people get what they want, you will get what you want. Our success together is symbiotic in nature. My success comes from helping my clients reach their goals. We have goals of our own as well. One of them is to become the greatest fitness program in the entire state known for its great reputation, and our ability to help so many others reach their goals. I love what I do, and I get great satisfaction from doing it. However, we do have financial goals for the business as well. I wish I could always provide top notch services to all who are willing to make a commitment to a better life. It cost money to bring these kinds of programs to the world. I want to thank you for your financial commitment to this program. Although in the whole wide world of things it’s not that much money, it is at least significant enough for most of you to make sure this is what you want. I believe that the value of what you are getting with this program is worth 5 times what you are paying. Maybe more. So I ask you to please milk it for all it’s worth. Get everything you can out of these next six weeks. If there is anything you need from us that would help you become more successful, just let us know.

Looking forward to working with you over these next 6 weeks.

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Please read these other helpful hints that will help you to be successful as you progress through your 6 weeks.

1. Do things that will set you up for success like, post an old photo from when you were in better shape in a place where you will see it everyday. If you don’t have an old picture that represents where you would like to be, find a picture of someone else in a book or magazine and cut the head off and put your head on it. It sounds silly, but it can have a huge effect on your results.
2. Be sure and Drink plenty of water! Water is our lifeline. Drink lots of it! You can read about the benefits of water consumption here.
3. Walk 20 minutes a day minimum. I will be the first to tell you that you do not want to work out everyday. This can actually hurt your results. Your body needs time to heal after you have beaten the crap out of it. So it’s important to rest. As a matter of fact, rest is essential to your success. To help with circulation and help your body heal, try to get in 20 minutes of walking even on your days off.

4. Alcohol does have a negative effect on weight loss. Please consume sparingly. Nothing is worse than working your butt off in the gym all week and being “spot on” on your nutrition and then blowing it with a weekend of beer drinking. I am just saying be careful with this, not banning you from alcohol for 6 weeks.

WARNINGS:

This product is only intended to be consumed by healthy adults 18 years of age or older. Before using this product, consult with your physician if you are using any prescription or over the counter medication or if you have any pre-existing medical condition including, but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience any adverse reaction to these products. Do not exceed recommended serving. Do not use if safety seal is missing or broken. KEEP OUT OF REACH OF CHILDREN. Athletes who are tested under the International Olympic Committee or similar drug testing organizations may test positive for a banned substance. All athletes are recommended to check their program’s drug policy on over-the-counter supplements before consuming this product. *These statements have not been evaluated by the FDA. This product and program is not intended to diagnose, treat, cure, or prevent any disease.