



# PROGRAM SUCCESS GUIDE





# Getting Started Checklist

WELCOME to the 6 week Midlife Reset and Rebuild Program !I am SO excited you are here. This is your time to reset, refocus, and start creating real results. Let's make sure you are set up for success 🙌

## *BEFORE YOU GET STARTED:*

- ✓ Read through this Success Manual

This will answer most of your questions and set the foundation.

- ✓ Grab a digital food scale

(This is going to be a game changer for accuracy!)

- ✓ Take your "before" pictures + measurements

I know... it's not always fun—but this is where the magic starts. You'll be so glad you did. Please log them in your app dashboard under My Journey!

- ✓ You will have your Customized Meal Plan created for you and you calories you need daily. I suggest to pick **1 to 2 options** to follow for the week. You can also **BUILD your own meal plan** by following the Build your own plan section in the app.

- ✓ Plan your grocery trip

Success comes from being prepared.

- 👉 When are you going?

Write it down and commit: ----- (day & time)

If you need anything at all... I'm here for you.

This is not something you're doing alone—we're doing this together ❤️

Now let's get this party started... I can't wait to watch you transform.

– Kim



# Accountability

Accountability is the number 1 reason people succeed! This program is all about keeping you accountable!

## *Here's what I need from you each day:*

- ✓ Take a picture of at least ONE meal  
You are welcome to share all your meals—but only one is required.
- ✓ Take a picture of your food log/journal  
Do this at the end of the day once you're done eating.
- ✓ Take a picture of you in the gym or doing a workout.
- ✓ Post in the Facebook group daily!  
Upload your meal picture/your food journal or your workout so we can support you, guide you, and keep you on track.
- ✓ Watch the live trainings with me inside the Facebook group  
This is where you're going to learn why we're doing what we're doing—and gain the knowledge you need to create real, lasting results.
- ✓ Do this DAILY for all 42 days for accountability! We will have drawings for prizes for everyone who does this for all 42 days!

Remember...  
Consistency over perfection.

Show up. Stay coachable. Do the work.  
I've got you every step of the way ❤️  
– Kim



## Our Focus for 6 Weeks!

1. Follow the Meal Plan
2. Drink  $\frac{1}{2}$  your Body Weight in water Daily! or 80 oz.
3. Follow your Workout Plan
4. Log your Food either on a Food Log or in the App.
5. Post in our Facebook Group Daily - (either a photo of your meal/workout or food log)
6. Watch the Daily Videos with Kim

You WILL be successful, there's no doubt about it. The only way you won't is if you don't TRY!! So go ALL IN on this process for 6 weeks and let's work together to get you RESULTS!



# F A Q S

Here is a list of answers to the most common questions.

**1. What do I mix my protein powder with?** Ice and water, but you can use unsweetened almond, coconut, or cashew milk. Please be careful adding extra fruit, nut butter etc. Unless suggested in the meal plan.

**2. What protein powder should I use?** I recommend and use our FB4L line, it is clean from artificial ingredients, gluten free. We offer plant based and also a whey isolate.  
[www.fitbodies4lifenutrition.com](http://www.fitbodies4lifenutrition.com)

**3. Can I swap out things I don't like?** Yes, swap out anything you want as long as you follow the serving size and stick to the same category. Example. Chicken you pick something from the PROTEIN category.

**4. I am still hungry what should I do?** First, up your veggies. RAW veggies are unlimited and encouraged. EAT AWAY! IF that does not completely work, add additional healthy fat. 5 - 8 almonds is a good start or a hard boiled egg. DO NOT add more carbohydrates as they will only make you hungrier.

**5. I workout really hard and I feel like I am not getting enough calories, what do I do?**  
Pre and post workout have a scoop of protein powder. Eat another serving of healthy fat .



**6. Do I have to eat the fat on the plan?** Yes, please do not eliminate the fat listed or you will not be getting enough calories for the day you will trigger cravings and hunger.

**7. Can I have caffeine on this plan?** Yes, coffee and tea unsweetened or sweetened with stevia. Also, pre-workout drink is suggested. Supplements suggested - [www.fitbodies4lifenuitration.com](http://www.fitbodies4lifenuitration.com)

**8. Do you suggest additional supplements?** In general, supplements should be thought of as fill in the gaps. Nutrition first then supplement. That being said, there are some supplements I believe in and recommend. See the following links for more information: Energy, Protein, Greens, and Vitamins.

**Protein:** <https://fitbodies4lifenuitration.com/collections/muscle-building-and-toning>

**Greens:** <https://fitbodies4lifenuitration.com/products/super-greens>

**Vitamins:** <https://fitbodies4lifenuitration.com/collections/wellness>

**9. What do I do after the 6 week program is over?** Let's book a call and have a conversation about how to keep your results and continue on this journey! Here is my calendar link - <https://calendly.com/fitbodies4life/15min>

Check out additional programs at [www.fitbodies4life.fit](http://www.fitbodies4life.fit)





## Fit Bodies 4 Life

*Lawyer Stuff*

Here's all the fun legal stuff my lawyers says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide this is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from Fit Bodies 4 Life you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of Kim Lipe or other staff or coaches of Fit Bodies 4 Life. There are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish and release any claim which you may have against Kim or other staff or coaches of Fit Bodies 4 Life or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

**IMPORTANT:** Again, more fun things from my lawyer: This program, the methods, and materials you receive are copyrighted and/or trademarked and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.