

BEYOND BEFORE AND AFTER

Getting Started

CHECK LIST

- ☐ WATCHED THE WELCOME VIDEOS IN THE APP
- ☐ STARTING PHOTOS TAKEN
- ☐ STARTING WEIGHT AND MEASUREMENTS RECORDED
- ☐ GROCERY SHOPPING DONE
- ☐ 1ST MEAL PREP DONE
- ☐ MACROS PLANNED FOR THE FIRST DAY (OR BEYOND!)
- ☐ WATER PREPPED FOR THE FIRST DAY
- ☐ INTRODUCE YOURSELF TO THE COMMUNITY IN THE APP
AND/OR THE FACEBOOK GROUP!
- ☐ DOWNLOAD THE MACROS 101 PDF
- ☐ DOWNLOAD THE STRENGTH TRAINING 101 PDF
- ☐ DOWNLOAD THE HABIT TRACKER PDF
- ☐ MINDSET GAME IS STRONG!

