

WELCOME TO THE BATTLE READY STUDY GROUP!

An Institutional Review Board (IRB)-approved study to determine the overall health and weight-loss benefit of the **BATTLE READY HEALTH KIT**, a collaboration between PN Medical, ProportionFit, and Health Quotient.

YOUR NEXT STEPS

TODAY:

- RECEIVE YOUR **BATTLE READY HEALTH KIT**
- PERFORM INTAKE MEASURES AT **HEALTH QUOTIENT** (FOR IN-PERSON PARTICIPANTS ONLY)
- DOWNLOAD “**BREATHER COACH**” AND “**PROPORTIONFIT**”/”**EAT NUMBER**” APPS FROM THE PLAY STORE OR APP STORE AND CREATE ACCOUNTS (IF YOU HAD PREVIOUSLY DOWNLOADED THE **PROPORTIONFIT APP**, PLEASE DELETE YOUR ACCOUNT AND CREATE A NEW ACCOUNT TO RESET TO “DAY ZERO” TODAY.
- WATCH “**PROPORTIONFIT SECRETS**” ON THE TEACHABLE PLATFORM (LINK PROVIDED WITHIN PROPORTIONFIT APP). USE COUPON CODE “**BATTLEREADYSTUDY**” TO ACCESS FOR FREE (CODE IS TO BE USED BY STUDY PARTICIPANTS ONLY)
- FOLLOW THE **PROPORTIONFIT APP** INSTRUCTIONS FOR YOUR WEIGHT LOSS PLAN—IT’S VERY SELF-EXPLANATORY!
- FOLLOW THE **BREATHER COACH APP** INSTRUCTIONS FOR YOUR RESPIRATORY MUSCLE TRAINING PROGRAM PLAN—IT’S ALSO VERY SELF EXPLANATORY!
- PHONE CALL FROM DR. NICK MEYER TO DISCUSS QUESTIONS YOU MAY HAVE
- JOIN THE “**BATTLE READY STUDY GROUP**” WITHIN THE **PROPORTIONFIT APP** FOR GROUP COACHING AND SUPPORT
- COMPLETE INITIAL (START) SURVEY (WILL RECEIVE VIA EMAIL AND GET LINK WITHIN APP)
- START IMPROVING YOUR **HEALTH** AND LOSING WEIGHT!
- IF EVER YOU HAVE QUESTIONS, EMAIL NICKMEYER@PROPORTIONFIT.COM

WEEKLY:

- YOU WILL RECEIVE AN EMAIL WITH A LINK TO COMPLETE THE WEEKLY SURVEY
- CONTINUE TO FOLLOW YOUR CUSTOM HEALTH PLAN DESIGNED WITHIN THE APP

END OF 2 MONTHS:

- PERFORM END OF STUDY MEASURES AT **HEALTH QUOTIENT** (IN-PERSON PARTICIPANTS ONLY)
- COMPLETE “**END OF TWO-MONTH**” SURVEY (LINK WILL BE SENT VIA EMAIL)
- CONTINUE TO FOLLOW YOUR **CUSTOM HEALTH PLAN** DESIGNED WITHIN THE APP
- YOU WILL RECEIVE A PAYMENT OF **\$100** FOR COMPLETION OF THE IN-PERSON STUDY (IF YOU COMPLETED AT LEAST 75% OF THE STUDY WEEKLY SURVEYS AND BOTH THE START AND END SURVEYS)

END OF 3-, 6-, AND 12-MONTHS:

- LOOK FOR AN EMAIL WITH A LINK TO COMPLETE ANOTHER SURVEY FOR THOSE TIME POINTS
- CONTINUE TO FOLLOW YOUR CUSTOM HEALTH PLAN DESIGNED WITHIN THE APP
- YOU ARE NOT OBLIGATED TO COMPLETE THESE SURVEYS, BUT WE APPRECIATE YOUR INPUT!

Thank you for participating in the **BATTLE READY STUDY GROUP**! Your participation will allow many others to benefit from the simple, effective, and inexpensive measures we have developed to help people lose weight and gain better health.

THANK YOU!