



The Lucky13Fitness 28 Day KickStart Guide

Everything you need to be successful with your diet and fat loss!

Welcome to the Lucky13Fitness 28 Day KickStart! We are so excited to coach you along the journey to your fitness and wellness goals.

Our program is **proven** to get clients the results they want without restricting food, taking powders, pills or exercising excessively.

Our expert coaches have written your programming based on **your** goals as well as **your** initial assessment. Everything about our 28 Day KickStart is 100% customized!

Before we get into the wealth of information I want to share with you, I'd like to point out a few things that are critical to you getting the best out of this program. If you have any questions, feel free to email me:

michelle@lucky13fitness.com

IMPORTANT THINGS TO KNOW:

1. If you haven't already, visit www.mindbodyonline.com and create a username and password for yourself. This will be the online platform through which you schedule your training and coaching sessions. There is also a MindBody app that you can download to your smartphone which will allow you to schedule appointments easily.
2. Be sure to schedule your sessions in advance, as our semi-private slots are limited to 4 people. You will not be able to schedule your sessions within 24 hours of your desired training time. This is to ensure our coaches have your programming ready for you when you arrive.
3. You will get a weekly email from us, checking in to see how you are doing with the program. I want to be SURE that your workouts are going well, your nutrition is on point, and that this program is WORKING for you! Feel free to respond to any email with questions or feedback.
4. Your membership in the 28 Day KickStart program includes a 30 minute Nutrition/Mindset Coaching session with Michelle. This is a chance for us to talk over the phone to strategize on how best to get you to your goals. We will discuss nutrition, stress management, sleep, work/life balance, and how to make it all work for

you. **I highly suggest you schedule this early in the 28 days, to make the most of your time.**

5. If, for any reason, you need to cancel or switch your training time, please note that we have a strict 24-hour cancellation policy. If you cancel an appointment within the 24-hour window, you will be charged for that appointment. All cancellations and rescheduling can be done via your MindBodyOnline account.
6. This program is meant for you to HAVE FUN and find enjoyment in healthy living. If there is anything we can do to make your experience more enjoyable, please don't hesitate to reach out to our team members!

Okay! Now onto some information that is going to guarantee your results!!!

You likely signed up for this program because **you'd like to lose weight, look good, and feel confident!!!**

And the fastest way to lose weight is through proper diet.

That is not an overstatement or any kind of fluffy hype. Many trainers try to sell people on instant fat loss workouts, but they don't back it up with supportive nutrition.

In reality, diet accounts for easily more than half - though probably more like 80% - of your fat loss success.

But there is one major problem most people have: knowing what to eat.

That's where the **28 Day KickStart Meal Plan & Recipes** come in. We have included step-by-step instructions for every single meal you'll eat over the next 28 days. We have even included simple & easy-to-follow recipes for the meals in our meal plan.

- **NO MORE** guessing what foods to eat
- **NO MORE** confusion about when to eat or how much
- **NO MORE** throwing random things into your grocery cart

We have taken all the guess work out of it & are telling you exactly what you should eat for optimal results.

We have also created **workouts that are designed to burn calories, torch fat, and get you fit.** These workouts are easy-to-follow and can be simply completed in your living room without any fancy equipment. Your body weight is the best and only piece of equipment you'll need!!!!

Just by virtue of the fact that you've signed up for the 28 Day KickStar and you're reading this sentence, I can promise you that you are on the right path. You are seeking out information and taking action that will help you change your life. So congratulations to you... but remember there's still much left to do!

Once again, I want to say how **EXCITED** I am that you are part of the Lucky13Fitness 28 Day KickStart program. I know that this program will bring you success and a deep sense of accomplishment. I am honored and excited to be coaching you along your journey.

In health,

Michelle Densmore, CPT, LCSW

Founder & Co-Owner, Lucky13Fitness