

WELCOME PACKET



*****Before continuing**, please make sure you have requested to join the E2M Training Motivation Group on Facebook, provided us with your correct Facebook account name, and answered the membership questions for you and your spouse (if they're signing up with you). We cannot finish the sign-up process if you haven't.***



We are excited for you to start your journey with E2M and look forward to working with you over the next 8-weeks and beyond. We hope what starts as an 8-week challenge develops into a healthier lifestyle for you. Remember, processing your sign-up can take up to 16 hours, but usually, it's faster. If it's been longer, please look back at the emails you received from us on how to check your status so we can finish processing your order. We can't wait to work with you!

Make sure you carefully read over the information provided here so you can be a little more familiar with how to navigate the program and our Facebook group so you can hit the ground running once you gain access to our private Facebook group. What's provided here is a quick but important snapshot.

More detailed info will be in the Facebook group and provided as we go through Week 1. We don't expect you to understand everything before we start. Week 1 is a transition week for everyone. Once in the group, make sure you go through all the posts in the Guides & the Featured/Announcements tabs and catch the Nightly Lives (on replay if you can't join live) that start Sunday at 8 PM EST for important info and details.

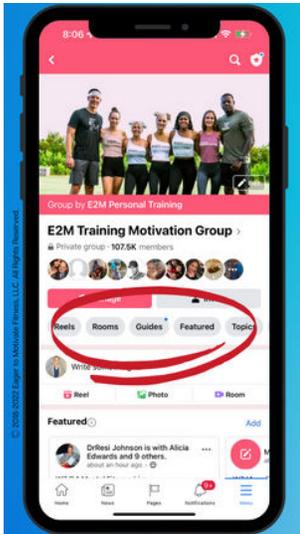
The program changes at different times, these changes are often communicated through the Nightly Talks.

Remember, all aspects of the program are communicated through our Facebook group and our Facebook team messenger inbox, not through the website, email, or Instagram.



HOW TO NAVIGATE THE FACEBOOK GROUP

WE RECOMMEND USING A COMPUTER OR THE FACEBOOK APP AND NOT YOUR PHONE BROWSER.

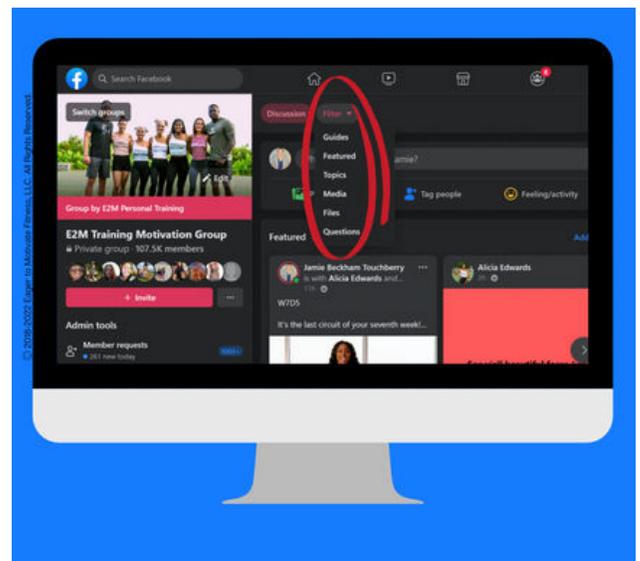


FIRST MAKE SURE YOU SEE THE TABS ROW WITH THE GUIDES + FEATURED/ANNOUNCEMENTS

If you don't see the "Tabs" row, make sure your Facebook app is up to date. If it is, you may need to delete the Facebook app from your phone and then add it back to see this row of tabs. This works as a power reset for the app.

ALL IMPORTANT INFO WILL BE SHARED UNDER THE GUIDES + FEATURED/ANNOUNCEMENTS TABS

If you are looking for program info or info from the coaches, it will be posted under either the guides and/or featured/announcement tabs. You don't have to search the group for it. When Live Videos are posted, they will first be posted to the Featured/Announcements tab and then added to the right Guide once it is finished recording. Sometimes it can take a little while to get to the right Guide. Until then, it will be under the Featured/Announcements tab. If you don't see it in the Guides, check the Featured/Announcements tab. If all the posts by other members in the discussion feed overwhelm you, stick to the Guides and Featured tabs for important info/posts from the Coaches.



THE SEARCH BAR

We don't recommend searching the group for things previously posted unless a coach recommends it. Old info may not hold true for this round and can be overwhelming and confusing. Plus, posting rules for the group have changed over time. Stick to the info under the Guides + Featured/Announcements tabs unless looking for something a coach told you to look for or looking for something a coach may have posted.

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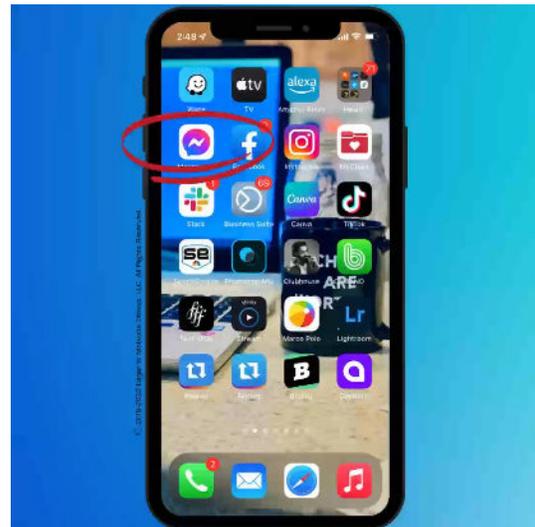
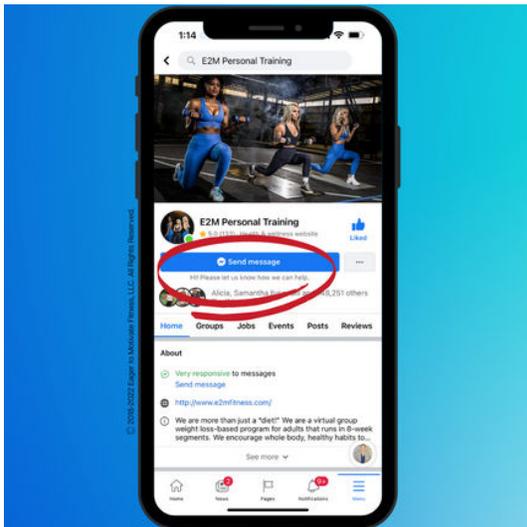
Not to be shared anywhere or with anyone.

HOW TO ASK QUESTIONS

IF YOU HAVE A QUESTION (NO MATTER HOW SMALL), SEND IT TO THE TEAM'S FACEBOOK MESSENGER INBOX. DO NOT POST QUESTIONS TO THE GROUP OR SEND THEM TO THE COACHES' PERSONAL MESSENGER INBOX.

The group discussion is for posting workout selfies and encouragement for accountability, not questions (Even if you see others posting questions in the group.). If you have questions, have fallen off, are having a bad day, need some encouragement, message the Coaches in the team inbox so you can get an official answer/encouragement from a coach instead of an opinion from the group. Since Facebook doesn't allow groups to have a Messenger Inbox, our team inbox is the E2M Personal Training inbox. You can access it from the public E2M Personal Training Facebook page or through your Messenger app. Messages will be answered as quickly as they can. You can expect an answer usually within 12-24 hours. Often you will receive one sooner depending on the number of questions being asked at the time. The first couple of weeks it can take longer to respond as everyone is adjusting and has questions. Don't send a message checking on the status of your question. When you do, Facebook acts as if this is a new message and moves your message to the bottom of the queue. There is a post in more detail about posting in the group. Financially related messages are addressed M-F during business hours, sometimes sooner.

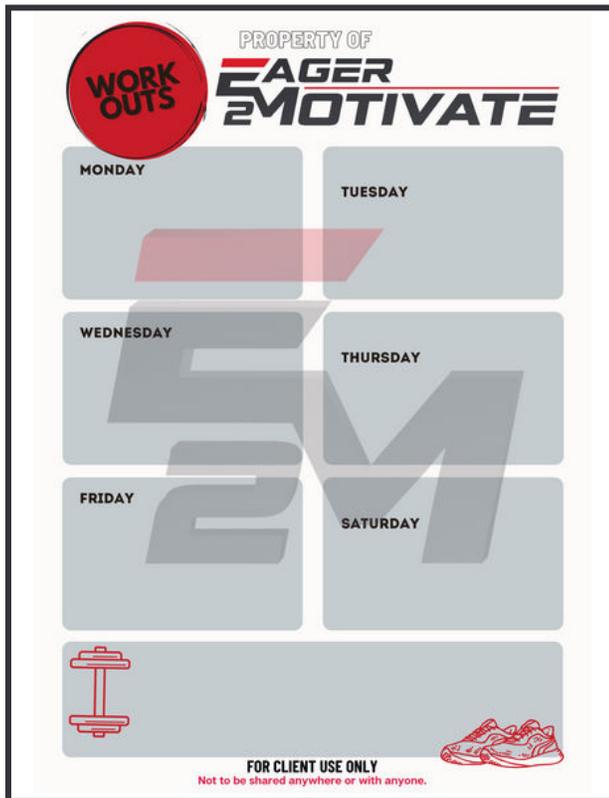
WE KNOW YOU MAY HAVE SOME QUESTIONS AFTER READING THE INFO IN THE GUIDES. JEFF'S NIGHTLY TALKS WILL GO INTO GREATER DETAIL FOR THE PROGRAM AND WILL HELP CLARIFY THINGS. HIS FIRST ONE IS SUNDAY AT 8 PM EST. TRY TO HOLD QUESTIONS UNTIL AFTER THIS, UNLESS MEDICALLY RELATED, SO WE CAN PROCESS SIGN-UPS EFFICIENTLY.



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WEEKLY WORKOUT + MEAL PLANS



THE WEEKLY WORKOUT SCHEDULE

Each week, the Weekly Workout Plan is posted in the Weekly Workout and Meal Plans Guide under the Guides tab and the Featured/Announcements tab. This is your E2M Workout Plan for that week. Workouts are designed to be 35-60 minutes in length each day six days a week. For cardio, we provide you with several cardio options each week, but you get to choose your mode of cardio for you. You don't have to have any cardio equipment to do cardio. Any other workout opportunity provided that isn't on this weekly plan during the week is extra. Each week, the next week's Workout Plan is posted on Thursday evenings with the Meal Plan. The first week's Workout Plan will be posted Sunday evening after Jeff's first Nightly Talk explaining the plan.

THE WEEKLY MEAL PLAN

Each week, the Weekly Meal Plan will be posted in the Weekly Workout and Meal Plan Guide under the Guides tab and in the Featured/Announcements tab on Thursday evenings. This is the E2M Meal Plan for the following week. **The meal plan changes weekly.** It is important to listen to the Nightly Talk discussing the meal plan. Important info not written on the Weekly Meal Plan is discussed here. We recommend sticking to the items that are on the list and keeping your meals simple for the quickest, best results in a healthy manner. We aren't saying foods not on the list aren't good for you. The foods on this list will give you the best opportunity to get the results you came to E2M for and help teach you the discipline to help this healthy lifestyle become sustainable once you reach your goals. Once you reach your goals, we will help you with a sustainable maintenance plan. If you have a medically related reason that makes you unable to eat something on the plan, reach out to the coaches in the team inbox.



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EQUIPMENT



PROPERTY OF
EAGER
MOTIVATE



AT LEAST ONE SET OF
DUMBBELLS (3-20 LBS)
REQUIRED



WAIST TRIMMER BELT
(PLEASE NOTE THIS IS NOT A WAIST
TRAINER/CORSET.)
RECOMMENDED



SAUNA SUIT
(ANY BRAND OR STYLE)
RECOMMENDED



MINI STEPPER
(IF YOU HAVE NO CARDIO EQUIPMENT AT HOME OR
OTHER MEANS OF DOING CARDIO.)
RECOMMENDED



**These items (along with other recommendations)
can be found in our Amazon Store on our website.**



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TOP 10 LIST

Here are 10 quick tips to help you get started on the right foot.

01

Put the scale away until the end. The scale can't tell the whole story of the changes happening in your body with this program.

02

Make a plan for your meals each week in advance. This helps limit food temptation.

03

Schedule your workouts for the week in advance, and schedule other meetings and appointments around it.

04

Sugar-free chewing gum can help you as you get used to your fasting window but don't overdue it.

05

Flavored coffees can ease the transition away from milk, sugar, and other items you may currently add to your coffee.

06

Leave your old habits behind and get ready to develop new ones. It's 8 weeks. See what can happen when you commit.

07

Make sure you warm up before exercising. Push yourself a little more and a little further each time you exercise.

08

Take weekly progress pictures to see the changes your body is making. They can show you and encourage you more than the scale can.

09

Take advantage of the mental fitness component of the program. It is important to helping you find success.

10

Take one day at a time. This is a journey. You may not do it perfectly every day + that's ok! Consistency over perfection.

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**"THE
SECRET OF
GETTING
AHEAD
IS GETTING
STARTED."**

MARK TWAIN