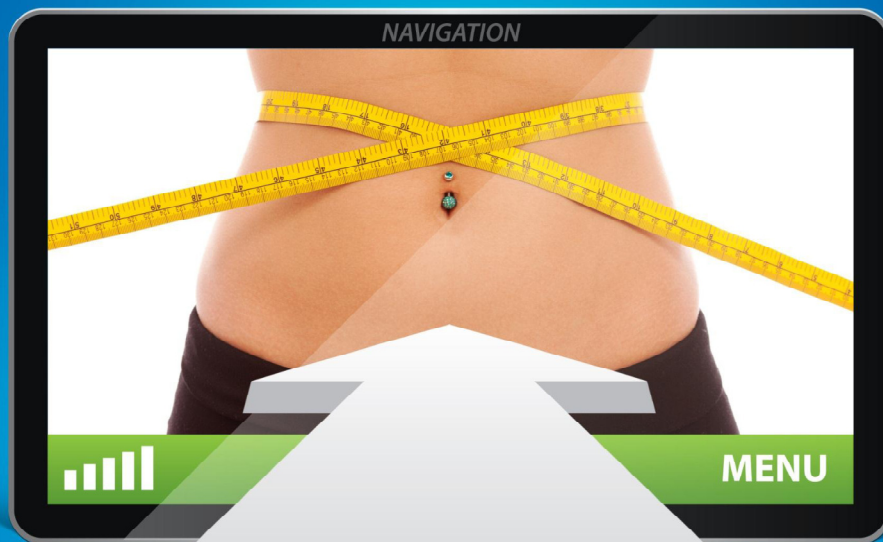


Twice The Results

2 Fitness XR

FAT LOSS  
GPS

The Ultimate Gameplan Guide  
to Your 2012 Fat Loss Resolution



Greetings and congratulations on taking such a big step towards better health, more strength, more energy, increased self-esteem and a better life. This manual was written as an interactive guide that will take you through the steps of proper goal setting, help you find deeper meaning to your body transformation journey and help you build motivation and momentum to aid you in the exercise and nutrition program. This manual should serve as a simple yet detailed instruction Manual with step by step instructions. This is not just an informational book but a program you can follow to get from where you are now to where you want to be in the healthiest and shortest time possible.

My only goal in writing this manual is to help you reach to your goals, to get you leaner than you've ever been before, clear your mind of distractions and help establish a game plan and set path for you to follow to success.

If this book helps you succeed in reaching your fat loss goals, then this manual is a success.

This manual is for YOU and this book is dedicated to YOU, the man or woman on the path of personal development and the journey to a leaner body.

Remember though that progress is not made linearly. It is going to be a bumpy ride.....

What are you grateful for in life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What do you admire most about yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are your biggest achievements so far in life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What five things must occur for you to feel successful in the next Year?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Why do you want to achieve this body? What would it mean for you?

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What would you like to achieve in the next 12 months? Be very specific.

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What would you like to achieve in the next 3 months? Be very specific.

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## Break Your Goal Down Into Smaller Monthly Goals

Month	Goal
1	
2	
3	

Month 1			
Date	Week	Weekly Target	Total Target
	1		
	2		
	3		
	4		
Month 2			
Date	Week	Weekly Target	Total Target
Month 3			
Date	Week	Weekly Target	Total Target

You will repeat this process 3 more times over the course of the year.

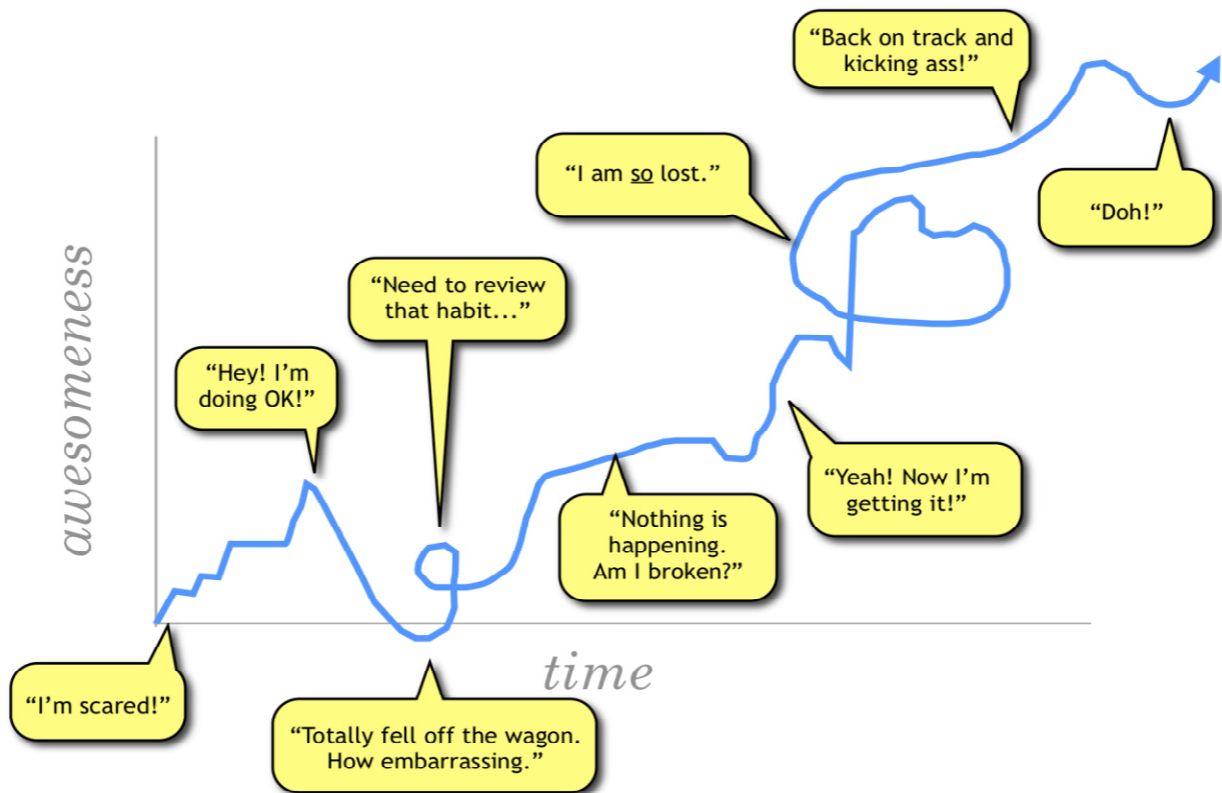
Every time you reach a goal:

**1. Celebrate/ Reward yourself.** Every time you achieved your weekly goal reward yourself with a cheat meal. When you reach a 3 month and/or 12 month goal buy yourself a new outfit. Have fun!

**2. Keep a list of goals you accomplished.** Success breeds more success. Keep a list of goals you accomplished and go back and read it every time you feel unmotivated to lift your spirits.

**3. Set new goals continually.** Goal setting never stops. It's an ongoing process. Always be improving yourself in some way.

Once you have finished the above 3 month process simply repeat the process throughout the year. Also remember that progress will be a bumpy road.



If you would like to find out how my personal training program can help you on your journey to optimal weight, health and fitness in 2012, call or email me today and find out why my personal training program is the ONLY personal training program in Denver the offers a 100% money back guarantee!

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