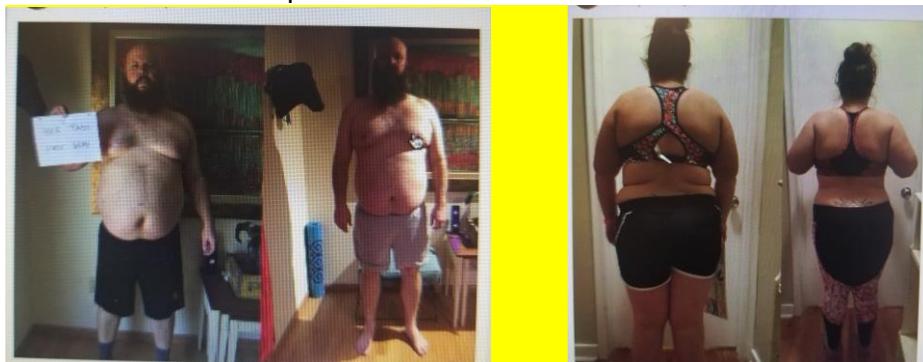


28-Day Transformation Challenge getting started Checklist

- Read the ENTIRE Success Manual.
- Print your weekly meal plans & grocery lists. Become familiar the how the meals plans are structured. Review the shopping list, you may already have Item on hand. Also review the food exchange list and make any changes that need to be made.
- Set aside time in your schedule to grocery shop (Don't wait to the last minute).
- Set aside time to prepare your food and meal prep. Think! What about really works for you or has worked for you in the past as it relates to meal prep? What do you really need to focus on to make this journey a success?
- Always schedule your exercise sessions as appointment. And, do not talk yourself out of working out. Your exercise appointment is just as important as your regular doctor's visits.
- [IMPORTANT]** Take your "Before" pictures and , weigh yourself. Write the name of your **favorite movie, the current date, and your weight** on a sheet of paper. Hold the piece of paper in your hand, have someone take the picture of you holding the paper. This will be your frontal photo. Also take a back photo and a side photo. Photo should be from the knees up.

These are a few examples.





Please email the picture to me at www.wilton@wiltonsfitness.com.

If you have any questions about anything, please don't hesitate to ask me!
You may email me or message me on Facebook.

If you have any questions Please let me know.

Have FUN ☺

“You got this” you got this

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Additional Notes

Before and After Photos notes:

Tips for taking pictures. When you take your before and after photos, simply stand in a relaxed position with your arms to your side (except for the front photo in which you will be holding a piece of paper with your question answer”).

Please wear the same type of clothing in the before and after photos. Swimsuits, shorts, or exercise clothes are preferred.

Please remember that if you are covering up parts of your body it would be difficult to show your progress. Do not completely cover your legs with long shorts or cut them out of the photo.

Try Taking them outside in the either the morning or late evening when the sun is low against a plain background. Try and include your whole body from head to toe. Try to fill the photograph with yourself. If you stand too far away it may be hard to see your results. No posing please.