

Metabolism Reset Plan

H2H TRANSFORMATION SERIES

Quickstart Guide,
Workbook and Journal



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(STEP 3: STABILIZATION INSTRUCTIONS)

Only For Those Finishing The Release Plan

It's time to stabilize the progress you achieved during Release by gradually adding more foods into your daily menu WITHOUT the Release Drops. This is necessary if you want to fully lock in your new weight long term.

STEP 3: GOAL

Your goal is to stay within 2 pounds, (+ or -) of your final weight achieved on morning of 32 for the next 30 Days. This will reset your metabolism and lock in your new lower weight long term.

STEP 3: PURPOSE

There are two purposes here;

1. Tell your body "THIS IS OUR WEIGHT NOW!"
2. Discover in real time, exactly what foods, amounts, and behaviors will best support long term success. It's time to allow your body to begin using food as your primary energy source again only now functioning more efficiently.

STEP 3: HOW IT WORKS

Stabilization only "works" if you stay as committed as you have been!! Without the Release Drops, food will once again become your primary energy source so you must *increase your food intake significantly, back to a healthy nutritional balance.

As you eat more, almost instantly, you'll show a "gain" on the scale the next morning. DON'T FREAK OUT! It's just water weight while your body adjusts to digesting more food. It will only last the first several few days and then level out. If it continues, contact your Coach for support in adjusting your portions.

You MUST stay within 2 lbs of your final weight! When you show a "gain" of 2.1 or more on your morning weight, you will simply follow the instructions for a "STEAK AND APPLE DAY" and your weight will immediately drop the next morning. THIS PROCESS teaches your body to stabilize new weight.

STEP 3 TASK LIST:

- ✓ **NO RELEASE DROPS** - Continue with Nutritional Supplements
- ✓ **READ THIS "Metabolism Reset" Meal Plan Carefully**
- ✓ **Create Your RESET Meal Plan and Meal Prep**
- ✓ **Continue Release Master Course for Support**
- ✓ **DON'T Stop Tracking Your Daily Progress**
- ✓ **Steak and Apple Day Instructions in Resource Library**

WELCOME TO HAPPY2HEALTHY...

And Welcome to the Metabolism Reset Plan!

Hopefully you are ready to unlock your full potential, revitalize your body, and embrace a healthier, happier you! The Metabolism Reset Plan is your perfect road map to achieving ultimate health and transforming your lifestyle.

The Metabolism Reset is an important part of our **H2H ULTIMATE LIFESTYLE CHALLENGE SERIES**. If you're starting here, or if you're transitioning from our Rapid Release and Cleanse Program, this is the perfect Next Step toward creating the lasting results!

Why Metabolism Reset?

Your metabolism plays a pivotal role in your overall well-being. It affects your energy levels, weight management, and even your mood. By resetting your metabolism, you can kick-start your journey to a more vibrant and fulfilling life.

What Can You Expect?

Inside this program, you'll find step by step instructions, expert guidance and personalized Coaching, and easy to follow Meal Plans proven to reset your metabolism and make lasting changes. Our goal is to empower you with the knowledge and tools needed to thrive in all aspects of your life.

You Got This!

We understand that embarking on a transformation journey can be both exciting and challenging. But remember, every step you take brings you closer to your goals.

"Believe in yourself and your ability to make positive changes. Your health and well-being are worth the effort. As you read this book and follow the instructions, know that you are taking a significant step towards a better future. Embrace the process, stay committed, and watch as your life transforms in ways you never imagined."

METABOLISM RESET PLAN OVERVIEW

These **3 Essential Steps** will revitalize your metabolism and quickly deliver an increase in happiness and energy! Get ready to unlock your full potential! Follow these steps and experience amazing changes.

1. REMOVE



Remove: High inflammatory & high calorie carbs and grains to promote gut healing and digestive health!

2. REPLACE



Replace: Unhealthy foods with clean & fresh proteins, fats and carbs that are packed with nutrients for sustained energy!

3. RESTORE



Restore: Fun, Energy, Fitness, Friends, and Adventure back into your daily life! Restore meaning back into everyday life!

GETTING STARTED

Creating Your Reset Action Plan

As with every important goal, it's important to carefully consider and create your Action Plan!

As you read through this Program Guide, you'll learn the details of the Meal Plan and what's required for success! Try not to be too overwhelmed; focus on how exciting it will be as you experience the transformation!

People are 90% more likely to reach their Goals when they take the time to PLAN them out and put it in WRITING!

Having a structured Meal Plan may seem rigid and overwhelming at first, it's actually the structure that makes it extremely simple!

If you will commit to the Meal Prepping, you'll learn skills that will last a lifetime! After creating your first weeks menu, all you have to do is repeat it the next week! Soon, you'll recognize how simple eating healthy can be by choosing to live intentionally and be prepared!

THE HAPPY2HEALTHY CHALLENGE

Everything in life is easier and LOTS more fun when we're working together with others that are excited and motivated to create success in their life.

The H2H Challenge has been created to offer additional support and accountability as your work toward your goals. As part of the Challenge, you'll be able to earn rewards for simply following the Program! Rewards are given at weekly and monthly intervals based solely on engagement, not results.

The Challenge can be joined on your own, or you can invite friends for added Rewards! You'll be invited to our Private Facebook Group to receive additional support in Meal Planning, Prepping, and Recipes.

Also to be part of our H2H Community of like minded individuals ready to offer support, encouragement, and a High-Five for your wins! Learn more in the **Members Area** of our website!

HOW THE PLAN WORKS



Balance your plate with
Protein, Fat, Carbs

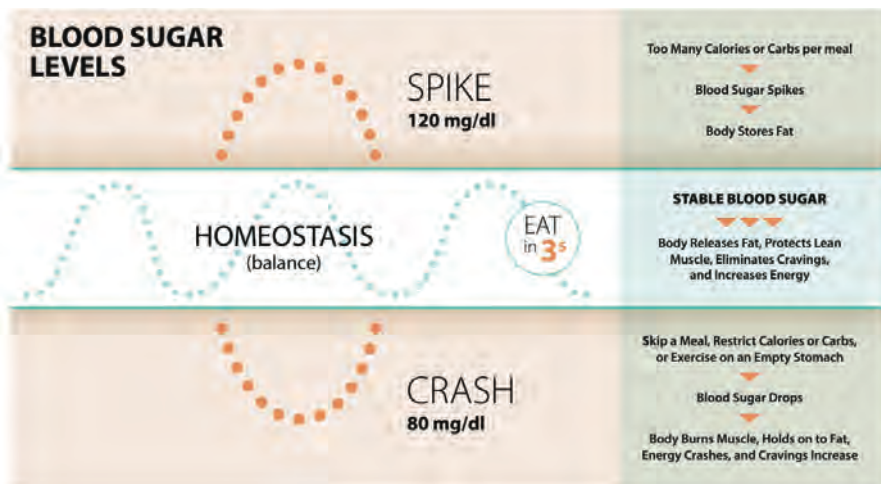
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Eat every 3 hours

Throughout your **Metabolism Reset Plan**, you'll be eating in 3s. Eating in 3s is simply eating a balance of Protein, Fat, and Carbohydrates every 3 hours.

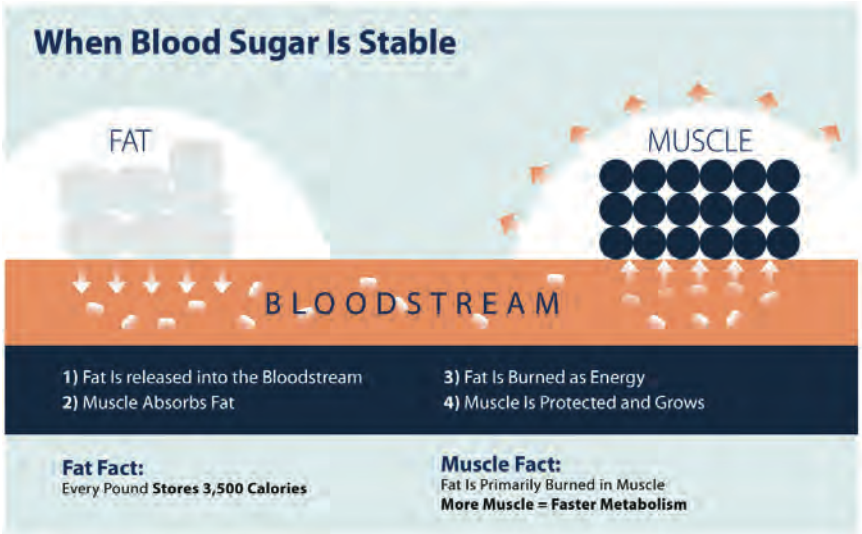
This way of eating helps balance your blood sugar levels which protects your muscles and triggers your body to consistently release stored fat.

Eating protein positively affects your blood sugar hormone glucagon (raises your blood sugar), eating carbs affects your blood sugar hormone insulin (lowers your blood sugar), and eating fat slows down the rate of digestion by inhibiting the release of HCL (your stomach's acid). The combination of the three nutrients in the right portion sizes and intervals keeps your blood sugar balanced.

Here's a graphic showing you the benefits of Eating in 3s and what happens when your blood sugar spikes and crashes:



Once your blood sugar is balanced, your body becomes a fat-burning machine. Every pound of your stored fat is 3,500 calories, Eating in 3s triggers the consistent release of your stored fat, which then gets burned in your muscle (your body's engine)



The next obvious question is, what does Eating in 3s actually look like? That's the great thing; once you get it, it's simple, easy, and, most important, doable for all busy people!

Here's a quick visual of it:

EAT in 3^s

BALANCE YOUR PLATE W/ PFC'S

PROTEIN **CARBS** **FAT**

EAT EVERY 3 HOURS

PLUS, Add Unlimited

***See List of Free Foods On Page 8**









LIST OF ALLOWED FOODS

Metabolism Reset Plan

PROTEINS	FATS	CARBS	FREE FOODS
  <p>Females 1 Palm (3 ounces)</p> <p>Males 1½–2 Palms (5 ounces)</p>	  <p>Suggested For All Small Handful (for solids like Nuts, Seeds, or Avocado)</p> <p>1 Thumb (for liquid Oils)</p>	  <p>Females 1 Fist (3 ounces)</p> <p>Males 2 Fists (5 ounces)</p>	
<p>Choose 1 Per Meal</p> <p>Lean Proteins</p> <ul style="list-style-type: none"> • Beef • Chicken • Turkey • Eggs • Lamb • Pork • Venison • Bison • Fish • Shellfish 	<p>Choose 1 Per Meal</p> <p>Healthy Fats</p> <p>Avocados</p> <p>Natural Nut Butters (Unsweetened) (1 tbsp. for females, 1½ for males)</p> <ul style="list-style-type: none"> • Almond • Peanut • Hazel Nut, etc. <p>Oils (½ tsp. for females, 1. for males)</p> <ul style="list-style-type: none"> • Avocado • Coconut • Macadamia • Cocoa Butter • Unheated Olive Oil <p>Raw Nuts (small handful for females) (medium handful for males)</p> <ul style="list-style-type: none"> • Almonds • Brazil Nuts • Chestnuts • Hazel Nuts • Macadamia • Peanuts • Pecan • Pine • Walnuts <p>Seeds (small handful for females) (medium handful for males)</p> <ul style="list-style-type: none"> • Chia • Flax • Pumpkin • Sesame • Sunflower 	<p>Choose 1 Per Meal</p> <p>Fresh Fruits</p> <ul style="list-style-type: none"> • Apples • Berries (blueberries, raspberries, strawberries, cranberries) • Grapes • Citrus (lemons, limes, oranges, clementines) • Melon (cantaloupe & honeydew) • Tomato • Tropical Fruits <p>Calorie-Rich Vegetables</p> <ul style="list-style-type: none"> • Chickpeas • Lentils • Beets • Carrots • Parsnip • Potatoes • Radish • Rutabagas • Turnips • Tomatoes • Green Beans • Olives • Oyster Mushrooms • Seaweed 	<p>Unlimited</p> <p>Herbs & Spices</p> <ul style="list-style-type: none"> • Basil, Thyme, Rosemary, Bay Leaves • Cilantro, Parsley • Mint • Capers • Garlic • Cinnamon, Nutmeg • Ginger/ Ginger Root • Mustard • Peppercorns • Pink Himalayan Salt • Saffron <p>Misc. Condiments</p> <p>Mustard, Vinegar Cocoa Powder, Potato & Tapioca Starch, Vanilla</p> <p>Low-Calorie Vegetables (fresh only)</p> <ul style="list-style-type: none"> • Bell Peppers any Color • Broccoli, Cabbage, Bok Choy & Bussels Sprouts • Bamboo Shoots, Bean Sprouts, & Water Chestnuts • Celery, Cucumbers • Leafy Greens (chard, collards, kale, lettuce, micro greens, spinach) • Onion & Variety of Squash <p>Natural Sweeteners</p> <ul style="list-style-type: none"> • Coconut Sugar • Maple Syrup • Stevia

SAMPLE DAILY MEAL PLAN

Metabolism Reset Plan

SAMPLE MENU Notice the P.F.C. combinations and how the Food Choices are Rotated.	PROTEINS	FATS	CARBS	FREE FOODS
	 Females 1 Palm (3 ounces) Males 1½-2 Palms (5 ounces)	 For Woman, Men, and Kids Small Handful (for solids like Nuts, Seeds, or Avocados) 1 Thumb (for liquids like Oils)	 Females 1 Fist (3 ounces) Males 2 Fists (5 ounces)	 NO LIMITS
Wake Up	Start the Day with 1oz (1 TBSP) of Apple Cidar Vinegar and 1oz (1 TBSP) of Water to wake up your digestive process! 			
Breakfast	 *Egg White Pancake	1 TBSP Nut Butter	1/2 Banana	PURE Maple Syrup Sparingly
Mid-Morn	*Three Minute Omelete	Dash of Avocado Oil in Pan	Cherry Tomatoes	Fresh Basil, Pink Salt, Pepper
Lunch	 *Grilled Chicken Salad	1 TBSP *Citrus Herb Salad Dressing	1 Pear Sliced. Citrus Juice	Kale, Carrots, Herbs, Spices
Mid-Day	Turkey Slices	Avocado Slices	1/3 Cup Hummus	Cucumber Slices
Dinner	 *Cilantro Rubbed Pork	1 TBSP Olive Oil	1/2 Banana	PURE Maple Syrup Sparingly
Evening	Collagen Protien Powder	2 TBSP Peanut Butter	Berries	Stevia or/ Pure Maple Syrup

*Recipes available in the H2H Members Area Library; see the Recipes Folder.

DRINK PLENTY OF WATER!

Water Recommendations (drink water with and between each meal) 2–3 liters per day / 8–12 glasses (8 oz. each)

You may include Herbal Tea or approved Electrolyte Beverages as part of your water consumption.

DAILY MEAL PLAN

Daily Meal Plan Overview

CUSTOMIZE YOUR MENU

You'll need to create your Weekly Menu using the ***Weekly Meal Planner on page 12***, you can organize your meals however it'll work best for you following the ***List of Allowed Foods on page 8***.

Review again the ***Sample Menu on page 9***, notice that many of the meals are from the Reset Cookbook available in the Members Area online. Have fun creating your menu your way.

*In the Resource Library in the Happy2Healthy website, you can find additional printable Meal Planners, as well as more Sample Menus, Tips, and Recipes.

FREEDOM TO CHOOSE, FREEDOM TO CREATE

You have the freedom to create your menu's as fancy or as simple as you'd like. You can choose to eat simply by choosing proteins, vegetables, and fruits that are simple to prepare and easy to grab when it's time to eat.

You can also choose to follow the many Recipes available to you in the Reset Cookbook found in the Members Area Resource Library. As it's recommended to prepare meals ahead of time, see how you can prep the food items to easily throw together in the recipe.

Or, you can prepare entire meals ahead and store them in whatever individual containers you've chosen that work for your lifestyle.

DETOXIFICATION & CONSTIPATION

Drinking the recommended liquids daily assists your body in flushing fat and toxins. Drinking suppresses hunger. The body can't tell the difference between being dehydrated and being hungry; so drink up!



MEAL PLANNING TIPS

KEEP THINGS EXTRA SIMPLE!

Preparation is KEY to keeping things simple. It's important to take the time to plan your menu, grocery shop and prepare your meals ahead of time! It only takes a couple of hours to be all set for the week! It'll save you so much time, money, and ensure your success! **FOLLOW THESE GUIDELINES:**

- Let go of the calorie mind-set! Always Eat In 3s: one meal every 3 hours with a balance of protein, fat, and carbs in portions based on your gender.
- Create a menu you know you can stick with. Pick foods that will easily fit into your lifestyle and schedule. Be sure you have meals ready to take with you wherever you go.
- You'll need to be drinking approved liquids continually through the day in specific amounts. Find a simple way to track how much your drinking and be able to carry it with you at all times.
- Always eat within an hour of waking and not less than an hour of bedtime.
- Make sure you're hungry, not starving, before each meal. Finish eating when you feel satisfied, but not stuffed.
- If you're hungry before 3 hours pass, eat a balanced meal.
- Measure portion sizes with your hands (palm, fist, and thumb). When measuring portion sizes with your hands, measure after it's cooked.
- If you measure food with a scale, always measure it precooked since weight will be lost during cooking.
- If you want a shake for breakfast, switch your breakfast and midmorning meals.
- If you fall off the Reset for one meal, just get back on the plan starting the next meal. Keep going and stay committed to your "why."
- Only add a 6th meal if you're still hungry after dinner.
- You can repeat this Reset Program anytime to jump-start your metabolism after a vacation or if you're experiencing a plateau at anytime.

RESET WEEKLY MEAL PLANNER

MONDAY	LIQUIDS FOR TODAY:
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	

TUESDAY	LIQUIDS FOR TODAY:
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	

WEDNESDAY	LIQUIDS FOR TODAY:
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	

THURSDAY	LIQUIDS FOR TODAY:
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	

FRIDAY	LIQUIDS FOR TODAY:
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	







SATURDAY	LIQUIDS FOR TODAY:
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	

SUNDAY	LIQUIDS FOR TODAY:
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	

FUN DAY!	LIQUIDS FOR TODAY:
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	

HELPFUL ITEMS

Here is the list of items you'll need to accurately measure your foods and chart your progress. These items are very helpful to your success.

	A digital bathroom scale is important to track and record and track your weight. This should only be done weekly during the Metabolism Reset. Using the same scale is important for accurate results.
	OPTIONAL: Digital food scale for weighing protein and carbs in ounces. Consistent portion sizing is helpful when reviewing your results in order to make adjustments as needed. *Food Scale is required for Release Program.
	Tape measure to record your body measurements throughout your Reset Program. When measuring yourself, please be mindful to wear tight-fitting clothing.
	Food storage containers such as ziplock® bags, aluminum foil, or other containers simplify meal planning. We encourage you to prepare all the proteins needed for the next 30 days and have them easily available at all times.
	We highly recommend adding whole-food, absorbable, nutritional support during the Release process and beyond to deliver necessary nutrients for healing, sustained natural energy, reduced cravings, and long-term maintenance.
	<i>INCLUDED IN BACK OF BOOK.</i> The Daily Tracking Journal is an important tool to record your daily Program data. The more precise and consistent your records, the more accurate your Coaches suggestions will be.

MANAGING EXPECTATIONS

First Week Adjustments

As you REMOVE processed foods, you may notice the withdrawal of their addictive properties.

Be patient with the feelings and emotions you may experience as your body is going through this period of adjustment.

Here are a few normal adjustments you may experience the first week. Below is a list of some things that are common, and you may need to prepare for:

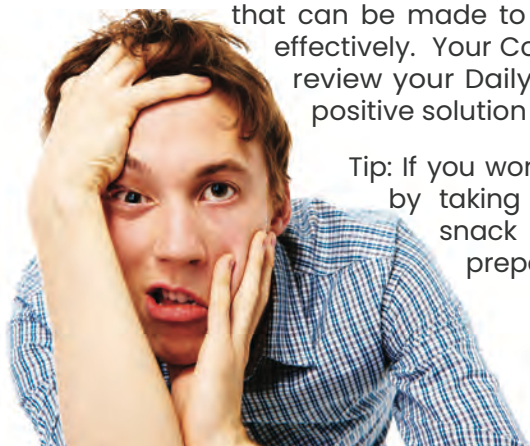
- **Hunger**
- **Exhaustion**
- **Headaches**
- **Crankiness and Irritability**
- **Intestinal Changes**
- **Feeling Light-Headed**

If you experience anything similar, it should quickly correct itself within a few days. By day 6 you should feel much better. Again, these experiences are simply dietary changes due to changing the way you eat. You may use whatever you feel necessary for headache pain. If you experience a headache that is not responding to your ordinary pain management techniques, reach out for suggestions.

If you experience these symptoms more than you feel is normal or if you feel like something is off, please don't hesitate; check in with H2H Customer Support or your H2H Coach for support.

If you're struggling with anything, remember there are adjustments that can be made to ensure your body is detoxifying effectively. Your Coach or H2H Support will need to review your Daily Tracking Journal to discover a positive solution to reach your goals.

Tip: If you work away from home, be prepared by taking your meals with you to avoid snack machines. Its always best to be prepared!



10 FOODS TO AVOID

GLUTEN

Gluten can be tough to digest and lead to bloating and inflammation. Avoiding gluten means giving up processed and calorie-rich foods like pastries, cakes, and some snacks. These proteins are dense in calories and may lead to overeating. Check food labels thoroughly to find out if they contain added gluten.



GRAINS AND HIGH CALORIE VEGETABLES



Some grains and calorie dense vegetables are great carbs, but during a metabolism reset they can slow down the digestion and balance your sugars, but they can also cause bloating. They are heavier and more calorie-dense and can cause water retention just like salt. Resetting your metabolism is all about eating a diet that is light, rich in nutrients, and as easy to digest as possible. This is why your best carb choices for the RESET program are fruits and low-calorie vegetables.

Dairy items can be rich in calories and saturated fats. Certain individuals might experience lactose intolerance or sensitivity to dairy proteins, resulting in digestive issues like bloating and gas. Additionally, dairy can occasionally induce increased mucus production, potentially causing congestion and inflammation.

DAIRY



SOY PRODUCTS



Soybeans harbor isoflavones, which stimulate the production of estrogen in the body. An excess of this hormone can hinder weight loss for both men and women. Elevated levels of estrogen, typically linked to female reproductive health, might promote weight gain and make it challenging to shed extra pounds. Increased estrogen can result in greater fat accumulation.

Too much refined table salt causes bloating by retaining water. Processed foods are often high in salt and calories but low in nutrients. Sodium holds onto water, hindering weight loss. Use Pink Himalayan Salt to season your food to avoid bloating and maintain proper mineral balance.

TABLE SALT



Processed sugars in sweets and sugary drinks are empty calories that can cause weight gain and hinder weight loss. They also lead to blood sugar spikes and increased hunger for more sugar. Cutting out refined sugar stabilizes blood sugar, reduces calories, and promotes a healthier diet. This not only helps with weight loss but also lowers the risk of health problems like insulin resistance and inflammation linked to excessive sugar consumption.

REFINED SUGAR



ARTIFICIAL SWEETENERS



Artificial sweeteners, though calorie-free, can hinder weight loss by disrupting metabolism and appetite control. Their intense sweetness may increase cravings for sugary foods. Some people may have digestive problems with them. Instead, opt for natural sweeteners like monk fruit, Stevia, erythritol, raw honey, and pure maple syrup in moderation. These are easier for your body to digest and offer a healthier choice.

Most sodas have high fructose corn syrup or lots of processed sugar. Diet sodas contain artificial sweeteners that can make you hungrier and crave more sugar. They also have high sodium and artificial additives. These ingredients can negatively affect your gut, weight, and mental well-being. Opt for healthier choices!

SODAS DIET & REGULAR



HIGH STIMULANT FOOD & DRINK



Stimulants like caffeine and certain chemicals in processed foods can make you feel hungrier, causing you to eat more calories than necessary. Additionally, they can disrupt your sleep patterns, release stress hormones that promote fat storage, trigger cravings for unhealthy foods, provide only temporary metabolism boosts, and sometimes lead to digestive discomfort.

Alcoholic beverages add "empty" calories and can hinder weight loss efforts dramatically. The body sees alcohol as a toxin and metabolizes it over other nutrients to eliminate it quickly, slowing down the burning of fat and can lead to poor food choices, as it may increase the likelihood consuming high-calorie snacks. It also disrupts sleep patterns which impedes our body from burning fat while we sleep.

ALCOHOLIC BEVERAGES



EFFECTIVE JOURNALING

This journal is designed to help you achieve success by providing you the ability to keep an accurate record of your daily activities.

It's important to enter the details of your daily experience:

1. Take the time to write how you are feeling. If you feel great, write it down. If you feel like garbage, write it down. It is very helpful to have a clear picture of your progress so that we can coach you effectively.
2. Enter all the foods and liquids you consumed with as much detail as possible. Include details such as where the food came from. If it's not food you made, explain.
3. Note any changes in your typical routine. For example, if you generally eat lunch around 12 PM and then one day you are not able to eat until 3 PM. – Make a note of it.

These details will provide you with an accurate representation of how your body is responding to what your eating, the amount of liquids, as well as your daily routine.

The more accurate the details, the more clarity you will have about what's working and what is not. This information is strictly for your benefit. If at any point you are wanting some 1:1 Coaching, your Coach will ask for a copy of your journal. Without it, they will not be able to provide you with support specific to your needs.

As you will be eating several smaller meals, one way to keep things real simple is to take a photo of your meal with your phone. Then, at the time each day you've determined works best for you, you'll be able to look back and accurately enter the important data.

At this point, you've been given a TON of detailed information; your mind could probably really use a break! When I start to feel overwhelmed with details and need to sort things out in my mind, doing something physical like taking a quick walk or even a simple household chore helps me clear the clutter and focus on the task at hand. Give it a try and see what inspiration you receive!

CONSIDER THIS

AS YOU PREPARE TO MEET YOUR NEW GOALS, THOUGHTFULLY CONSIDER THE FOLLOWING QUESTIONS.

1. What is motivating you today to make this step towards saying YES to taking care of yourself in a whole new way?
2. Can you recognize the benefit and commit to a lifestyle change today?
3. What are the benefits you feel you will gain?
4. What behaviors do you have that would need modification to support your success? Are you willing to modify or let go of these behaviors?
5. Are there circumstances in your life that have held you back from achieving the health you desire? What are they? Are they things you can imagine letting go of or working through while on this program?
6. Do you have a picture in your mind of how you desire to be, look and feel? Take some time to create a description... then know that this will be an image you can think of each day to support and encourage you!

We recommend using a simple notebook that you can journal your answers to these questions, as well as your thoughts and feelings throughout your entire experience.

YOU ARE POWERFUL!
**You Are Capable Of
Becoming Exactly What
You Desire!**

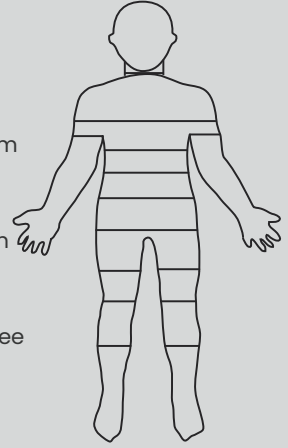
PERSONAL PROGRESS TRACKER

Every week you should make a note of your current stats for your measurements and your weight. This way you can see the progress easily and you may find that the measurements show much more than the scale at times.

Measure the parts of your body as diagrammed here. If you are not sure exactly where to set the tape measure, go for the widest spot and be sure to use the same spot each time you measure.

MEASUREMENT LOCATIONS

- Neck
- Chest
- Upper Arm
- Rib Cage
- Waist
- Abdomen
- Buttocks
- Thigh
- Upper knee
- Calf



TRACK YOUR MEASUREMENTS HERE:

	Start	Week 2	Week 3	Week 4	FINAL
Neck					
Chest					
Upper Arm (L)					
Upper Arm (R)					
Rib Cage					
Waist					
Abdomen					
Buttocks					
Thigh (L)					
Thigh (R)					
Upper Knee (L)					
Upper Knee (R)					
Calf (L)					
Calf (R)					
Total # of Inches					
Total Inches Lost					
Current weight					

PICTURES OF SUCCESS!

Document Your Transformation

START HERE:

Taking before and after photos can help you see how your body has transformed as part of following the H2H Programs.

Use these guidelines to take the best pictures possible!

- **Consistent Clothing:** Wear the same outfit in all pictures to accurately showcase your body's transformation.
- **Neutral Background:** Choose a simple, uncluttered background to keep the focus on your body.
- **Good Lighting:** Natural light is ideal, as it provides clarity and reduces shadows.
- **Camera Angle:** Keep the camera at a consistent height for all shots to avoid distortions.
- **Smile:** Always, but especially for your AFTER pictures!
- **Sharing:** You may be showing them to others, so be sure you are happy with the clothing you choose to wear in the beginning.

PROFILES:

Front View:

- Stand upright with your feet hip-width apart.
- Keep your arms relaxed by your sides.
- Face the camera directly, staying at eye level.
- Maintain a neutral facial expression to accurately represent your physique.



Side View; Take Both Sides:

- Stand in profile with your feet aligned.
- Ensure the camera captures your entire side profile, from head to toe.
- Arms should hang naturally by your sides.
- Focus on keeping a straight posture to reveal changes in body contours.



Back View:

- Face away from the camera, with your feet shoulder-width apart.
- Arms should be down by your sides or slightly angled.
- Capture your entire back from the base of your neck to your heels.
- Maintain a relaxed and natural posture.



DAY	CIRCLE WATER CONSUMED IN OUNCES: 32 64 128
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
EVENING	
DAY	CIRCLE WATER CONSUMED IN OUNCES: 32 64 128
BREAKFAST	
MID-MORNING	
LUNCH	
MID-AFTERNOON	
DINNER	
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Unlock your body's full potential by resetting your metabolism! Discover the key to sustainable weight management, increased energy levels, and improved overall well-being. Resetting your metabolism is like giving your body a fresh start, allowing it to efficiently burn calories and process nutrients. Say goodbye to sluggishness and hello to a more revitalized you. Embrace a healthier lifestyle as you kickstart your metabolism, paving the way for a more vibrant and active life. Don't just change your habits; reset your metabolism and experience the transformative power of a revitalized body. Your journey to better health starts with resetting your metabolism today!

