

WELCOME TO OUR FITCLUB



step by step fit guide

Welcome! We are so excited to have you join us on this incredible, life changing journey! Buckle up babe - life is going to get so much better!

Your Coaches



Clarissa Pastor



Tamara Fraser

WE WANT TO OFFICIALLY WELCOME YOU TO OUR FREE TO BE FITCLUB FAMILY!!

BE SURE TO GO THROUGH THIS DOCUMENT AND THE WELCOME EMAIL. ONCE YOU'VE GONE THROUGH A BIT OF THE INFORMATION, PLEASE BOOK A CALL WITH US! THIS IS A VERY IMPORTANT STEP!

AFTER THE CALL, YOU CAN CONTINUE TO WORK THROUGH THIS DOCUMENT AND THEN SEND US YOUR QUESTIONS AS WELL AS YOUR FIRST PICTURE!

WE ARE SO EXCITED TO WORK WITH YOU!
TAMARA & CLARISSA

CELL # IS 604-307-5602

Welcome to our "Free To Be Me" FitBFF Club

THIS PAGE WILL WALK YOU THROUGH HOW TO GET STARTED ON YOUR AMAZING JOURNEY. PLEASE GO THROUGH THE VIDEOS IN ORDER AND BE SURE TO REACH OUT TO YOUR COACH WITH ANY QUESTIONS AS YOU WORK THROUGH EACH PART! WE ARE SO EXCITED FOR YOU AND KNOW THIS IS THE BEGINNING OF A GREAT ADVENTURE TOGETHER!

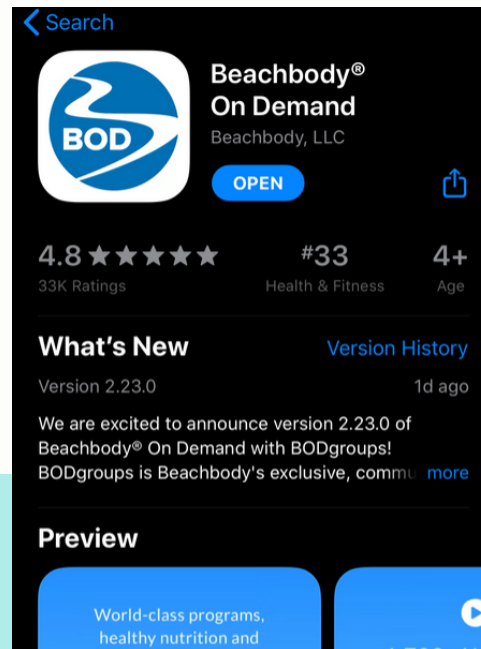


WIN THE WEEK TRACKER

STEP BY STEP FIT GUIDE

Step 1

WE ARE SO EXCITED TO HAVE YOU JOIN US ON THIS JOURNEY - THANK YOU FOR TRUSTING IN US AND FOR BELIEVING IN YOURSELF! YOU CAN AND YOU WILL AND ALWAYS REMEMBER TO FOCUS ON HOW YOU WANT TO FEEL AND WHY YOU STARTED IN THE FIRST PLACE!



Step One - Familiarize Yourself

PLEASE START HERE WITH THESE 2 LINKS:

- [HTTPS://YOUTU.BE/DDMQYQZ2ZQ4](https://youtu.be/DDMQYQZ2ZQ4) (OUR WELCOME VIDEO)
- [HTTPS://WWW.FREETOBEGIRLS.COM/FIT-CLUB-FAMILY](https://www.freetobegirls.com/fit-club-family) (OUR WEBSITE WITH STEP BY STEP INSTRUCTIONS ON WHERE TO BEGIN)
- DOWNLOAD THE BEACHBODY ON DEMAND APP

Step Two - Gather your Supplies:

DO YOU HAVE EVERYTHING YOU NEED TO COMPLETE YOUR PROGRAM.....? NOT ALL OF THE ITEMS LISTED IS NEEDED OR REQUIRED. THIS IS JUST A LIST OF POSSIBILITIES! BE SURE TO TRY AND FOLLOW YOUR WORKOUT CALENDAR AS CLOSE AS YOU CAN! IF YOU ARE TAKING A CARDIO FITNESS CLASS, YOU CAN ALWAYS REPLACE THAT WITH CARDIO FIX, ETC.

ONE OF THE MOST IMPORTANT SUPPLIES YOU WILL NEED IS PERSONAL DEVELOPMENT!!! PICK A BOOK FROM THE LIST ON THE RIGHT AND START LISTENING OR READING - THIS , MORE THAN THE FITNESS, WILL CHANGE YOUR LIFE AS THE MOST IMPORTANT CHANGE WE NEED TO MAKE IS THE ONE IN OUR MIND!

Some Recommendations:

- WORKOUT SPACE
- WORKOUT MAT
- WEIGHTS
- RESISTANCE BAND
- CHIN UP BAR
- STEPSTABILITY BALL
- WATER
- FOOD STORAGE CONTAINERS
- MEASURING CUPS
- SHAKER CUP
- WORKOUT MUSIC PLAYLIST
- WORKOUT CLOTHING
- RUNNING SHOES



IT'S SO IMPORTANT TO FUEL OUR MINDS

Empower #SQUAD!

Top Books for Self Growth

- THE 5 SECOND RULE
- YOU ARE A BADASS
- RISING STRONG
- LOVE WARRIOR
- OFF-BALANCE ON PURPOSE
- GIRL, WASH YOUR FACE
- GIRL, STOP APOLOGIZING
- GIRL ON FIRE
- STOP DOING THAT SHIT
- REVOLUTION OF THE SOUL
- I THOUGHT IT WAS JUST ME
- MIRACLE MORNING
- CAN'T HURT ME
- WHY WE GET FAT
- THE COMPOUND EFFECT
- ATOMIC HABITS
- THE SLIGHT EDGE
- LEADERS EAT LAST
- THE 10X RULE
- THE 12 WEEK YEAR
- 5 LEVELS OF LEADERSHIP
- GO PRO
- SLIGHT EDGE
- FINISH
- TAKE THE STAIRS
- BUILD TO LAST
- MAXWELL DAILY READER
- RELENTLESS - FROM GOOD TO GREAT TO UNSTOPPABLE
- SECRETS OF THE MILLIONAIRE MIND
- BUSINESS BOUTIQUE

"The only thing that's keeping you from getting what you want is the story you keep telling yourself." - Tony Robbins

FITCLUB BASICS

Step Three - What is your why?

IF OUR WHY ISN'T STRONG ENOUGH, OUR EXCUSES WILL BE WRITE OUT ALL OF THE REASONS WHY YOU WANT TO REACH YOUR GOALS. DIG DEEP AND ATTACH FEELING AND EMOTION TO EACH GOAL. COME BACK TO THIS OFTEN! ESPECIALLY WHEN YOU FEEL LIKE QUITTING!!!

Let's Write down your Why!



Write out your top 3 health & wellness goals:

Step Four - Goal Setting:

Tips on Goal-Setting

- BE SPECIFIC. WHAT EXACTLY DO YOU WANT, BY WHEN?
- MAKE THEM PROMISES TO YOURSELF - A GOAL CAN BE "FORGIVEN": A PROMISE NOT SO MUCH!
- MAKE IT MEASURABLE (AMOUNT OF POUNDS, SERVINGS OF VEGGIES IN A DAY, TIMES YOU WILL WORK OUT IN A WEEK, ETC.)
- WRITE OUT WHAT YOU WANT TO MOVE TOWARDS. NOT WHAT YOU ARE WORKING TO GET AWAY FROM. FOR EXAMPLE: I WANT TO WEIGH 130 POUNDS BY FEB 1ST. NOT I WANT TO LOSE 20 POUNDS BY FEB 1.
- REVIEW YOUR GOALS DAILY!

Step Five - What to Eat and How Much:

- DETERMINE YOUR CALORIE BRACKET AND FOOD PORTIONS USING THE PORTION FIX EATING PLAN.
- YOU WILL BE ABLE TO FIND THIS INFORMATION UNDER THE "PROGRAM MATERIALS" OF THE 21 DAY FIX PROGRAM ON BEACHBODY ON DEMAND (THE APP OR ONLINE).UTILIZE OUR "NUTRITION MADE SIMPLE" GUIDE THAT IS ATTACHED TO YOUR WELCOME EMAIL TO REALLY JUMP IN TO THE NUTRITION PART OF THIS AND START THIS BEFORE YOU COMMIT TO YOUR FITNESS!

Plan Your Meals

A Day On The 21 Day Fix Container Plan

21 Day Fix is all about giving you the freedom to create a meal plan that's simple, stress-free, and customized to what you want to eat every day. Be an example of a typical day on Plan A:

	VEGGIES	FRUITS	PROTEINS	CARBS	HEALTHY FATS	SEEDS & DRESSINGS
BREAKFAST 7:00 AM		Sliced Apples	Hard-Boiled Eggs	Cooked Oatmeal		
SNACK 1 10:00 AM		Grapes	Shakeology			
LUNCH 12:30 PM	Mixed Salad		Grilled Chicken	Cooked Quinoa		21 Day Fix Dressing
SNACK 2 3:30 PM	Celery				Raw Almonds	
DINNER 6:00 PM	Cooked Carrots		Grilled Flank Steak			
TOTAL CONTAINERS	3	2	4	2	1	

IF YOU'RE NOT WORKING OUT

FIND YOUR CALORIC BASELINE Use this calculation if you're injured or not yet working out, other than light walking or stretching.

$$\underline{\hspace{2cm}} \times 11 = \underline{\hspace{2cm}}$$

CURRENT WEIGHT (LBS.) CALORIC BASELINE

CALORIE TARGET

$$\underline{\hspace{2cm}} - 400 = \underline{\hspace{2cm}}$$

CALORIC BASELINE YOUR CALORIE TARGET

IF YOUR WORKOUTS ARE: MODERATELY CHALLENGING

1. FIND YOUR CALORIC BASELINE This is how many calories you burn in a day.

$$\underline{\hspace{2cm}} \times 11 = \underline{\hspace{2cm}}$$

CURRENT WEIGHT (LBS.) CALORIC BASELINE

2. FIND YOUR MAINTENANCE CALORIES Use your Caloric Baseline to find your Maintenance Calories.

MODERATELY CHALLENGING WORKOUTS
30-45 MINS. 5X/WEEK
Easy jogging (30 mins. or 3 miles), vigorous hiking, biking (30 mins.)

$$\underline{\hspace{2cm}} + 400 = \underline{\hspace{2cm}}$$

CALORIC BASELINE MAINTENANCE CALORIES

3. FIND YOUR CALORIE TARGET FOR WEIGHT LOSS

$$\underline{\hspace{2cm}} - 750 = \underline{\hspace{2cm}}$$

MAINTENANCE CALORIES YOUR CALORIE TARGET

Keep It Simple

- KEEP IT SIMPLE TO START OFF WITH! UNTIL YOU GET THE HANG OF IT. CREATE SIMPLE MEALS FOCUSING ON WHOLE FOODS. EXAMPLE: FOR DINNER → GRILLED CHICKEN WITH BAKED SWEET POTATO, AND STIR FRIED VEGGIES.
- ONCE YOUR MEALS ARE PLANNED WITH ALL THE FOOD PORTIONS YOU NEED, BEGIN MAKING YOUR GROCERY LIST. LOOK THROUGH YOUR FRIDGE AND PANTRY TO TAKE AN INVENTORY OF WHAT YOU ALREADY HAVE. WRITE DOWN WHAT YOU NEED.
- GO SHOPPING! YOU CAN USE AN APP (NUTRITION+ APP) OR PAPER TO MONITOR HOW MUCH OF EACH COLOR YOU WILL
- KEEP SNACKS SIMPLE. FRESH FRUIT AND VEGGIES ARE A GREAT SNACK, AND ONLY NEED TO BE PORTIONED - NO COOKING REQUIRED!
- COOK IN BULK. COOK VEGGIES, SWEET POTATOES, AND CHICKEN ALL AT ONCE TO SAVE YOU ON TIME, ENERGY, AND DISHES!
- LOOK FOR SHORTCUTS. ROTISSERIE CHICKEN IS A GREAT OPTION. TUNA IS AN EASY NO-COOK PROTEIN TO ADD TO SALADS OR SNACKS.
- GET ON THE MASON JAR BANDWAGON! THEY COST ABOUT A DOLLAR, ARE MICROWAVE SAFE (JUST REMEMBER TO REMOVE THE LID), AND CAN BE USED FOR SO MANY DIFFERENT TYPES OF MEALS. THEIR VERTICAL SHAPE MAKES THEM ESPECIALLY NICE FOR STORING SALADS. SINCE THE DRESSING IS AT THE BOTTOM OF THE JAR, AND THE GREENS ARE AT THE TOP, NOTHING GETS SOGGY!
- INVEST IN FOOD STORAGE CONTAINERS. BUY VARIOUS SHAPES AND SIZES, IN THE SAME BRAND IF POSSIBLE. THIS WAY THEY CAN BE STACKED. YOU MAY ALSO WANT TO INVEST IN A DECENT SIZED INSULATED BAG TO CARRY YOUR FOOD WITH YOU TO WORK AND ON THE GO!
- WASH, CUT, COOK, AND BAG EVERYTHING YOU CAN! THE MORE THAT'S PREPPED, THE EASIER YOUR LIFE WILL BE DURING THE WEEK AND THE MORE LIKELY YOU ARE GOING TO STICK TO YOUR PLAN!

CALORIE TARGET:							
CONTAINERS							
DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							
DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							
DAY:							
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Total							
Water							

Regular plan:

PORTION PLAN A		PORTION PLAN B		PORTION PLAN C	
CALORIE TARGET		CALORIE TARGET		CALORIE TARGET	
1,200-1,499 CALORIES		1,500-1,799 CALORIES		1,800-2,099 CALORIES	
GREEN VEGETABLES	4	GREEN VEGETABLES	4	GREEN VEGETABLES	5
PURPLE FRUITS	2	PURPLE FRUITS	3	PURPLE FRUITS	3
RED PROTEINS	4	RED PROTEINS	4	RED PROTEINS	5
YELLOW CARBOHYDRATES	2	YELLOW CARBOHYDRATES	3	YELLOW CARBOHYDRATES	4
BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1
ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1
TSP. OILS & NUT BUTTERS	3	TSP. OILS & NUT BUTTERS	4	TSP. OILS & NUT BUTTERS	5

PORTION PLAN D		PORTION PLAN E		PORTION PLAN F	
CALORIE TARGET		CALORIE TARGET		CALORIE TARGET	
2,100-2,299 CALORIES		2,300-2,499 CALORIES		2,500-2,800 CALORIES	
GREEN VEGETABLES	6	GREEN VEGETABLES	7	GREEN VEGETABLES	8
PURPLE FRUITS	4	PURPLE FRUITS	5	PURPLE FRUITS	5
RED PROTEINS	6	RED PROTEINS	6	RED PROTEINS	7
YELLOW CARBOHYDRATES	4	YELLOW CARBOHYDRATES	5	YELLOW CARBOHYDRATES	5
BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1
ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1
TSP. OILS & NUT BUTTERS	6	TSP. OILS & NUT BUTTERS	7	TSP. OILS & NUT BUTTERS	8

MY ULTIMATE PORTION FIX PLAN IS:

Vegan plan:

PORTION PLAN A		PORTION PLAN B		PORTION PLAN C	
CALORIE TARGET		CALORIE TARGET		CALORIE TARGET	
1,200-1,499 CALORIES		1,500-1,799 CALORIES		1,800-2,099 CALORIES	
GREEN VEGETABLES	6	GREEN VEGETABLES	6	GREEN VEGETABLES	7
PURPLE FRUITS	2	PURPLE FRUITS	2	PURPLE FRUITS	3
RED PROTEINS	4	RED PROTEINS	5	RED PROTEINS	6
YELLOW CARBOHYDRATES A	1	YELLOW CARBOHYDRATES A	2	YELLOW CARBOHYDRATES A	2
YELLOW CARBOHYDRATES B	1	YELLOW CARBOHYDRATES B	1	YELLOW CARBOHYDRATES B	1
BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1
ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1
TSP. OILS & NUT BUTTERS	3	TSP. OILS & NUT BUTTERS	4	TSP. OILS & NUT BUTTERS	5

PORTION PLAN D		PORTION PLAN E		PORTION PLAN F	
CALORIE TARGET		CALORIE TARGET		CALORIE TARGET	
2,100-2,299 CALORIES		2,300-2,499 CALORIES		2,500-2,800 CALORIES	
GREEN VEGETABLES	8	GREEN VEGETABLES	9	GREEN VEGETABLES	10
PURPLE FRUITS	3	PURPLE FRUITS	3	PURPLE FRUITS	4
RED PROTEINS	6	RED PROTEINS	7	RED PROTEINS	7
YELLOW CARBOHYDRATES A	2	YELLOW CARBOHYDRATES A	2	YELLOW CARBOHYDRATES A	3
YELLOW CARBOHYDRATES B	2	YELLOW CARBOHYDRATES B	2	YELLOW CARBOHYDRATES B	2
BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1	BLUE HEALTHY FATS	1
ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1	ORANGE SEEDS & DRESSINGS	1
TSP. OILS & NUT BUTTERS	6	TSP. OILS & NUT BUTTERS	7	TSP. OILS & NUT BUTTERS	8

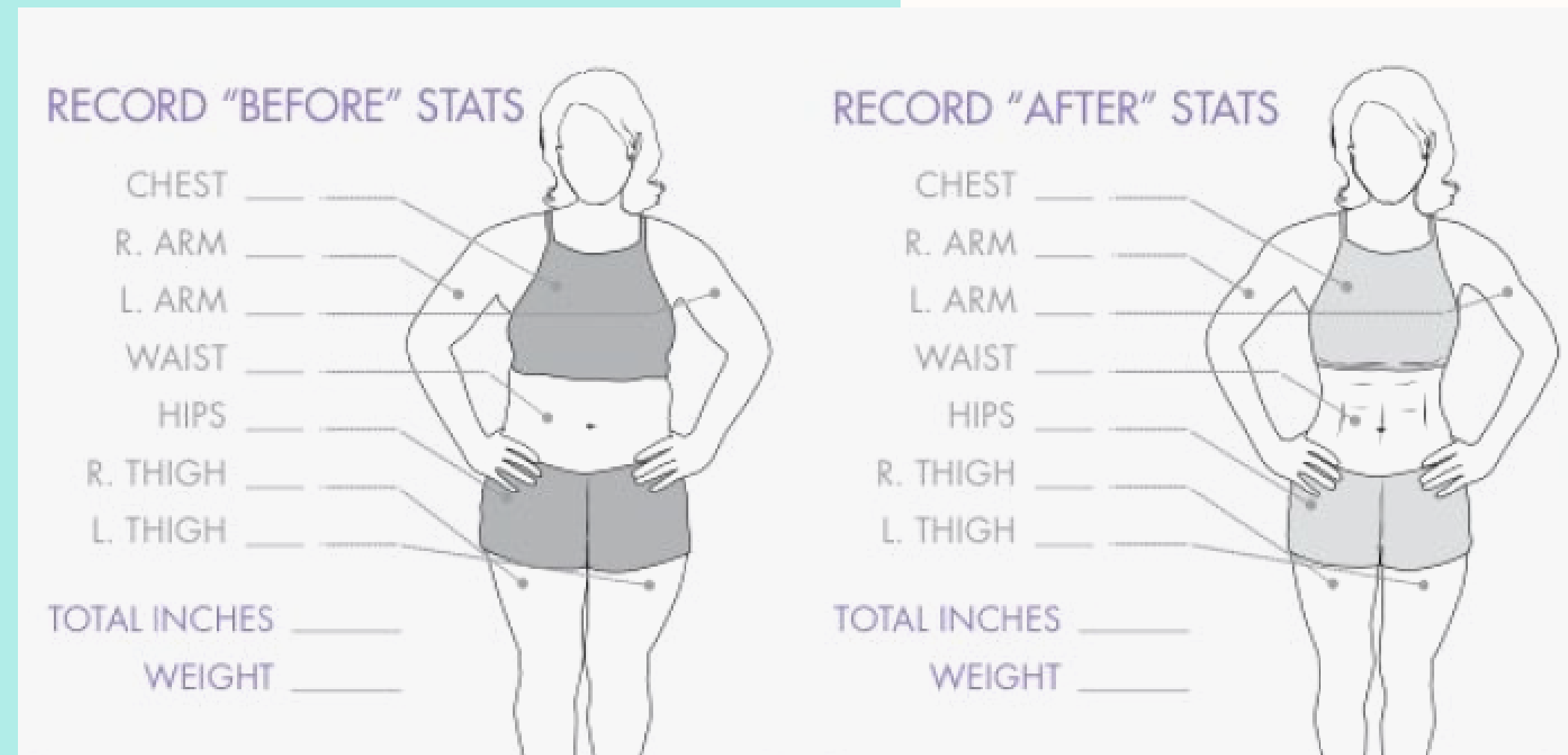
MY ULTIMATE PORTION FIX VEGAN PLAN IS:

Regular Plan

vs.

Vegan Plan

Step Six - Measurement and Pictures



- THE ONLY TIME YOU SHOULD LOOK BACK IS TO SEE HOW FAR YOU'VE COME! MEASUREMENTS, PHOTOS, AND YOUR OVERALL FEELING OF WELL BEING ARE THE BEST WAY TO MONITOR YOUR PROGRESS! SO BE SURE TO KEEP TRACK!
 -
 - REMEMBER: THE NUMBER ON THE SCALE DOES NOT DEFINE YOU!* WE REQUIRE A PHOTO EMAILED TO US (OR UPDATED IN THE APP) AT THE BEGINNING AND END OF EACH PROGRAM YOU DO!
 -
- WE WILL NOT DO ANYTHING WITH THIS PHOTO WITHOUT YOUR PERMISSION! PLEASE DO NOT SEND IN FB MESSENGER!

- ON OUR WEBSITE, I HAVE INFORMATION ON HOW AND WHY TO TAKE PROGRESS PICS. WE REQUIRE AN INITIAL PICTURE AS WELL AS FINAL PICTURE FROM YOUR PROGRAM. PLEASE TAKE THE PICS. PICTURES TELL A MUCH MORE IMPORTANT STORY THAN THE SCALE DOES! SO BE SURE TO DO THESE WEEKLY AND UPDATE MEASUREMENTS EVERY 3-4 WEEKS. AS FOLLOWS:
- FULL FRONT
- FULL LEFT SIDE
- FULL RIGHT SIDE
- FULL BACK
- POSSIBLE ABDOMINAL CLOSE UP

Step Seven - Kick Some Ass



Consistency:

- PLAN AND PREP YOUR MEALS EVERY WEEK.
- MOVE YOUR BODY EVERYDAY.
- REMEMBER WHY YOU ARE DOING THIS.
- CLEAR YOUR MIND DAILY.
- MEDITATE. GO FOR A WALK, TAKE A BATH, ETC.
- TRACK WHAT YOU ARE DOING. WHAT'S WORKING. WHAT'S NOT?



- SHARE YOUR PROGRESS DAILY WITH THE FITFAM IN THE APP - COMMENT/LIKE AND REACH OUT WHEN YOU NEED TIPS/HELP, ETC!!!
- GET AN ACCOUNTABILITY PARTNER.
- PICK YOURSELF UP WHEN YOU FALL DOWN. A MISSED WORKOUT OR BAD MEAL ISN'T THE END OF THE WORLD!
- LIVE BY THE 80/20 RULE. 80% OF THE TIME STICK TO YOUR MEAL PLAN. 20% OF THE TIME INDULGE AND EAT WHAT YOU WANT, GUILT FREE!
- TAKE SMALL STEPS. FIRST GET INTO THE HABIT OF INCORPORATING MORE HEALTHFUL FOOD CHOICES INTO YOUR DIET. THEN ADD IN A FEW WORKOUTS/WEEK
- CELEBRATE! EVERY LITTLE STEP, NO MATTER HOW SEEMINGLY SMALL, IS A STEP TOWARDS IMPROVING YOUR HEALTH SO GIVE YOURSELF A PAT ON THE BACK!

WE REALLY DON'T LIKE BOMBARDING WITH PAPERWORK, SO THESE ARE SOME OF THE ADDITIONAL RESOURCES WE CAN PROVIDE YOU WITH TO HELP YOU ON YOUR JOURNEY. JUST ASK IF YOU'D LIKE A COPY!

Additional Resources:

WIN THE WEEK

with Empower Squad

HEALTHY MEALS 21 CG I

BEACHBODY WORKOUTS

SHAKEOLOGY 3 COACHING

POSTS IN CG 3 RECOGNITION

7 LIFESTYLE POSTS 25C POINT

7 FITNESS/NUTRITION POSTS CP OR SHA

10+ MINUTES OF READ/AUDIO PD 1 NEW




DID YOU WIN THE WEEK?

SHAKEOLOGY

RECIPES FOR EVERY FLAVOR





FreeToBe - Me

Daily Affirmations:

My successes today were (no matter how small you they were):

1. _____
2. _____
3. _____

I am grateful for (at least 3 things even if some are from previous days):

1. _____
2. _____
3. _____

The actions I took towards my big dreams were (you do at least one activity every day ... 3 is awesome):

1. _____
2. _____
3. _____

The actions I took towards my happiness were (you least do one activity towards increasing your happiness point every day ... No matter how small):

1. _____
2. _____
3. _____

Brain Dump List: (can be to-do items that planning or scheduling in to week, etc.)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Nutrition Made Simple

By Tamara Aven

remember years ago reading an article by William Sears on ADD and ADHD where Mr. Sears talked about how kids for the most part do not struggle with either ADD or ADHD rather they struggle with NDD (aka Nutrition Deficit Disorder). Mr. Sears did go on to say that ADD and ADHD are real and do affect some children; his concern however was the overuse of medication on children who really just needed adjustment in what they are eating.

in our fast paced lives, it often feels easier to grab something quick on the go and so we are often reaching for processed foods that are leaving our bodies in a state of deprivation. The other contributing factor is that so many quick snacks that kids want and of course enjoy are contributing to sugar addiction and leading to significant health problems at younger and younger ages.

As much as we are more "knowledgeable" with information, we seem to lack the skills and tools to make the choices that will lead to long, healthy and vibrant lives. The obesity rates are rising even with all of the information we have and our life expectancy rates are drastically on the decline. Let's change this!

I have been coaching now since January of 2015 and in that time, have implemented a nutrition system for myself and my family based on Autumn Calabrese's Ultimate Portion Fix. The nutrition plan is based on balancing macro and micronutrients so that our bodies are nourished and cells aren't screaming at us for sugar, sugar, sugar!

The idea behind this is simple - figure out how much of each food group you need based on age, gender, activity level and then EAT ONLY THAT!!!! I appreciate that kids aren't really in charge of the grocery shopping or the meal planning at home. They can however be advocates for their own health and well-being. My own kids are very involved in meal planning, grocery shopping, and learning how certain foods affect them.

By bringing this to a classroom setting, we can start the discussion on the importance of knowing what our bodies need and how to make choices that will lead to success at school and in life!

In order to get started, you will need to know what each colour pertains to and the measurements of each:

<ul style="list-style-type: none"> • Green - Vegetables - 1 cup • Purple - Fruits - 1 cup • Red - Protein - 3/4 cup • Yellow - Carbohydrates - 1/2 cup 	<ul style="list-style-type: none"> • Blue - Healthy Fats - 1/2 cup • Orange - Seeds & Dressings - 2 tbsp • Spoons - Nut Butters & Oils - 1 tsp
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Thank you!

WE ARE SO EXCITED FOR YOU - THIS IS JUST THE BEGINNING OF A GRAND ADVENTURE!
