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TABLE OF CONTENTS

Let's Get Started	3
PROOF	4
Why This Is So Powerful	5
How To Get Started	6
An Example You Can Copy	7
3 Easy Ways To Stay Committed	10
What To Take Away From This Report	11
Your FREE GIFT (\$87 value)	12
BONUS REPORT	13

Let's Get Started:

Dear Friend,

If you want to transform your body in record time, then this report will be completely eye-opening for you.

You see the ultimate body transformation secret I am about to share with you is not exercise... it's not even nutrition...

Yet it's so easy and so simple, you'll be annoyed you're only hearing about it now because it is THE SECRET for a record body transformation in record time. You can DOUBLE your results with this.

Sounds too good to be true, right? Well, I have PROOF (from scientific studies) of how powerful this is. Truly amazing stuff.

Let me reveal all now...

PROOF

I was reading an article over breakfast one morning that was so shocking, it made me spit my bran flakes all over the table

Here's that article:

Reuters

Study shows value of food diary in losing weight

By Will Dunham
Tue Jul 8, 3:25 AM ET

"Keeping a food diary -- a detailed account of what you eat and drink and the calories it packs -- is a powerful tool in helping people lose weight, U.S. researchers said on Tuesday.

The study involving 1,685 middle-aged men and women over six months found those who kept such a diary just about every day lost about twice as much weight as those who did not.

The findings buttressed earlier research that endorsed the value of food diaries in helping people lose weight. Companies including Weight Watchers International Inc use food diaries in their weight-loss programs.

"For those who are working on weight loss, just writing down everything you eat is a pretty powerful technique," Victor Stevens of Kaiser Permanente's Center for Health Research in Portland said in a telephone interview.

"It helps the participants see where the extra calories are coming from, and then develop more specific plans to deal with those situations," said Stevens, who helped lead the study published in the American Journal of Preventive Medicine.

The technique also helps hold dieters accountable for what they are eating, Stevens said.

The study involved people from four U.S. cities: Portland, Oregon; Baltimore, Maryland; Durham, North Carolina; and Baton Rouge, Louisiana. Their average weight loss was about 13 pounds (6 kg). But those keeping food diaries six or seven days a week lost about 18 pounds (8 kg) compared to 9 pounds (4 kg) for those not regularly keeping a food diary.

The average age of people in the study was 55.

They were asked to eat less fat, more vegetables, fruit and whole grains, exercise 180 minutes a week mostly by walking, attend group meetings, and keep a detailed food diary.

Blacks made up 44 percent of the people in the study. The researchers noted that blacks Americans have a higher risk than whites for conditions linked to obesity including type 2 diabetes and heart disease.

"Keeping a food diary doesn't have to be a formal thing. Just the act of scribbling down what you eat on a Post-It note, sending yourself e-mails tallying each meal or sending yourself a text message will suffice," Dr. Keith Bachman, another Kaiser Permanente expert, said in a statement."

Yes, the ultimate body transformation secret is *journaling!*

USA Today reported on a similar study, just keeping a simple food diary can DOUBLE weight loss!

Surprised? Shocked? How can spending 10-15 minutes per day writing help you transform your body in record time?

Well, for me there are 3 good reasons for that...

Why Journaling Works Like A Charm

1. **Accountability** - you are forced to answer to yourself at the end of every day. And the person you want to let down least is usually you... So if you commit to journaling each day, you'll quickly get tired of writing about poor results and start doing something about it.
2. **Clarity** - As you journal you get a better idea of what you've done and what you need to do to achieve your health & fitness goals. You are constantly reminding, reviewing and re-planning which gives you a clear path to follow. You're not left guessing and procrastinating.
3. **Motivation** - Keeping a daily record is great because anytime you feel down you can very quickly flick through your journal and see how far you've come; instantly giving you the self-esteem boost you need to keep pushing towards your goals.

That's a powerful combination, right?

So, let's talk about how you can get started...

How To Start Journaling

The first thing you need to decide on is how you are going to journal...

You see there's the classic pen and pad. You can pick up a simple journal online at Amazon, or in your local store.

The benefits of this is it's quite simple to get started. All you need is your pen and journal (which you can take with you anywhere, should you want write something down).

Plus, I believe writing with pen in hand really cements in your conscious what you put down on paper. Giving you more clarity and understanding.

The other option is to go 21st century and blog!

If you have basic computer skills then you can get started blogging for free on www.blogger.com, www.wordpress.com and more!

Or, if you want you can even vlog (video blog) posting on YouTube or wherever. It's not as easy to do this daily, but you can certainly do a weekly weigh in video.

The big benefit of this is you're making your quest for a better body public, and that means you are more accountable. You can't start and then stop because of how other people might perceive you.

And that can be a really big factor. Plus you may even become a star...Or at least you'll feel like one...Accountability to the whole world...now that's what I'm talking about!

What Do You Journal About?

The classic way to journal for a body transformation is by writing down everything you eat each day, and tracking all the calories you consume.

Keep a food diary.

But, take it a step further.

Keep an exercise diary too. Detail what you did each day, whether it was a workout, or a walk. And even small things to, like taking the stairs instead of the elevator.

As I mentioned earlier, a weekly weigh-in (plus photo) is always good too so you can actually see the results of your efforts.

Besides tracking the physical aspect of your new health & fitness lifestyle, journal about how you feel too. This is very important for self-esteem and motivation. Remind yourself of why you're doing this.

Here's what a typical journal entry might look like...

My Body Transformation Journal	
Thursday	
<u>Daily food diary:</u>	
Bran flakes w/ skimmed milk	250
calories	
Apple	
70 calories	
Chicken salad	
700 calories	
Chips	
140 calories	
Big Mac Meal	
1100 calories	
Granola bar	
100 calories	

Daily exercise:

Missed my planned workout, but walked for 30 minutes today after work to make up

Thoughts & moving forward:

Started the day well but slipped up towards the end because I worked late. Will miss out on weekly "treat" meal tomorrow and have a healthy meal to make-up.

Consumed 2,360 calories today! Must do better.

Again because of work I missed out on my workout, but went for a 30 minute walk after dinner which I was happy about. Not as good as a workout but at least I did something active instead of plunking down in front of the T.V.

Feel good about doing that today.

Moving forward I will see what I can do about work so it doesn't interfere with my health regime... Or maybe I'll put together a Plan B for days when I am unexpectantly thrown off schedule.

Pretty straight forward and shouldn't take you more than 15 minutes per day. The critical key for success with journaling is commitment and consistency.

Here's a few habit-forming tips to help you with that...

3 Easy Ways To Stay Committed

- As we talked about earlier - "*going public*" is a good way to put more pressure on you to stick with this. Let family and friends know about your journey.
- Block time to write your journal. At the end of the day is obviously best. Maybe keep your journal by your bed and spend 15 minutes filling it in before going to sleep. Or fill it out while you watch T.V. at night.
- Journal every day, even on the weekends. Journaling a few times a week simply isn't good enough because gaps break up the habit forming process and also give you room for maneuver. For example you can miss a day and then say you'll make it up another day, you won't. So journal every day.

I think if you can commit to journaling for 30 days, then you'll be hooked. 30 days may seem like a long time, but in the grand scheme of things, it's not.

What To Take Away From This Report:

Again, there's actual PROOF and more coming in by the day about how effective journaling is for transforming your body.

If you're serious about getting in great shape then you absolutely have to try it.

You have nothing to lose (apart from a truckload of pounds!)

For even more help on how to transform your body in record time with journaling, exercise and nutrition, claim your free gift certificate below...

\$87.00 value

The Text Diet

Expires in 30 days, claim right now!

___ **Yes!** I would like access to your complete on-line diet and exercise program. The Text Diet....Absolutely Free!

Finally! Actionable advice on how I can achieve my health & fitness goals

1. The Text Diet is a complete nutritional system created by a registered dietitian and because you claimed these reports you have the opportunity to sign up for this program absolutely free.
2. **Email us at AdventureBootCamp@yahoo.com or InlandEmpireBootCamp@yahoo.com and have the subject line read:**
3. **subject line: *The Text Diet I'm one of the lucky 300***

That's right we have limited this offer to the first 300 people that take advantage. So don't waste a moment...

To see more info on the Text Diet visit www.TheTextDiet.com

Offer Expires in 30 days, claim right now!

*** BONUS REPORT ***

How To Choose A Fitness Program

A Guide To Making An Informed Decision So Results Come Quickly And Last Forever

Okay- you've decided it's time to "get in shape".

Finally, you're ready to look better and feel better the sensible way- through nutrition and exercise. Because time and experience has shown you the truth...

Diets don't work, ab gizmo's don't work and infomercials are a joke.

You're finally ready to get real and transform your body once and for all.

You've heard the amazing success stories, watched many a late night episode of "Extreme Makeover", read about the celebrities secret weight loss weapon...

And have decided to; hire a personal trainer, join a gym, start Lindora, weight watchers, Jenny Craig, Boot Camp, or any number of a myriad of choices that are out there.

But wait, not all fitness programs are created equal, so how do you find the right one for YOU?

1. They must be certified by a nationally accredited institution.

The gold standard for certification agencies are the American Council on Exercise, National Strength & Conditioning Association, and American College of Sports Medicine.

A qualified trainer should at minimum have a certification with one of these agencies. But that just means they've passed the "baseline of standards" to call themselves a personal trainer. It does not mean they are good at what they do or can deliver a specific result. There is a big difference between a "trainer" and a "fitness professional".

2. They should do more than just "take you through a workout"

A top quality fitness professional does more than just "take you through a workout". Anyone can count to 15 by themselves and hold a clipboard.

Look for a coach who will educate you about all the components necessary to achieve optimal health and a fitness result. Your trainer should review nutrition education with you, educate you about proper supplementation, review resistance training (whether that be balance training, core work, Stability balls, medicine balls, etc.), Cardiovascular exercise to maximize fat burning, flexibility to avoid injury and speed recovery, and really walk you through all the steps that encompass the "mental development" side.

Goal setting, putting together a plan of action, and then holding you accountable and supporting you through the entire process is absolutely critical to your success.

3. Ask for Proof of Results

A top fitness pro should be able to do more than just talk about results- they should be able to prove they deliver. Ask for proof of client results. Do they have before & after photos of clients, testimonials, references? Can you speak with a client to inquire about their experience working with them? If a fitness pro can't offer this kind of concrete proof than be careful.

4. Ask for a Guarantee

According to a Consumer Reports study there is more dissatisfaction in the diet industry than any other industry. That's crazy. Think about it- if you took your car to a mechanic you'd expect it to be fixed- not come back with 2 or 3 pings and a loose belt!

Working with a fitness professional should be the same as any other industry. If they aren't willing to guarantee your results then find someone who will. Spending your time and energy without a guarantee of results is like going to that terrible mechanic!

Don't waste your money or more importantly your time working with someone who can't offer an iron clad guarantee of your success.

5. Look for someone who will empower you for life!

A great fitness coach will do more than just help you to achieve your goals. A true professional will teach you the foundation of knowledge so you will no longer be lost in the "sea of confusion" when it comes to all the diet and exercise hype.

The foundation of knowledge and correct technique you'll learn will allow you to maintain your results for life!

6. Last but absolutely most importantly....The program you choose must combine fitness as well as nutrition. To get the body of your dreams you cannot neglect either of these points. So before signing up for any program make sure both bases are covered thoroughly and not just glossed over and you will be on the road to optimum health in no time!