



30-DAY

Plant-Based

TRANSFORMATION PROGRAM

▪ "GETTING STARTED" CHECKLIST ▪

PEAK PHYSIQUE LLC

MY 30-DAY PLANT-BASED TRANSFORMATION PROGRAM

Checklist

WELCOME to your 30-Day Plant-Based Transformation! We're thrilled to have you join us. Are you ready to get this Veggie Party STARTED!? The following checklist will help set you up for success and make sure that nothing falls through the cracks.

BEFORE YOUR PROGRAM STARTS

- Join our private 30-Day Biggest Loser Facebook Group
- Read the ENTIRE Client Success Manual
- Print, complete, and turn in your Personal Commitment Sheet
- Print, complete, and turn in your Goal Worksheet
- Get your "Before" measurements & pics taken
- Complete PHASE 1: "Get Prepped" (kitchen + pantry purge)
- Complete PHASE 2: "Be Intentional" (set an intention for Monday!)
- Print Week 1 Meal Guide & Grocery List
- Set aside time to grocery shop & complete meal prep.
 - I'm committing to go grocery shopping: _____ (day & time)
 - I'm committing to meal prep: _____ (day & time)



WEEK 1

- Stay STRONG during the “Reset & Energize” Phase!
- Daily intention / mindfulness / gratitude practice
- Set aside time from Friday through Sunday to Grocery Shop & Meal Prep
- I’m committing to go grocery shopping: _____ (day & time)
- I’m committing to meal prep: _____ (day & time)
- Post your “Weekly Win” in our private Facebook group on Friday
- Sunday Weigh-In

WEEK 2

- Continue to follow the Phase 4 framework in the program!
- Daily intention / mindfulness / gratitude practice
- Set aside time from Friday through Sunday to Grocery Shop & Meal Prep
- I’m committing to go grocery shopping: _____ (day & time)
- I’m committing to meal prep: _____ (day & time)
- Post your “Weekly Win” in our private Facebook group on Friday
- Sunday Weigh-In

WEEK 3

- Daily intention / mindfulness / gratitude practice
- Continue to follow the Phase 4 framework in the program
- Set aside time from Friday through Sunday to Grocery Shop & Meal Prep
- I’m committing to go grocery shopping: _____ (day & time)
- I’m committing to meal prep: _____ (day & time)
- Post your “Weekly Win” in our private Facebook group on Friday
- Sunday Weigh-In

WEEK 4

- Daily intention / mindfulness / gratitude practice
- Continue to follow the Phase 4 framework in the program
- Set aside time from Friday through Sunday to Grocery Shop & Meal Prep
- I'm committing to go grocery shopping: _____ (day & time)
- I'm committing to meal prep: _____ (day & time)
- Post your "Weekly Win" in our private Facebook group on Friday

WEEK 5

- Daily intention / mindfulness / gratitude practice
- Finish STRONG!
- Final Weigh-In on Monday

AFTER THE PROGRAM IS OVER

- Get final "After" measurements & pics taken
- Celebrate your success by doing something FUN!



Need Help?

If you have any questions, or need anything, we're here for you. Reach out to us any time at:

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Committed to your Success,

Ricky Grabow

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