

For Day 0:

Hey I am so excited for the jump start tomorrow!

Two things to check in on.

One, have you reviewed the video on how to take your trial, and looked over the PDF? It's full of great ways to make your shake, snack, and dinner ideas for the week!

Second, a reminder you will weigh in tomorrow on the www.aspire2change.com site using the code word that will be posted in the telegram group at 5:30am CST. You will have until 9pm CST tomorrow to submit your weight!

Do you have any questions or are you all set?

Send with Water Picture

Day 1:

Good Morning!

Happy day 1 😊 I wanted to check how the day is going so far....how did you make your shake this morning? And what do you have packed for your snacks?

Also, a brief reminder to submit your weigh-in today by 9pm CST, the password is in the Telegram group!

I'm excited to hear about your water intake through the day as well!

Send with Protein Picture

Day 2:

Hey! Happy day two! What did you have for dinner last night? How was your overall hunger level?

- **If they respond they were a little too hungry:** Ok no problem! What if we adjust your snacks a little? Maybe we have you eat a little more protein, or some extra veggies 😊

- **If they respond their hunger has been no problem:** Great! Let's keep doing what you're doing and make sure you're drinking your water!

Send with Fat Picture

Day 3:

Hey! Happy day 3! How are you loving your energy so far? I bet you're enjoying eating every few hours too 😊

- When they respond they love their energy: So good! That's the power of giving your body heart healthy, lean protein every couple hours!!

Send with Carbs Picture

Day 4:

Hi! I am so excited to see your results!! Reminder to submit your weigh-in today BY 1PM CST!!

The password is in the Telegram group!

Tonight on zoom, we have our winners call! Winners will be announced, and must be present to win.

We will also explain the options you have if you decide to continue on this program.

Congrats again on completing the challenge! And let me know if you have any questions before tonights call!

Send with The Scoop picture