

# Countdown Kick-Off! Just 52 days from Your Best Body!

## Start Up

“Progress, not perfection.” Your PERSONAL Best is ahead! Dig deep for Best-Body determination. The first week will be the toughest. But you can do it! Daily progress leads to our Best Bodies! **Read pages 1-29 of your Success Journal BEFORE Day 52 (Tuesday)**. It’s an easy read!

You will get all the rest of the information you need in an email on the Thursday before the Countdown begins from [dailycountdown@bestbodyin52.com](mailto:dailycountdown@bestbodyin52.com).

Tweaks and transformations may be needed in order to reach “Your Best Body,” so keep in mind that doing just one piece of the puzzle (for example, exercising but not eating right), will lead you to Your Best more slowly, but sometimes you have to take baby steps. Don’t be overwhelmed, just check off every box you can...the more boxes you check, the sooner you’ll see Your Best Body and its benefits!

## Before Photos

- Do not hide your humps and bumps. You’ll need proof they were there once they’re gone! No sucking in.
- Take both a front and side view with your hands out to the side slightly (or behind your back).

## Questions?

- **FAQs about the program are answered** on the website “register now” page.
- **Topic search/FAQs about the 52-days:** Use your Index for more info if you have questions from the start (p. 183).

## Daily Support for 52 days!

*multiple modes: Email, Facebook, the paperback Success Journal, texts*

- Don’t be overwhelmed by the multiple modes - utilize the one(s) which suit you best.
- You will receive a daily email each night at 9pm EST reviewing tomorrow’s “Countdown” summary.
- The Success Journal book is more comprehensive than the emails, which are there to keep you on track (for example if you go off your routine for some reason and don’t read your book).
- That same daily summary message will also be on the Best Body Club private Facebook page group each day, posted at 9pm EST. This is also where you will receive support from others along the journey, as well as the program and book author, Sohailla Digsby.
- The occasional reminder texts are sent to those who opt in and are not sent daily.



## Tools

- The Cookbook and Infuser bottle are tools to help you stay strong. Ask your facilitator how to get these!
- On the bestbodyin52.com “Tools for Success” page, you’ll find links and resources you’ll need!

## **OPTIONAL DISCUSSION**

### **Further explanation is often needed regarding the following:**

These **are** outlined in the book - be sure to read pages 1-29 of the Success Journal **BEFORE** the Countdown begins. The Cookbook intro reviews the basics as well.

#### *"Added Sugar"*

When the challenges mention avoiding added sugar, I mean any sugars other than those that occur naturally in whole foods. These sugars are added during processing or preparation. Naturally occurring sugars such as those coming from plain milk and fruit do not count toward your added sugar total. If there is a gram of sugar in your plain old-fashioned oats, for example, that is not because it's been added (so that is okay). But, if your cereal has honey or evaporated cane juice, or if your snacks have dextrose, high fructose, corn syrup, or brown sugar, those grams will count as added sugar.

Your food label will list the "sugars" in grams, but be aware that the number of grams listed is the sum of both naturally occurring sugars and added sugar, which can make mixed foods difficult to figure out without reading the ingredient list. The main culprit is not the teaspoon of sugar you add to your coffee, but rather the beverages, snacks, and desserts that are sweetened before you even purchase them.

#### *"REAL" water*

By "REAL" water, I mean water without chemicals added. About half of your minimum of 64 ounces can be "sparkling" without additives (like La Croix), or you can add a couple of mini-ice cubes that you made from 100% juice. Water with fruit slices soaked in it overnight is perfect for those who dislike plain water. My favorite is water with sliced strawberries, cantaloupe, and oranges...it looks inviting, too! Try this: fill a pitcher with 64 ounces of water at night and add a few slices of various fresh fruits. By morning, your tinted pink "gourmet" water will be perfectly refreshing. Drink from that pitcher all day until it's empty and you have reached your daily goal of at least 64 ounces! If you need more fluid than that, aim for 100 ounces (use your Best Body Countdown Infuser).

#### *"Strong Snacks"*

Choose one from each category on page 59 (the amount from the third column depends on your activity level). This combination typically ensures a minimum of 5 grams of protein and 3 grams of fiber, both of which help to hold you over gracefully until your final meal. These 3 columns combined are about 200-300 calories. If you are especially active, you may need to add a second fat and a grain.

## **FAQ**

Q: What if I am not hungry for a "Strong Snack?"

A: If you can go from noon to the typical 6:30-7:00 pm dinner with no need for a snack, I would suggest you "drive your car around more often" to use up your "fuel." (Look back to the *Pounds and Calories* section of the Success Journal for details). Or, if you are active, but still are not hungry during the day, consider the following:

- you could be eating too heavy a lunch for your caloric expenditure, or having sugar between meals from drinks or candy that holds you over
- perhaps a medication you are on, or stress, may suppress your appetite
- your metabolism may be sluggish due to low caloric intake over time, yo-yo dieting, or use of appetite suppressants or other medications that have this side effect
- you might be eating an early enough dinner that you simply do not need a snack (but watch out for evening hunger)

Try not to skip meals or go more than 5 hours without eating a meal or “Strong Snack.”

“Plate Plan” (coordinates with the Best Body Countdown Meal Measuring tool which says on the outer rim what goes where and that 1/2 cup is the first line, and that full = 1 cup.) Fill half of your plate with non-starchy veggies at lunch and dinner (2-3 servings). That leaves about a quarter of your plate for lean protein, and the other quarter for starches, whole grains and starchy vegetables. Add a thumb tip serving of fat and your plate is set up for success. Visualize your foods fitting into this compartmentalized plate, keeping in mind that how much you should put in each section is based on the car analogy I shared with you previously. Explain use of Meal Measure and how the line around the middle is one half cup, and filled to the top, each cavity is 1 cup. Your fat serving should be a thumbprint (see Serving Size chart in the book’s appendix).

Prioritizing your vegetables is one of the best things you can commit to doing from now on, and even beyond this Countdown. These tasty “go-withs” help to fill you up for very few calories, not to mention their powerful antioxidants and chronic disease-fighting potential. Not only are they good for you, but they protect you from the alternative: what would you be putting on half of your plate if not non-starchy vegetables?

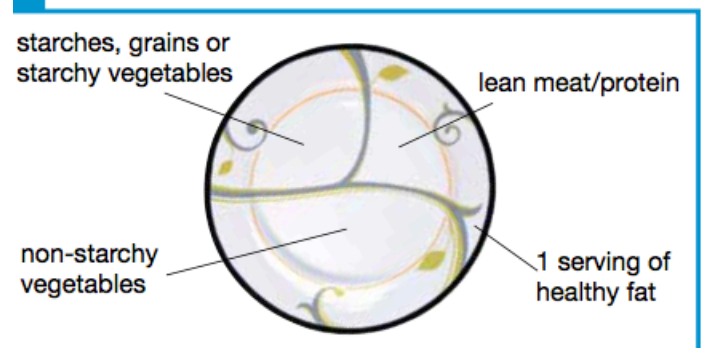


Image from the *Countdown to Your Best Body Success Journal*, page 46

