

## Country Heat Participant Starter Guide



### A message from Autumn Calabrese

Welcome to Country Heat! I'm so excited that you're committing to your health and fitness for the next 30 days. I guarantee that if you follow the simple Country Heat Eating Plan and work out with me every day, you're going to get great results! As we begin, I want you to promise you'll give me 100% effort. We'll definitely be dancing off the pounds—and having a blast—for the next 30 days. And I promise you that I'll be here to motivate and support you every step of the way.

There's one thing I always tell my training clients: "Don't wish for it. Work for it!" It may not always be easy, but you get better each and every time you make a healthy food choice or keep moving nonstop through the entire workout. So stick with it, and remember that your Challenge Group and I will be cheering you on the whole way. Are you ready?

### What are the commitments for the Country Heat Challenge Group?

- Workouts are as little as 30 minutes a day (6 days a week)
- Take photos and measurements on Day 1 and Day 30
- Follow the Country Heat Eating Plan and use the containers included with the program
- Follow the 30-Day Calendar
- Commit to 30 days
- Drink Shakeology® daily
- Track your workouts and Shakeology intake and interact with your Coach and Group through the My Challenge Tracker app or through a private Facebook group—whichever platform your Coach designates
- No equipment is needed