



# RECOMMENDATIONS

**We're excited for you to join us for the FIT Four Week Challenge! Let's do this!**

One month, 12 sessions. That's the challenge. It may not seem like much, but a month of regular FIT Bodywrap sessions can be a game-changer. Make time for 3 sessions a week, and track your progress. You'll be amazed at the changes you'll see!

## Determine Your Goals

While weight loss is always one of the most popular FIT Bodywrap goals, there are so many more positive changes you can experience with regular sessions. Because a FIT Bodywrap sweat session offers dozens of benefits, you can achieve any of the following goals with regular sessions:

- Pain relief, including chronic pain and arthritis
- Fitness benefits including increased endurance and flexibility
- Improve skin conditions over your entire body, fight acne, reduce UV damage, reduce crepey skin and wrinkles
- Improve your mental well-being: get better sleep, improve your mood, reduce anxiety and stress, fight depression
- Reduce the appearance of cellulite
- Boost your metabolism

Take a look at all of the ways you'd like to benefit from regular FIT sessions, and note those in the Wellness Goals section of the tracker.

## Measure Your Progress

If weight or inch loss are among your goals, make sure you keep track of your progress before and after your month of FIT sessions. Note these metrics on the tracker before you start sessions, and after you've finished your month challenge. We don't recommend measuring or weighing yourself too often, every two weeks will be plenty!

Take note each week of other changes you've experienced. Are you sleeping better? Feeling much more relaxed? Keep track of all of it!

Take before and after photos and use the hashtag #fitfourweekchallenge to be featured on Instagram!

## Make Positive Changes

Regardless of your goals, you'll see bigger, better results if you support your FIT Bodywrap sessions with other positive changes. Things like adjusting your eating habits, adding exercise, setting better bedtime habits, or treating yourself to a new moisturizer can all play a large role in how you feel, and the outcome of your challenge. Note the changes you make each week on the tracker, as well as how they made you feel.

## Stick To It

Create your routine for the month and stick to it! Not only will you see better results with consistency, but you'll create new, healthier habits for yourself.