



Transformation Cheat Sheet

Follow these steps to get the best results...

1. Read through the Transformation Manual

- Write down your goals for the Transformation Challenge using the Goal Setting guide in the Transformation Manual.
- Take before and after profile pictures on your smart phone.
- Take your measurements and write them on your Assessment Sheet

2. Training

- Train @ Storm Bootcamp 2-4 sessions per week.
 - Try a workout from the Home & Travel Workouts manual if you miss a session
- Walk at least 3 days per week for 20-60 minutes
 - If you have been training for a while and need to increase your cardio try the workouts in the Advanced Cardio manual.

3. Nutrition

- Follow the nutrition guidelines from the Transformation Manual.
 - Choose the Tier 1 or Tier 2 plan
- Plan your nutrition and prepare your food in advance where possible
- Important - Print the Transformation Meal Trackers to track your meals