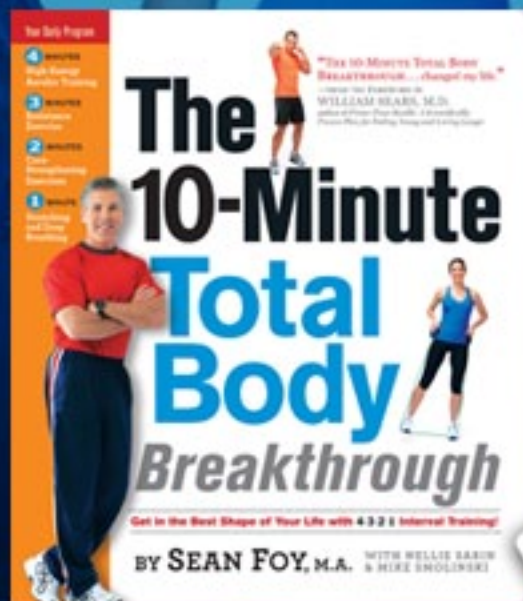


4·3·2·1 FITNESS

AND THE 10-MINUTE TOTAL BODY BREAKTHROUGH

NO TIME? NO PROBLEM!

TIPS FOR DOCUMENTING YOUR SUCCESS STORY



Before you begin the Challenge:

Before your 10 Minute Total Body Breakthrough Challenge begins we encourage you to write down or video your **current** health and fitness “story” by answering the following questions.

- What is your name? _____
- Where are you from? State/Country
- Optional: How old are you?
- When you are beginning your challenge: Date: ____/____/____
- “Why” did you sign up for The 10 Minute Total Body Breakthrough Challenge?
- “What” are the main barriers you struggle with when it comes to being healthy and fit?
- What specifically would you like to accomplish with your 10 Minute Total Body Breakthrough Challenge?
- Before your challenge what are your personal health and fitness statistics: (Go to page 79 in the 10 Minute Total Body Breakthrough book for details)

After you complete the Challenge;

After your 12 week 10 Minute Total Body Breakthrough Challenge please describe how your body and life have transformed over the last 12 weeks by writing down or videoing your current health and fitness “story”.

- Please share how The 10 Minute Total Body Breakthrough Challenge has improved your health and fitness over the last 12 weeks.
- Please share how you overcame your personal barriers to realizing your personal goals while on the 10 Minute Total Body Breakthrough Challenge.
- What words of wisdom would you share with someone else who is considering getting started with The 10 Minute Total Body Breakthrough Challenge?
- What aspects of this program were most helpful to your success during this challenge and why?
- After your challenge what are your personal health and fitness statistics: Go to page 246 (for Level 1), page 257 (for Level 2) or page 268 (for Level 3) in the 10 Minute Total Body Breakthrough for details.
- Completion Date: ____/____/____

Share your Success Story – We will periodically add new Success Stories to our site. Submit yours and it may be selected for inclusion in the site. There are two ways to submit your story

1. If you created before and after videos, you can upload them to YouTube and send an email to **Stories@4321fitness.com** containing links to your before and after videos.
2. If you took before and after photos and wrote down your stories, please email the photos, attached to an email containing the text of your stories to **Stories@4321fitness.com**. Please be sure to include the following in your email:

I authorize PersonallyFit, LLC to display the text and images contained in this email, on their Website 4321fitness.com. I understand by submitting them, the images and text become property of PersonallyFit LLC for potential inclusion on 4321fitness.com.

Video and Photography Tips

To help you present your stories in the most effective manner we suggest:

1. Be close enough to the camera to see your entire body clearly.
2. Wear clothing such as gym shorts, T-shirts, tank tops or bathing suits to show your physique clearly.
3. Use a blank surface behind you (such as a white wall or sheet)
4. Take your “before” and “after” photo or video in the same location.

Please consult a physician before beginning this or any other exercise program.

Note: If you have ever had a heart attack or been told by a physician that you have cardiovascular or coronary heart disease, have frequent chest pains or often feel faint or dizzy upon physical exertion, have or have been told by a physician that you have high blood pressure, diabetes, liver or kidney disease, have any other type of physical problem, are female less than 6 months postpartum, or are under 18 years of age, physician clearance, specific guidance and recommendations are necessary prior to the start of this program. If you have muscle, joint or bone problems that might be aggravated by exercise, have been told by a physician that you have a total cholesterol level in excess of 240 mg/dl, had either parent or sibling diagnosed with or died from cardiovascular or heart disease before age 55, are a male over the age of 40 or a female over the age of 50, or are currently under a physician’s care for any disease or illness, physician clearance, specific guidance and recommendations are highly recommended.