

Pre-Program Quick-Start Checklist

- _____ Did you place your supplement order at www.ProgradeStore.com?
Take care of this first and foremost in preparation for your start date as your order will take several days to arrive. Fundamental supplements are Prograde Protein (pharmaceutical grade protein powder), EFA Icon (essential fatty acid/omega-3 supplement), and VGF 25+ (multi-nutrient). We don't get fancy with supplements (most supplements are completely bogus), just the basics. Also recommended, but optional, are Prograde Cravers (meal replacement bars) and Prograde Workout (post workout nutrition shake).

Finally, remember to use the coupon code **cheat15** (all lowercase, no space) to receive 15% off your entire order. I have no ownership in the company, but was able to set you up with a sweet deal through my good friend Jayson Hunter, R.D. (director of research and development at Prograde).
- _____ Do you have or did you purchase the materials you will need to track your progress (scale [an electronic body fat scale is recommended], tailor measuring tape)?
- _____ Have you clearly established a specific goal (the exact amount of weight you want to lose by a specific date)? Did you write your goal down to review daily?
- _____ Did you plan out the entire first week's menu? It is best to do this meal by meal and then make any adjustments or substitutions as you see fit during the week. Having a plan in place is fundamental to success. Be prepared.
- _____ Did you decide how often you will prepare your meals (daily, bi-weekly, or weekly)? Twice weekly is recommended.
- _____ Do you have quick and easy "back up" meals in place for circumstances when you are unable to eat the scheduled meal due to time constraints, etc? Great back up meals are nutrition shakes and bars like [Prograde Lean](#) and [Prograde Cravers](#).

- _____ Did you set-up an optimal meal-time schedule based on your daily availability? For example, 7am breakfast, 10am, mid-morning snack, 12:30pm lunch, 3pm mid-afternoon snack, 6pm dinner, 9pm pre-bedtime Prograde Lean nutrition shake. Meals/snacks should be spaced 2-3 hours apart.
- _____ Did you go grocery shopping for all the food items needed to prepare your first week of meals?
- _____ Did you plan out your weekly exercise schedule based on your daily (morning, lunch time, afternoon, etc) and weekly (days per week) availability? Set up a plan that works with your schedule and stick to it.
- _____ Did you decide what foods you'd like to enjoy and what restaurants you'd like to visit on your first Cheat Day? (the first day of the diet!) ☺
- _____ Did you decided which version of the Core Phase you are going to start with after the Priming Phase?
- _____ Have you checked off all the items on this list? If so, congratulations, you're ready to experience fast, consistent weekly fat loss!