



## CIZE™ Participant Starter Guide



### A message from Shaun T

You made a smart decision and took a key step in your journey to getting fit. By committing to your Challenge Group and CIZE—not only will you learn how to perform professionally choreographed dance routines, but you will also achieve your fitness goals as you CIZE It Up daily with me.

Now, the next 28 days will be challenging, but it's going to be the most fun you've had getting fit. I am super-excited that we are going to spend the next 4 weeks together, because in that time, many things will change for you...not just your body. This program and the friends you will make will be a very special experience. You will build a support system that will last well beyond the 4 weeks, and the more you put into that system, the more you will get out of it. Never lose sight that this program and this Challenge Group is all about getting YOU results. Now get ready to CIZE It Up!

### What are the commitments for a CIZE Challenge Group?

#### Time:

- Approximately 35–40 minutes a day (7 days a week, including 1 day of rest per week), 28 days total.

#### Nutrition:

- Follow the EAT UP! Meal Plan for simple, healthy recipes and to learn how to eat the right portions, so you can lose weight and reach your fitness goals without depriving yourself.

#### Progress Tracking:

- 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.
- Take photos and measurements on Days 1 and 28 and record your results on the Measurement Tracker on the Beginner or Advanced Calendar.