



#CinchFAST30

Check-list to get started!

1

Send us your measurements & starting weight

We want you to use us as your accountability partner, so pop these through to us when you get a chance, via email. We won't share this with anyone.

Access the documents in the members area

2

This is your toolkit for this 30 day challenge. Put your username & password into the members area on the www.cinchfast30.com website.

3

Read everything in Manual, first!

Read everything so you know what to expect, what to do and how an IF lifestyle works and how you can get the absolute most out of this opportunity!

4

Print the Personal Progress Journal

This a key part of the process, fill the pages at the very beginning "All about me" & the "Contract of Commitment " and decide now to commit to this 100%.

5

Take your starting photos

Along with The Progress Diary measurements, your photos are key for measuring how much fat you lose in the next 30 days.

6

Check out Recipes for inspiration

The recipes are there as a guide and inspiration – some people want to follow the plan to the letter, others want to make changes and make swaps and make their own recipes.

7

Take your starting weight!

A set of Smart Scales are a great way to track progress. If you don't own any, check out: <https://www.cinchcorsets.co.uk>

8

Plan your meals and go shopping.

Look through the recipe for inspiration, plan your meals and head to the supermarket to get stocked up for the week. Preparation is key!

9

WhatsApp Group

You have the option to join a Whats App Group for Challengers! – send us your number if you are happy to join :)

10

Commit 100% to this program!

We believe in YOU and can't wait to join you on this journey!