



# CONSCIOUSLY NUTRITIOUS

90-Day Program  
Brought to you by: Consciously

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Thank you so much for joining us in the Consciously Nutritious Program! We are thrilled to have you with us!!! You will get as much out of this program as you put into it and we are here to help you live a healthy life for the rest of your life. Please look through all of the documents as they are posted and print applicable sheets to help you in your success. Best wishes to all of you and congratulations for taking this step in your life. It is time to get Consciously Nutritious! Here we go...

## PRE PROGRAM CHECKLIST

- Get a physical with blood work (**optional**)
  - This is a safe and responsible way to make sure your doctor can monitor your health during this program.
  - Recommended blood work to get is:
    - **Blood Lipid Profile** (for cholesterol and fatty contents)
    - **Comprehensive Metabolic Panel** (measures your sugar (glucose) level, electrolyte and fluid balance, kidney function, and liver function)
    - **C-Reactive Protein** (for inflammation levels and a marker for disease)  
\*This is not usually found on a regular blood test. This isn't absolutely necessary but it is a way to be more comprehensive.
  
- Purchase a high quality
  - Blender: [Blendtec](#), OR [Montel Williams](#), OR [Groupon](#) (anything that is at least 1.5 horsepower)
  - Probiotic: [Probiotic Premium 8000](#) (or one that you may have found useful)
  - Multivitamin: [Men's Multi](#), [Women's Multi](#) (this is designed specifically for the nutrition program that we are doing)
  - Oil-less Salad Dressings (**optional**): [Dr Fuhrman Salad Dressings](#) (these help with food prepping, you will be given recipes to make your own as well)
  - DHA+EPA Omega-3 Fatty Acids (**optional**): [Dr Fuhrman DHA+EPA](#) (this is designed specifically for the nutrition program that we are doing)

*Please send us a photo or link in telegram to what you are choosing if different than above*
  
- Record your Initial Stats, some of which will be recorded at your Physical (**optional**)
  - This is a great way to measure your progress during the program. Results come in many forms and yours may be in inches lost on your waist or

- physical ability.
- o Body measurements (inches, body fat percentage, etc.)
  - record on attached page
- o Workout baselines (push-ups, pull-ups, plank, 1 mile run)
  - record on attached page
- Take before pictures in underwear or swimsuit (front, side, back, flexing).

**We would love to share your success stories with our community and the world. Send us in your stats at the end of the program and if your testimonial is chosen, we will feature you on our website if you are interested! If featured, you will receive an entire free month of Consciously Nutritious For Life!**

Once you have finished the above physical work, it is time to begin learning! In order to do this, you will need to download Telegram. Telegram is an application that you can download to your computer or smartphone that will allow us to communicate directly to each other and the entire group. This is where we will have the community aspect of our program

Go to [telegram.org](https://telegram.org) to download telegram. Once you have created your profile you will receive a link to your specific group.

Next go the member's area of Consciously.org for your first two classes:

- Watch the "Cleaning Out Your Kitchen" module and begin the transformation of your kitchen.
- Watch the "General Layout" module to understand what we will be doing as of the start of the program, including meal timing, flow of the program, and what to expect.

After you have finished all of these, you will be ready to begin the program! It will start at the beginning of the month and a new module, cooking video, and journal will be released each Friday. Enjoy the process!

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Basics:**

Height:	Weight:
Body Fat Percentage:	
Blood Pressure:	Heart Rate:

**Workout:**

Push-ups:	
Pull-ups:	
Plank:	
1 mile run:	

**Measurements:**

Neck:	Upper Arm:
Chest:	Waist:
Hips:	Thigh:
Calf:	

