

Welcome

WE ARE SO GLAD TO BE ON THIS JOURNEY WITH YOU.



As coaches, we want to stay connected. Please let us know how we can support you.

You will have questions as you get started. We have a website that will assist you in answering these initial questions. Go to www.30days2fit.com. If you have a Facebook account, make sure you join our closed [30days2fit facebook page](#). This is a great place to ask questions, share testimonies and get support!

www.30days2fit.com

Our website is such a great tool to dive into while you are waiting for your products to arrive. How to navigate it:

You will need a 3 ring notebook and 5 dividers.

Go to the [30days2fit tools](#) tab to get started.

Your password is: **healthy**

Begin at the [Start Here](#) tab, and then [Create Your Binder](#) tab. Print out everything under the Create Your Binder section, and put it in a 3 ring notebook so you have everything at your fingertips.

You will have weekly coaching calls to listen to at the beginning of every week. Please don't skip this part. We share valuable information on these calls. We find that many people listen to them over and over. You are on this journey for yourself, but NOT by yourself. Welcome to the team!

Feel free to share the website info with others. They can listen to the initial 10 minute slideshow presentation and learn more about the program; but **please don't give your password to anyone else**. We also ask that you share the website in its totality. Please do not post any of our youtube videos on your facebook wall. Thanks!

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