

Fat Loss Quickie

Motivation Boosters!!!



By Scott Tousignant
www.FatLossQuickie.com

Introduction

The Fat Loss Quickie “Body Transformation Motivation Package” includes a variety of motivation strategies that have helped Angie and I “***Stick to our body transformation programs***” and continue to improve upon our physiques on an ongoing basis.

You may use as many of the strategies as you wish, but it’s not necessary to use all of them at the same time.

I have included video demonstrations of each motivation strategy in action, which you can view by visiting [Fat Loss Quickie Motivation Strategies](#)

For additional motivational strategies, please be sure to visit...

[7 Steps For Overcoming Limiting Beliefs](#)

[Unstoppable Fat Loss Go Get'em Goal Achieving Report](#)

[Body Transformation Secrets](#)

[Fat Loss Quickie Motivation Report](#)

[Super Lean Fat Loss Strategies](#)

*If you enjoy these Fat Loss Quickie motivation strategies,
please share them with your friends and family.*

Empowering Beliefs

What's Holding You Back?	What Are You Going To Do About It?

How To Use The Empower Beliefs Sheet

Take a few minutes to write down in the left side column, all the reasons why you believe that you have not achieved your desired body transformation in the past.

Was it lack of time? Do you have an under-active thyroid? Do you believe that you are too old to totally transform your body? Have your bad knees or bad back prevented you from doing what it takes to transform your body? Was the program that you were following too strict for you? Whatever the reasons, write them all down now.

Once you're done, I want you to write down what you are going to do about it in the right side column.

If you have a bad back, your first step can be to incorporate exercises into your day that will help strengthen and stretch your back muscle to allow you to follow through with a more challenging workout and cardio program.

If you believe that you are too old to transform your body, one thing that you can do about it, is to seek out role models... someone your age who has experienced an amazing body transformation. They are definitely out there, and although it may be more challenging to transform our body as we age, it certainly isn't impossible.

If it's lack of time that has held you back, you can learn to manage your time better and avoid useless time sucking activities. You can also begin to follow fitness programs that do not require a large time investment.

This exercise is meant to be an empowering lesson. You are now taking personal responsibility for your current physical state and recognizing that you have the power to overcome any obstacle or limitation.



My Must Achieve Goal

Name: _____

The current goal that I am passionately driven to achieve is...

Goal Date: _____

“Fire under your butt” reasons why you want to reach your goal!
(Use your emotions)

In order to make this goal a reality I am committed to taking the following actions...

Now that I have accomplished my goals I am so emotionally revved up, I feel...

Daily Victories

Must Achieve Tasks	Complete

Important But Not Critical Tasks	Complete

Wish To Achieve Tasks	Complete

Pat Yourself On The Back:

How To Use The Daily Victories Sheet

The Daily Victories sheet is broken down into 3 boxes... Critical tasks, important but not critical tasks, and a bonus wish list of tasks.

The critical tasks are things such as, performing a weight training session, doing a HIIT session, consuming 4 healthy meals, reporting to your accountability partner or support group.

Important but not critical tasks may be, stretching, going for a walk, chasing your kids around and playing active games with them, preparing and freezing meals for the week, taking your body measurements, or trying on a pair of jeans that you want to fit into.

Your bonus wish list tasks may include things such as, doing some deep breathing exercises, listening to a motivational audio, read a book, clip out some inspiring pictures from a magazine, plan a vacation to celebrate your successful body transformation.

It's important to not overwhelm yourself with daily tasks. Your main goal is to complete those critical tasks. If you are not able to complete your important but not critical tasks or the wish list tasks, there's no reason to beat yourself up over it, because you did complete your must achieve priority tasks. If you complete the Important tasks and the bonus tasks, you will have plenty of reasons to celebrate your daily victories.

Seeing your progress and milestones that you have achieved is a great way to motivate yourself to keep moving forward. When you see your daily tasks checked off it will give you a great sense of achievement that you will want to experience everyday as you move forward.

Transformation Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__
T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__
T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__
T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__
T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__	T-minus__

How To Use The Transformation Calendar

Print out the calendar. In the top left corner of each square, write in the dates. For example, If the month is November and the 1st was on a Monday, you mark the #1 in the first Monday square and continue filling it out for the complete 30 days.

Now let's say that you have a goal date of January 1st. You will now want to count backward from your goal date with "T" being your goal date and the "minus" being the number of days that you have until you achieve your goal. In this case, on November 30th, you would be at T-minus 32 days.

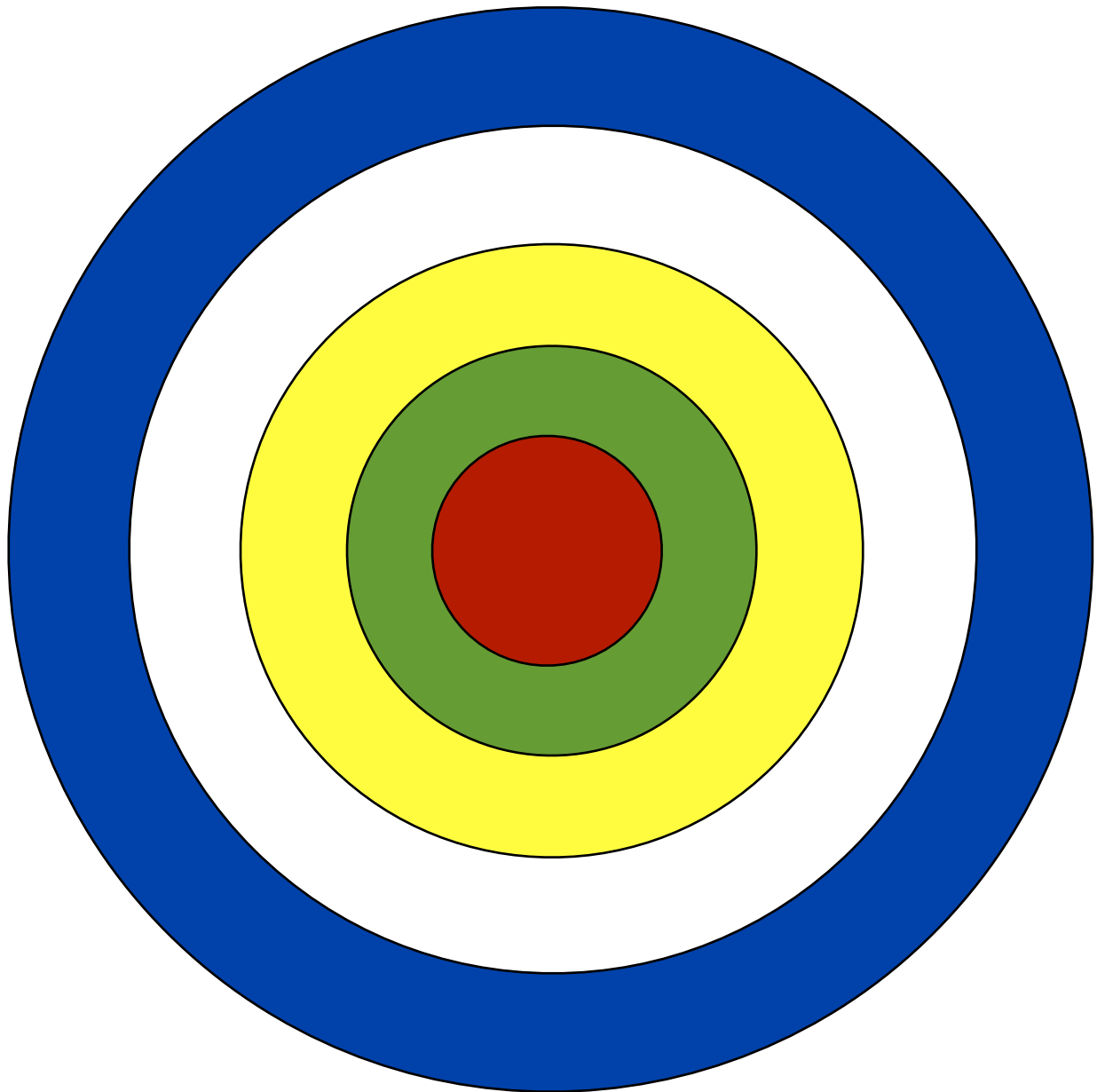
Continue filling in the T-minus ____ for the remainder of the month until you reach the current date, which is your starting point.

Another use for this transformation calendar is to keep you focused on goal and taking action toward achieving your desired outcome. First thing in the morning, take a few minutes to write out your long term goal and the tasks that you must perform today in order to bring you one step closer to your goal. The tasks may be, going for a walk, performing a weight training session, preparing and consuming healthy and nutritious meals, and reporting to an accountability partner. Once you complete this simple task, place a diagonal line in today's box on the calendar.

At the end of the day if you followed through with all of your "Must Achieve" tasks, place another diagonal line in today's box. If you wrote out your goals and completed the tasks, you will see an "X" on today's box on the calendar. The goal is to fill your calendar with X's.



Fat Loss Quickie Bull's Eye



How To Use The Fat Loss Quickie Bull's Eye

If you are serious about transforming your body there are 5 criteria that you must achieve throughout the day.

- 1) Comply to your healthy meal plan
- 2) Follow your resistance training program
- 3) Follow your cardio guidelines
- 4) Write out and review your goals
- 5) Report to an accountability partner or support group

Print out the Bull's Eye and stick it to your fridge and place a small circle magnet in the center. If you meet all the above criteria for the day, you hit the bull's eye. If you only meet one of the above criteria, place your magnet on the outer ring. If you meet two of the above criteria, place your magnet one ring closer to the bull's eye... and so on. Your goal is to hit the bull's eye every day. But this doesn't mean that you need to be perfect...

...If you are scheduled to have a treat meal today and you indulged in pizza and desert, yet you stuck to your healthy eating plan the rest of the day, this means you still hit your target.

...If you were scheduled for a day off of training, you still hit your target even though you didn't workout or do any form of cardiovascular activity.

There are two criteria however, where there are no days off. You must write down and review your goals each day as well as report to your support group or accountability partner.

It really helps to see this visual of your achievements everyday and it's a great sense of accomplishment when you continue to see the magnet placed in the bull's eye for a stretch of several days and weeks.

Give it a try and let us know how well it works for you.

Day: _____ Date: _____

Meal 1	Food	Amount
Time: _____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 2	Food	Amount
Time: _____	_____	_____
	_____	_____
	_____	_____
	_____	_____

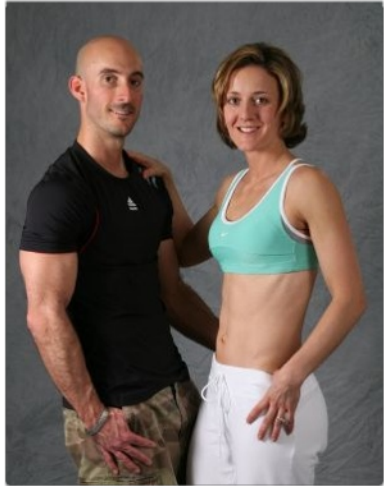
Meal 3	Food	Amount
Time: _____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 4	Food	Amount
Time: _____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 5	Food	Amount
Time: _____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 6	Food	Amount
Time: _____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Get To Know Scott & Angie



Scott, along with his intelligent, supportive and loving wife Angie, has been helping busy women and men, just like you, improve their #1 asset – their health – for over a decade.

Angie, in addition to being a busy work-at-home-mom, operating a daycare in the family home, is also an ISSA certified fitness trainer. An integral part of the success of *Fat Loss Quickie*, Angie is also the author of [Sizzlin' Circuits](#) and [More Love, Less Fat](#), a couple's guide to transforming your body and relationship. The couple's balanced and practical approach to fitness helps others get more done in less time, leaving you more time to do the things you enjoy

most in life.

Scott's education, coupled with his years of experience, has allowed him to create [ROCK That Body](#) and [Fat Loss Quickie](#) - the fast, fun, at home workout program that quickly transforms you into the **confident, energetic, beautiful person you really are!**

YES! You are ALL of those things and more!
- It no longer matters how busy you are...
You'll never have to neglect your health again!

Angie and Scott recently celebrated their 10 year wedding anniversary and are proud to be called Mom & Dad by their two adorable kids, Shayne and Noelle. A pretty simple family who enjoys relaxing camping trips, the Tousignant's make their own fun in life and encourage creative thinking and expression within their home.

They are proof that when you put your health as your #1 priority, great things will come your way!





Connect with Scott and Angie on Facebook...

Scott's [Facebook Profile](#)

Angie's [Facebook Profile](#)



Be sure to stay informed and up to date with more fat loss information at the [Fat Loss Quickie Blog](#)

The Fat Loss Quickie blog is a great place to interact with Scott and Angie, ask your most pressing fitness questions, and gain support from your fellow Fat Loss Quickie friends.



The [Fat Loss Quickie YouTube Channel](#) is a constantly being updated with top notch fitness tips, video demonstrations, recipes, and motivation strategies. Be sure to subscribe to our YouTube Channel updates.



Sizzlin' Circuits: Fat Loss Program For Women

Sizzlin' Circuits is Angie's most recent program that she has created. Sizzlin' Circuits is a challenging, fun, and engaging workout program designed for women and gives a little extra attention to many of the problem areas that women would love to firm and tighten up.

To learn more and see everything that is included in this workout program designed for women, please visit [Sizzlin' Circuits](#) ...Only \$9.95



ROCK That Body!

ROCK That Body has been Scott's go to program for the past several years whenever he wants to experience the best results possible. Rock That Body is for the more intermediate to advanced trainee who wants to take their workouts to the next level.

To learn more and see everything included in this workout program, please visit [ROCK That Body!](#) ...Only \$9.95



Fat Loss Quickie 10-Minute Home Workouts

Fat Loss Quickie is a 6 month fast, fun home workout program designed for busy people. It includes 30 home workout videos, 30 home cardio videos, 42 motivational audios, meal plans, and more.

To learn more about this fat loss program please visit [Fat Loss Quickie](#)



More Love Less Fat

More Love Less Fat is a workout program designed for couples. It includes strategies to help couples transform their body and relationship, along with quick workouts to sculpt your body and quick cardio sessions to enhance your bond and bring you closer together with your partner than ever before.

To learn more about this workout program designed for couples, please visit [More Love Less Fat](#) ...Only \$19.95