



MOXIFIT™

What Could Slow You Down?

- Not eating all three Moxifit products
- Not eating a minimum of 4 cups of vegetables
- Not eating 6 oz. of whole protein
- Not drinking a minimum of 68 oz.
- Not eating a variety of vegetables throughout the week
- Eating the same foods day after day
- Not using the powdered protein packets
- Constipation
- Mindless bites, licks, & tastes (BLT's); small unintentional deviations (ex: BBQ sauce, or 3 crackers)
- Using too many of the allowed extras
- Not tracking in your Steps to Success Log
- Intentionally giving yourself permission to deviate
- Not checking in with your coach when you have questions or struggles
- Not paying attention to stress levels
- Not getting enough sleep
- Not taking your recommended and/or suggested supplements
- Not attending your weekly coaching sessions

It is extremely important to pay attention to the smallest of details during the weight loss process. Losing weight is NOT a natural state for the body and you have to keep the body engaged at all times to keep it in the fat burning mode. This takes time, focus and dedication.