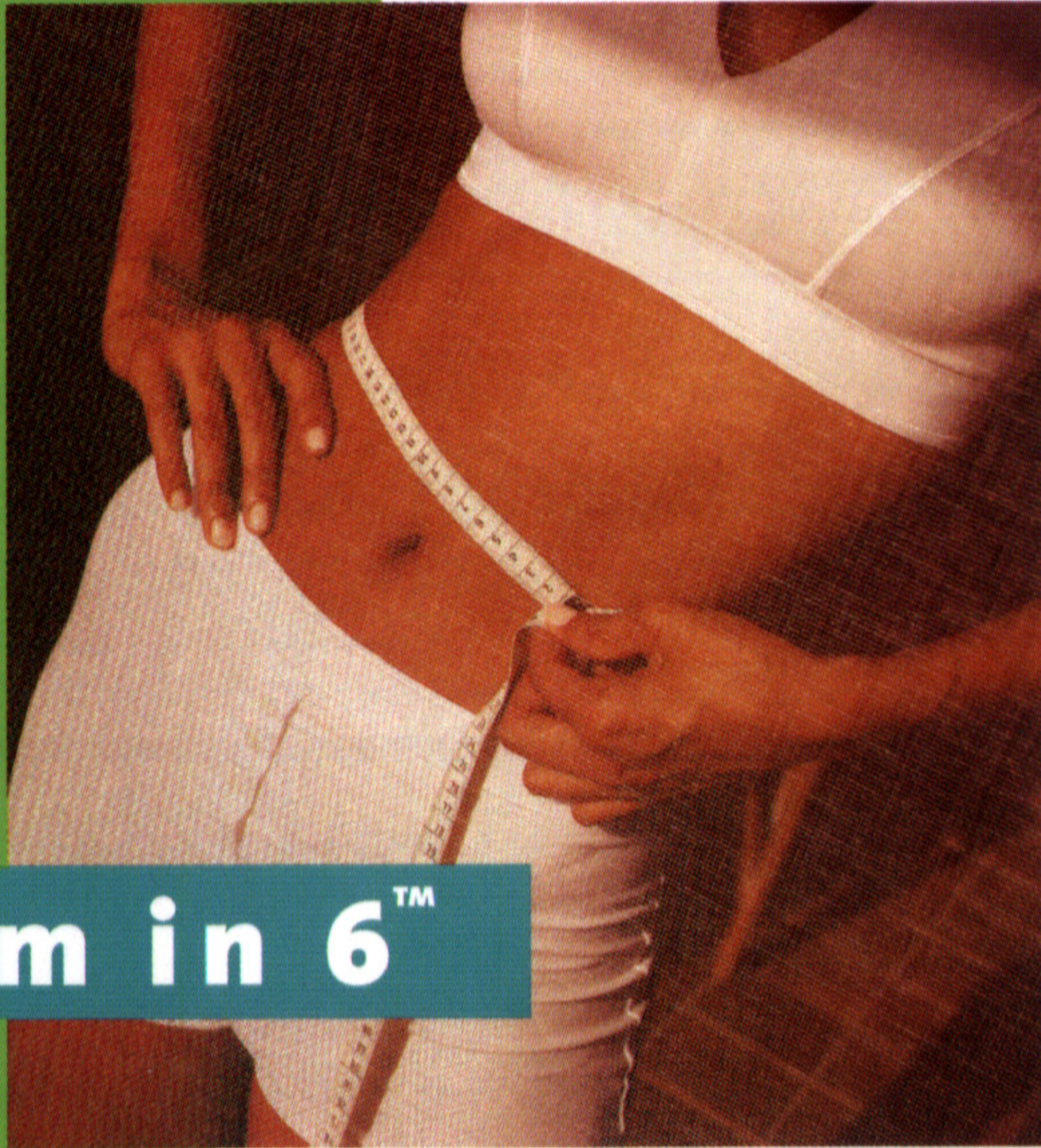


Debbie Siebers'
SLIM
in **6**TM



Slim in 6TM

Simple Steps To Success!

***The 6-week program
for rapid weight loss &
healthy body slimming***

Important Notice:

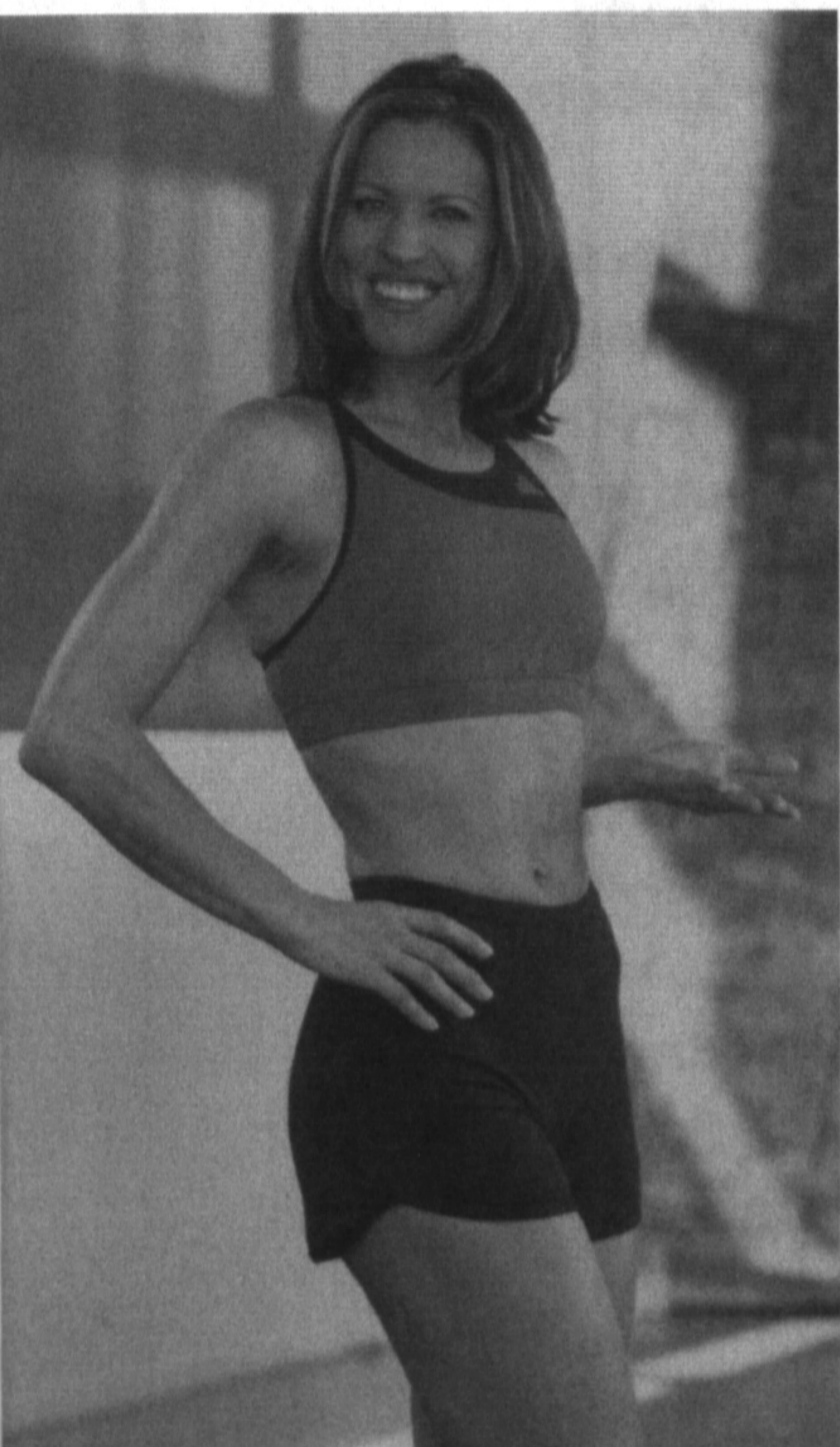
Due to the physical nature of this routine, Beachbody management and staff suggest a complete examination from your physician before getting started.

Contents:

- About Beachbody
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- The Slim in 6 Steps to Success
- Your "Before" and "After" Photos
- Win \$200
- *WEEK 7 AND ON!*

Please take the time to read this entire book before you get started to get the most from the program. Understanding the diet guidelines is especially important to see significant results.

And if you have questions or need additional motivation, make sure to pop the Beachbody.com Internet Support CD into your computer to access our online support system and check in at the Slim in 6 Message Boards. (You might even get a response from Debbie herself!)



About Beachbody™:

In the last year at Beachbody, we shipped over 1,000,000 exercise videos to people looking for efficient home fitness training tools. We've also listened to our customer base and helped many of our customers create the habit of taking quality nutritional supplements to help them improve their health and reach their goals faster.

Slim in 6 was created when we observed that many people tend to add bulk when they workout – which is the opposite of their objective. So we researched solutions, and created the Slim Training technique. This body slimming solution evolved from our successful line of target-training videos plus research into how the body responds to exercise.

After months of testing and training, plus research into the most effective and safe fitness supplements, we have created the complete body slimming system, Slim in 6.

*For more information about us,
visit Beachbody.com!*

About Debbie Siebers:

For over 13 years, Debbie Siebers has been one of the most sought-after personal trainers in Los Angeles, California among high-profile private clients and celebrities.

She got her initial experience in personal training working alongside “Body-By-Jake” pioneer, Jake Steinfeld.

Debbie has been featured on numerous television programs including Fit-TV's health and fitness show “Fitting It In,” Body-By-Jake exercise segments, as well as on CNN, and E! Entertainment Television.

In addition to private personal training, she has also worked as a trainer at CRUNCH, Powerhouse, Meridian Sports Club, Todd Tramp's Body Sculpting Gym, and the Peninsula chain of luxury hotels.

As a certified member of the AFAA (Aerobic and Fitness Association of America), the world's largest fitness education association, she has developed numerous innovative routines for her clients so they can attack the common trouble spots.



Continued

In 1999, Debbie joined Beachbody where she developed the popular *Thin Thighs Guaranteed!*™ video. With close to 560,000 customers, this video was one of the top ten selling fitness videos in 2000 and 2001.

Debbie's success at helping her clients and Beachbody customers get slim is due in large part to her commitment to efficiency and her ability to motivate people to achieve their desired results. Needless to say, with 13 years of experience, she has helped hundreds of clients lose weight and get in shape.

About SLIM IN 6™:

Debbie's Slim in 6 body slimming system takes you through 3 predictable phases of intensity, gradually toning your body and trimming away fat while increasing your strength, endurance, and energy. At the same time, by working the same muscles six days a week, Slim in 6 actually reduces bulk, creating a leaner, thinner look. The goal is to Slim Train™ six days a week for six weeks – keeping the intensity as high as possible (while still comfortable for you). All of Debbie's routines and the Beachbody supplements have been designed to give you safe, reliable results as long as you follow the program as directed, and listen to your body along the way.

The routines were designed to simulate having Debbie, an experienced personal trainer, with you at your home without any variance in instruction or tempo. But since she is not there to supervise your intensity level, the discipline and will power to push yourself is up to you. Debbie will help you do the moves correctly and keep you motivated, but you're the one who has to *Keep Pushing Play* every day.

Likewise, you will notice graphics telling you to "check your form." That's to remind you to compare your body position to the people in the video. Form is critical to many of these moves.

We strongly recommend the supplements to anyone who wants to see maximum results from this system.

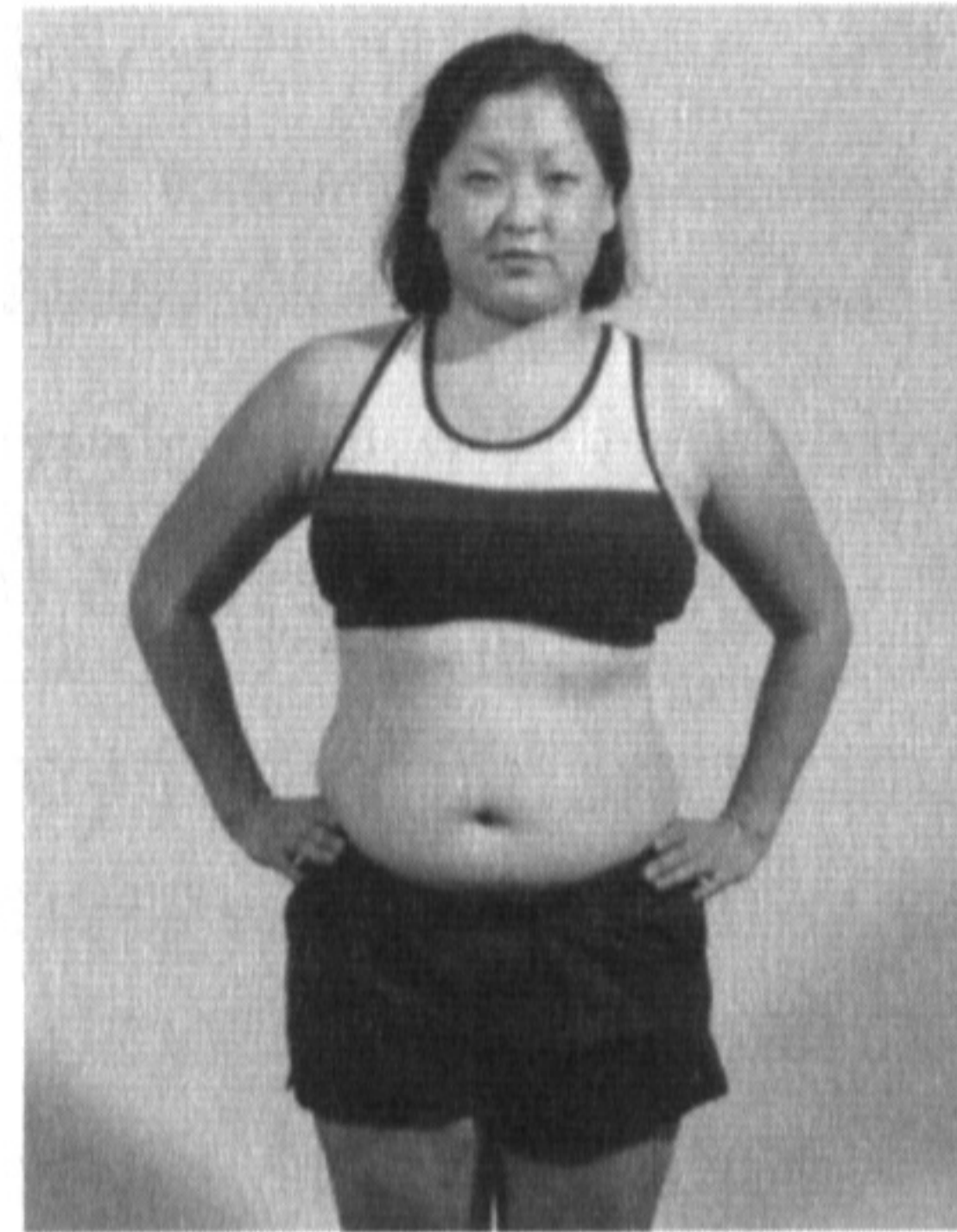
***What can you achieve if you really
commit to it for 6 weeks?***

You will be amazed!

How do we know it works?

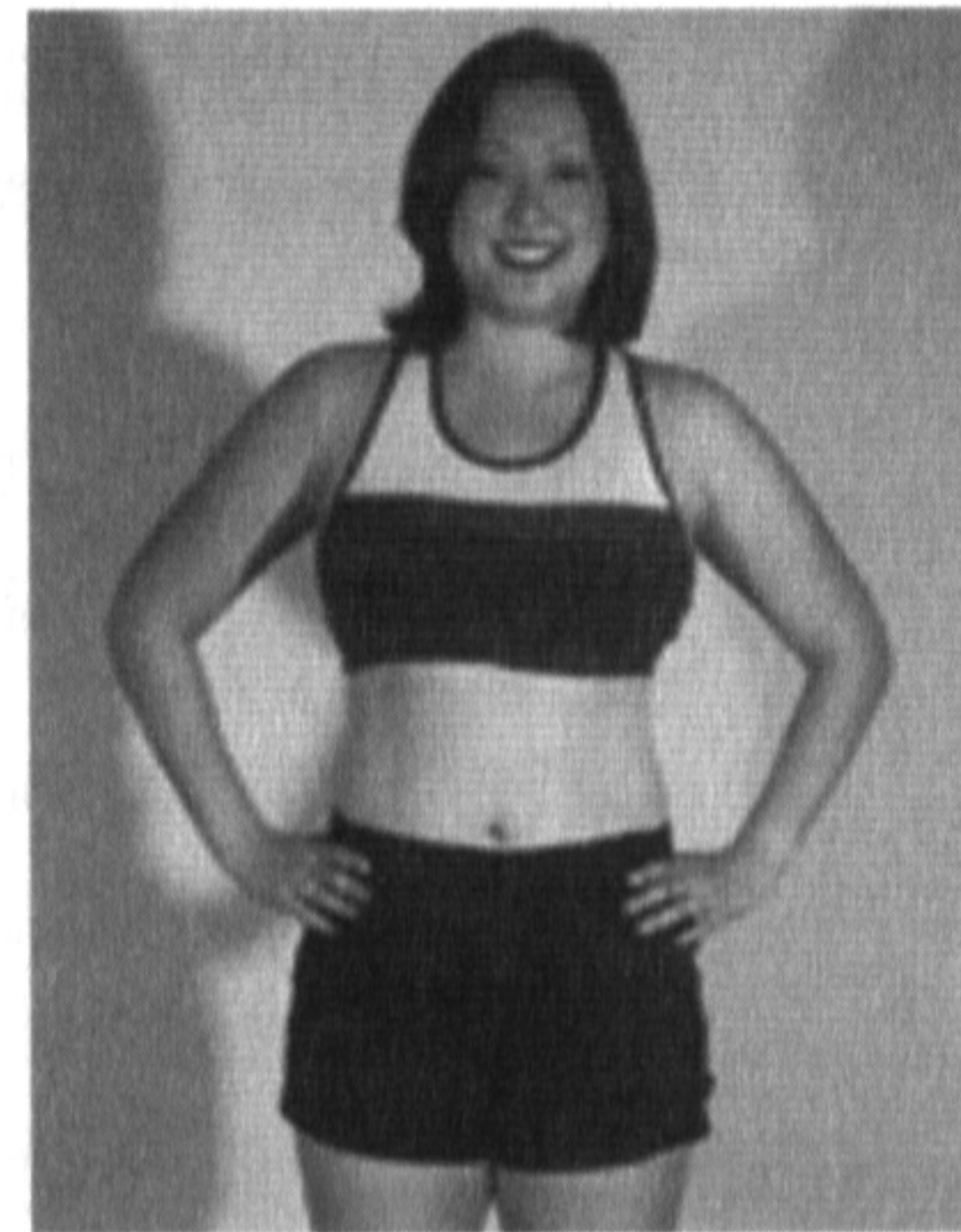
The production and marketing staff at Beachbody has been using the system including the routine developed by Debbie and supplements formulated by sports nutrition specialist, Tim Avila, with amazing results. The results are more dramatic than we anticipated, but have certainly confirmed our expectations:

We did it...so can you!



*Stacey Koenig,
Beachbody*

Before

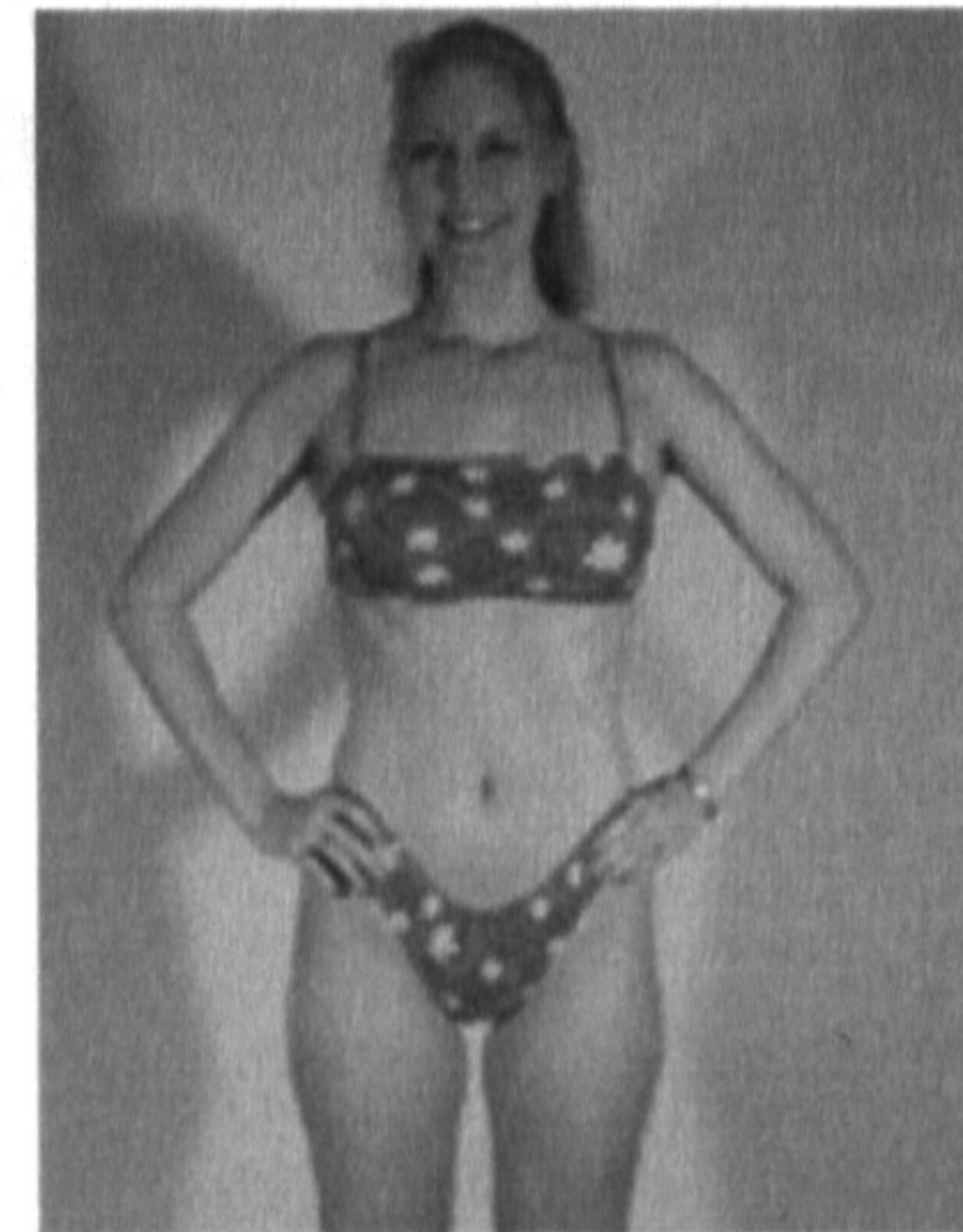


After



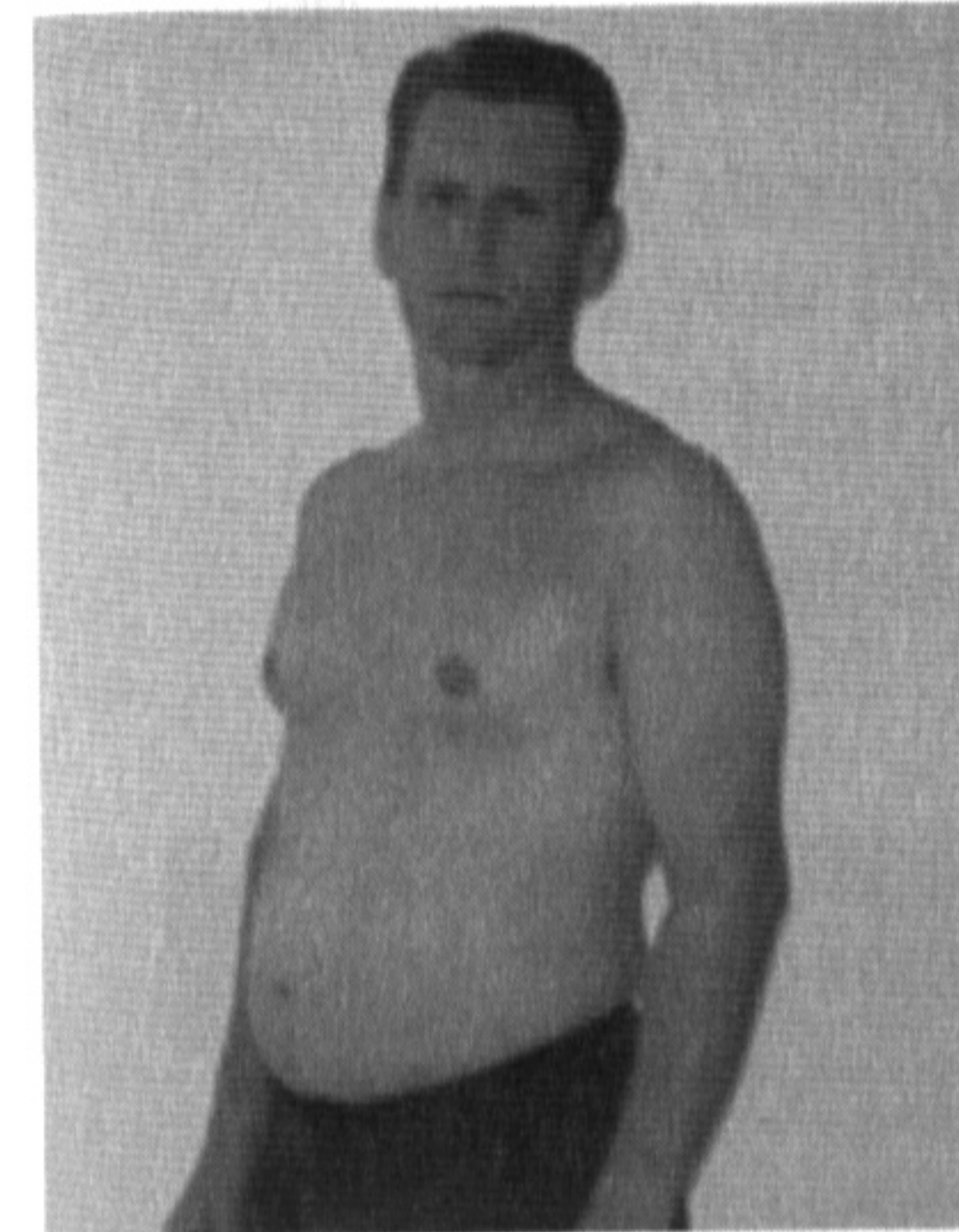
*Heather Church,
Beachbody*

Before

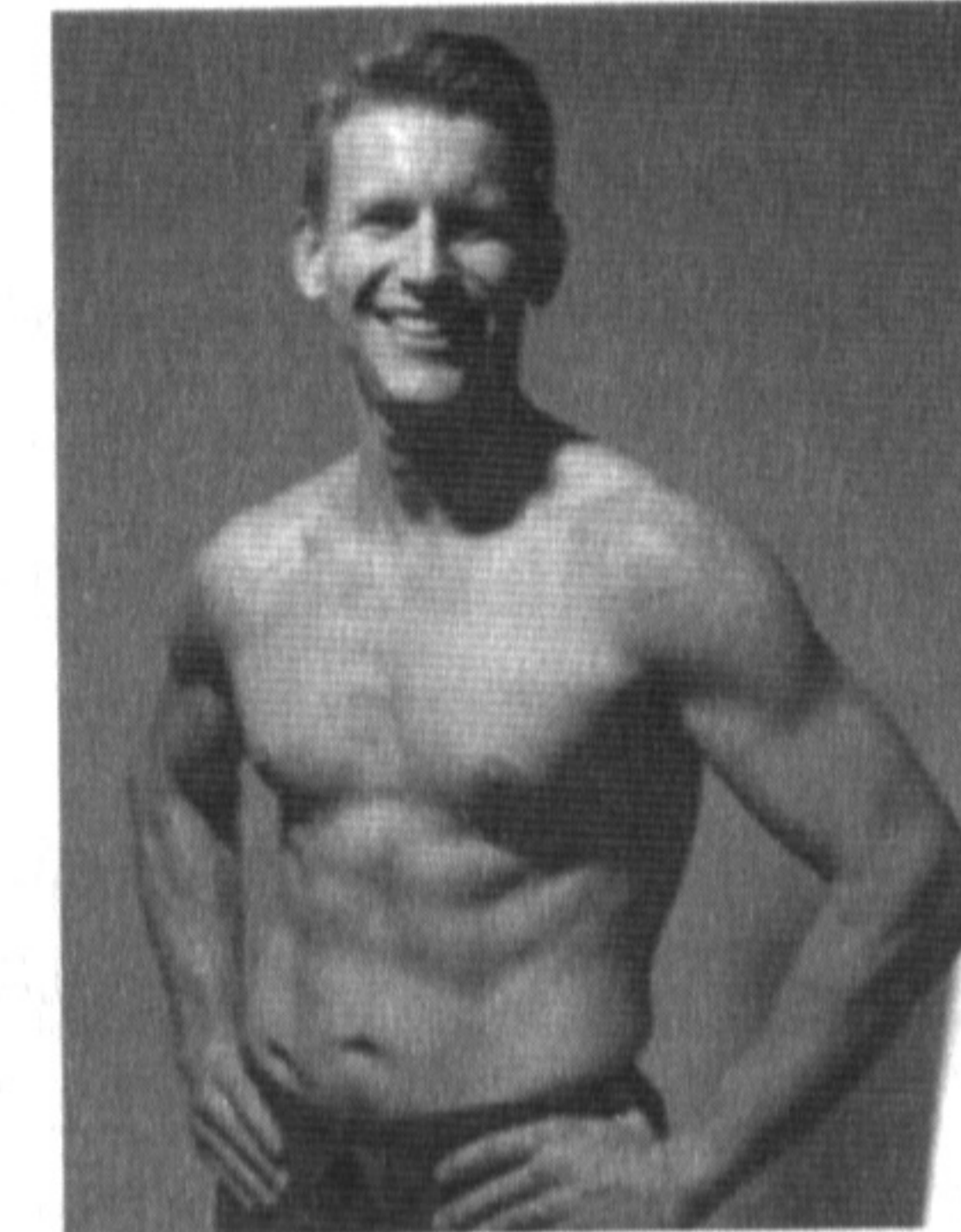


After

Cort Howell



Before



After



Before



After

Nancy Howell

When we approached Cort Howell to direct the show to promote Slim in 6, he was so impressed with our results he decided to try it on himself and his wife, too.... Again, the results are proof – Slim in 6 works!

Can anyone really do it?

If you are willing to commit to following these routines, you will get dramatic, visible results. Actually, you should start to see significant physical changes like our production team has in the first week (*Cort Howell lost 7 pounds in the first week following the Slim in 6 program!*).

But that's just the beginning. The benefits actually accelerate most dramatically during the last 3 weeks!

Slim in 6 does require that you are honest about your weaknesses. If you are sensitive to certain moves, be sure to look at the Alternative Movements Debbie suggests. Along those lines, follow all the stretching in each program – that is a critical strategy to strengthen your connective tissue and reduce lactic acid within the muscles (that's what makes you feel sore).

Beachbody verifies that every one of its programs delivers on its promise by testing them in our private fitness lab.

During the Slim in 6 test, close to 100 participants ranging from ages 16 to 75 used the Slim in 6 program. These participants started from a range of fitness levels with various weight loss objectives. Everyone who was disciplined about following the program achieved favorable to dramatic results.

The secret is making the 6-week commitment – both to follow the program as outlined here for 6 days a week, and to make important changes to your diet.

What is the commitment?

You have 36 workouts to complete in a month and a half. That seems like nothing especially when you see how much fat you can burn off and how fit you can get in that time.

Do you think that you can devote an hour to reshape your body for 36 days? That is all it will take to change your body and your life.

Getting results—what to expect

When you first start to work out with the program, it may be hard. You may get sore. You may get grumpy. But you will see dramatic improvements...fast. Some say the first few days of Phase 2 are the hardest. Just when you master all the movements in Phase 1 (*Start It Up!*), wham! – you move on to Phase 2 (*Ramp It Up!*), and it's hard again.

And again, you might get sore. Again, you might get grumpy. And again, it gets easier. The same goes when you move on to Phase 3 (*Burn It Up!*) And that's what it takes...constant improvement and persistence to increase the intensity for 6 weeks.

In 6 weeks you'll be able to do more push-ups than you ever dreamed of. Your arms will look great, your thighs will look great and your abs will look great.... And it should be only a

Continued

matter of days before someone comments on your fine behind. All from just 6 weeks of work!



This is a great program, but it is challenging. There are no rewards without the work – both on the routines, and on changing your diet. You can no longer put junk food into your body and expect to get slim. You are going to work too hard to give away your results that way. You will

have sweated too much fat off to go backwards by consuming empty “junk” calories.

So find the time for yourself. Do all six days a week. Don't cheat. The effort matters, because you are doing something that most people fail at. You are changing your body in 6 weeks – 36 days of working out and improving your diet.

It isn't a “state secret” how it is done. It is a proven once-a-day commitment, six days a week, no matter what, and watching what you eat.

Of course we all know it's easy to talk your way out of doing the program for one day, or two, or three in a row. As a matter of fact, that is why we needed the program; because we've all said “it's okay to skip it just this once” too many times.

But not this time.



It's also likely you are very motivated to get started and really go for it. But please be careful; don't over-do it when you get started. If you push too hard, you may experience some nausea or hurt yourself and quit before even the first routine is over. We've got 6 weeks – so don't rush it, and don't give up!

If you follow instructions carefully and remain consistent, you will see your waistline shrink by the end of the first week and feel an incredible “healthy” sensation that will change you.

By far, **the most common feedback from all our test groups is that Slim in 6™ is more challenging, more fun, and more rewarding than they expected.** Everyone wants to get great results. The secret is to pace yourself so you complete the entire 6-week program, and follow our diet and supplement guidelines to maximize the fat burning/slimming results.

Product Description

The Slim in 6™ Body Slimming System Consists of:

- Beachbody's Fast Start
- *Start It Up!* Phase 1 video
- *Ramp It Up!* Phase 2 video
- *Burn It Up!* Phase 3 video
- Bonus videos (see page 19 for instructions)
 - *Slim & 6 pack* Ab Trimming video
 - *Slim & Limber* Stretch video
- Step-By-Step Diet Guide
- Slim in 6 Simple Steps to Success book
- Beachbody.com Internet Support Package

The Slim in 6 Supplement Recommendations Consist of:

- Beachbody's Fast Start Formula
- Slimming Formula
- ActiVit™ Multi-Vitamins



Other Important Equipment: Available at Beachbody.com™

Resistance: Use either of the following for resistance.

Option 1: Beachbody Resistance Bands

Choose bands based on your fitness level.



- Men in reasonable shape prefer to start with the purple (R4) band and eventually graduate to the green (R8) by Phase 3.
- Women seem to prefer starting with the pink (R3) and eventually end with the red (R6) band.

Option 2: Hand Weights

Depending on your fitness level, you will need to start with two 2 lb weights or two 3 lb weights. You may need a range of weights so you've always got enough resistance to get good results.

Floor Mat: We recommend a padded mat for sit-ups and floor work.

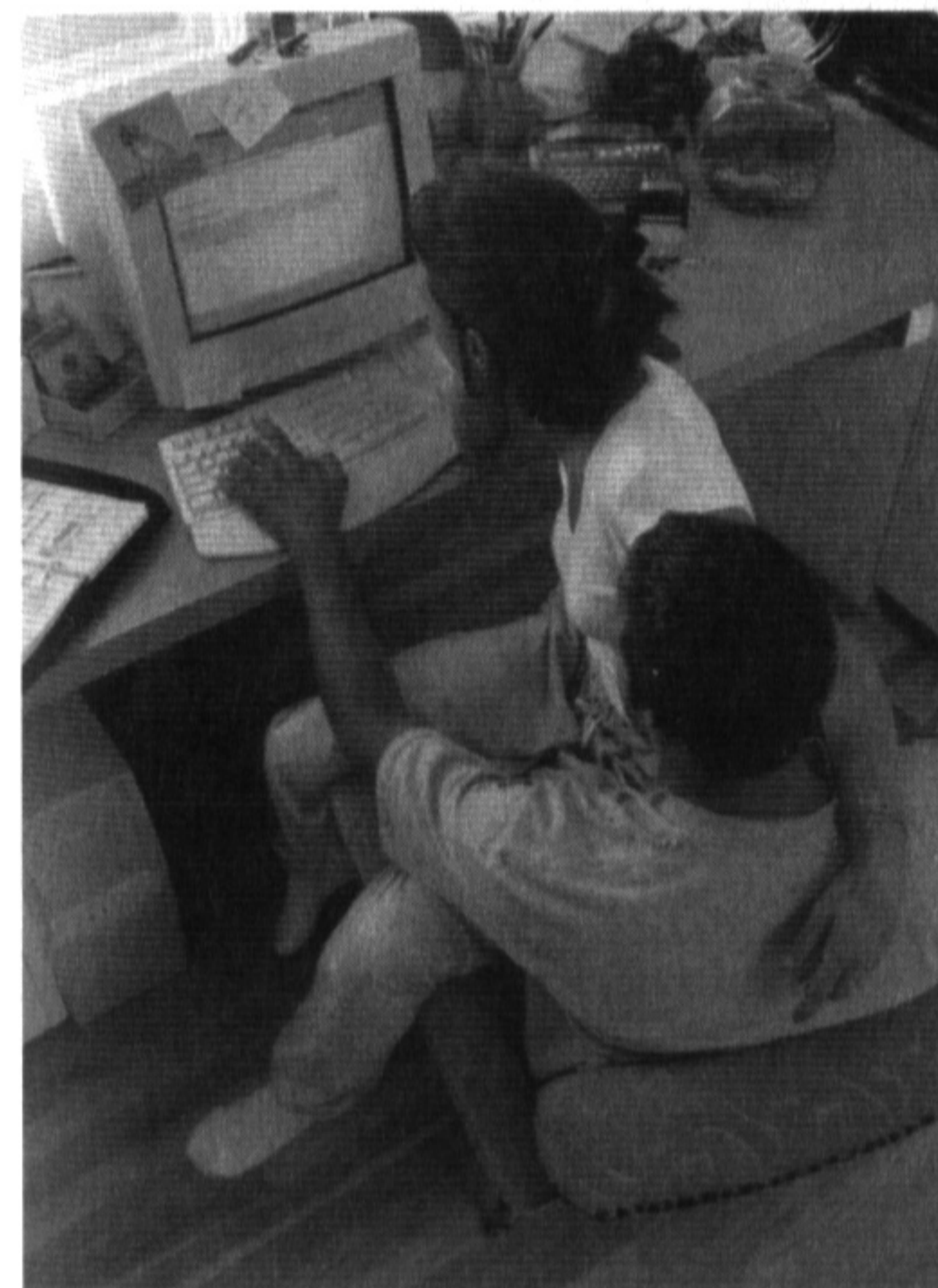
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**Heart Rate
Monitor:**

If you can take your own pulse during the cardio workout, you are more patient than we are. We chose to keep a close eye on our intensity level using heart rate monitors. By using a heart rate monitor, you'll know when it's time to increase your intensity and when it's time to back off. By monitoring your fitness level and progress throughout the program, you can assure that you're getting the most out of each workout. If your heart rate is too low, it means that you aren't working hard enough. Too high and it means that you are overtraining or fighting an illness. While we list this as optional equipment, we strongly recommend you use this to monitor the intensity of your workouts.

***Many of these accessories
are available online at
Beachbody.com™ and most
sporting goods shops.***

**Slim in 6™ Message Boards
at Beachbody.com:**



We are proud that people are getting in shape and improving their fitness and health with Slim in 6 – while saving hundreds of dollars from what they would pay a personal trainer. But we also understand you may need extra attention or motivation from a person who will help you keep track of your progress.

That's why we launched the Slim in 6 Community Message Boards at Beachbody.com. At the message boards, you can team up with online workout buddies, share advice, tips and motivation, and get extra support when it comes to making smart diet choices.

This is truly your community, where you get answers to your questions from other customers and Beachbody's fitness and nutrition advisors, track your progress, and help others stay on the program.

***If you are interested
in getting advice and
support from
the Slim in 6™
community, visit
the Slim in 6™
Message Boards at
Beachbody.com!***

Managing the 3 Phases of Slim Training™

The journal in this guide is to help you measure your progress and keep track of what you are doing right and what you may be doing to impede your results. If you tell the truth in making simple notes in this journal, you will see trends which might be important to address so you get better results. Likewise, if you're staying with the program – nothing will feel better than seeing the workouts circled and the visible results in the mirror because of it!

Notice the information we're looking for on each page:

Week X/Day X					
Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				
Notes about what HELPED me today: (good meal planning, making time, etc.)					

Notes about what hurt my results today: (food choices, forgot supplements, etc.)					

"Today I did"

Circle the Phase 1, 2 or 3 workout you did today.

- Phase 1 = *Start It Up!*
- Phase 2 = *Ramp It Up!*
- Phase 3 = *Burn It Up!*

You should do the workout which pushes you, but not so hard that it feels like it is beyond your capability. Whenever possible, do the additional ab routine, *Slim & 6 pack*, 3 times a week (i.e., Mon., Wed., Fri.). You can do the *Slim & Limber* stretch routine everyday, but at a minimum, do this stretching routine on your day off.

Note: We suggest doing Phase 1 (*Start It Up!*) for **DAYS 1 AND 2**, then immediately progressing into Phase 2 (*Ramp It Up!*) for the next **WEEK AND A HALF**. The 3rd and final Phase (*Burn It Up!*) should be used throughout the **LAST FOUR WEEKS** of this program. If you progress faster or slower through the phases, that is completely up to you. It's really all about what your fitness level is and when you feel comfortable stepping up to the next level. YOU need to gauge your fitness level and the intensity you can handle. When it feels like you're not getting the same "burn" from the workout, it's time to step it up. That is the key fundamental to Slim in 6 – you have to be aggressive about this for 6 weeks. You, and only you, can keep your foot on the accelerator. This is your chance to reshape and slim your body if you keep pushing it for the entire 6 weeks.

“My Intensity”

Circle the intensity you applied to your workout today.

It won't be “very high” every day, but for the best results, that's where you want to be as often as possible. **However, on days where you feel like skipping because you just don't have the energy, DO IT ANYWAY – even if it's low intensity.** A low intensity workout is better than no workout.

MANAGE YOUR AMBITION! It's important not to burn yourself out. We found that the hardest thing to do is to manage ambition in starting this program. People can sometimes go for it so hard, they burn out before the 2-week mark. The important thing is not to peak too early.

Actually, managing ambition is only the second hardest part of the program – for many, staying intense through the last week is the hardest part. For yourself – see it through!

This 6-week program was designed for a purpose: to help people transcend what they have achieved in the past. And the only way to do that is to bear down and commit to the full 6 weeks.

When you wake up and question when, or if, you want to work out, you need to tough it out just like anything else – like it's your job to workout. The only way to make it through is to resist over-thinking the daily workout decision, and just do the workout.

***Take all the doubt out of it...
Keep Pushing Play and do it!***

The Slim in 6™ Supplements

➔ This supplement program is recommended for you to maximize your results. When combined with your Slim in 6 workouts, the following nutritional products will aid in fat reduction while increasing stamina and energy. Aside from the supplements listed in this section, Beachbody offers an assortment of other nutritional products that will enhance your results, such as Whey Protein and Meal Replacement Shakes. Keep in mind that you don't necessarily need to use Beachbody products to successfully complete this program. There are many products of these types on the market - some better than others. We just happen to know that ours rank among the best in quality, taste and overall nutrition, which is why we highly recommend them for this 6-week program.

Slimming Formula:

Benefits: This formula is a safe combination of all-natural Sodium Pyruvate and Green Tea. These are ingredients to help you burn fat naturally from exercise without the side-effects associated with other weight loss products. Pyruvate and green tea will benefit anyone involved in a slimming exercise regimen, especially one like Slim in 6.



Pyruvate is a substance which is naturally occurring in the body as a product of sugar metabolism. By increasing the amount of pyruvate available to the body, studies show that combining exercise and pyruvate can 1) significantly increase fat loss; 2) improve exercise endurance capacity; 3) reduce

Continued

cholesterol, and; 4) serve as an antioxidant. (Note: The science backing up the last two claims is less significant, but worth considering.) Perhaps most importantly, pyruvate has shown to increase fat loss by up to 48% and minimize the associated loss of body protein (lean muscle tissue). This is unusual because we almost always lose protein while we lose fat!

Green tea speeds up calorie burning and mobilization of fat stores. Researchers have studied the effects of green tea and found the number of calories used was measurably higher for participants taking green tea extract than for those taking simple caffeine or nothing. The research also concluded that those taking green tea extract used more fat calories per day than those that were given a placebo. This ingredient has been the subject of many clinical trials. These trials found that green tea, when taken on a daily basis, is one of the safest and most validated ingredients in the supplement arena. Green tea has been demonstrated to safely increase human metabolism, as well as provide excellent antioxidant activity. Both of these properties make it an indispensable part of a weight management and exercise program.

Note: Even though there is caffeine present in green tea, it can still act as a "calming agent." In fact, many people drink green tea before bed for that very reason!

The combination of supplement-assisted exercise and proper diet is a guaranteed formula for safe, reliable long-term weight loss and results maintenance.

Please follow the directions on the label for best results.

Warning: As with any supplement, herb or medication, do not use the Slimming Formula while pregnant or lactating, or provide to a child without consulting a physician. Use this product only after consulting your physician about your specific health situation, especially if you are using any medications. Follow the directions as outlined — and do not exceed the recommended dosage.

ActiVit™ Multi-Vitamins:

Benefits: The evidence is clear that everyone should take a quality multi-vitamin like ActiVit every day. But when you are both beginning a new fitness regimen and making changes to your diet, it is even more important that you are sure to get all the proper nutrients and minerals your body needs to be at its best. (We take ActiVit because it's smart.)



Your body needs these nutrients...

- for physical and mental wellness
- for bone strength
- to stimulate the immune system
- as a powerful antioxidant to slow the effects of aging
- to regulate calcium and blood sugar levels
- for benefits of disease preventative nutrients

... plus they're formulated with safe and natural herbal ingredients to help you reach your fitness objectives faster: tone muscle or burn fat!

Continued

ActiVit™ Muscle Toning Formula:

Our muscle toning formula vitamins are designed to give you maximum energy for an active lifestyle and help you feel better while exercising.* Aside from the essential vitamins you need every day, we chose the ingredients below because they have been shown to either increase energy and stamina, or allow the muscles to perform and recover more efficiently.*

Vanadyl Sulfate — is a trace mineral and antioxidant. Antioxidants are beneficial because they protect against tissue damage during exercise, help recovery and help to maintain higher energy levels. Vanadyl has been shown to reduce soreness after vigorous exercise. It is being used more to help prevent excess LDL cholesterol (the bad kind) and triglycerides (blood fat), and for its possible anticarcinogenic (cancer fighting) properties. Vanadyl sulfate is also popular with body builders because it may improve insulin action or mimic insulin. Insulin helps muscle grow and can therefore help maximize muscle definition.*

Thiamin — Thiamin has been found to boost the body's metabolism, helping convert fat to fuel and increasing muscle strength and tone. By enhancing metabolic energy, you can exercise longer and reduce fatigue. It helps to reduce the onset of lactic acid build-up, so you don't "hit the wall" during strenuous bursts of physical activity as easily. Reducing lactic acid build-up can also decrease muscle soreness.*

Chromium Chelate — Chromium is found in the best exercise supplements because it is natural, helps enhance muscle tone and aids in the reduction of body fat. It also enhances the action of insulin. Chromium is reported to lower cholesterol and actually help stabilize and regulate blood sugar levels. A majority of all Americans are believed to be chromium deficient.* (Thanks to ActiVit, you're not one of them any more!)

Cola Root Extract — Cola root extract is a natural stimulant which may accelerate the burning of fat. It is a thermogenic enhancer which means that body fat is used (burned) more efficiently when it's present. It may provide antioxidant activity. This is especially important in aiding muscle activity during physical exertion. It is also believed to be a natural "smart drug," enhancing mental activity.*

Extracts of Oriental Ginseng Root, Siberian Ginseng Root, American Ginseng Root and Red-rooted Sage Root — This proprietary formulation contains a specially balanced preparation of several types of ginseng. It is formulated to boost energy, enhance immunity and promote blood circulation. Additionally, it helps the user to more efficiently adapt to physiological changes such as exercise and recovery after exercise. Thus, higher energy levels may be achieved and recovery more rapid. This herbal formulation is all-natural and contains no added stimulants, such as ephedra. It is an all-natural and safe way to feel more vitality.*

Cordyceps — Cordyceps fungus is included to help build strength, endurance and stamina. Cordyceps is also used to increase energy and is thought to be especially good for people who are involved in athletics or who enjoy vigorous sports.*

In addition, cordyceps has been shown to:

- aid the upper respiratory tract and promote healthy lung function*
- support male potency and female vitality*
- support the kidneys*
- increase blood supply to the heart and brain*

Continued

Copper and Tyrosine — Copper and tyrosine are included to increase the metabolic rate, which lets you exercise harder to burn more fat and make those hard-earned muscles more visible.

Magnesium — Magnesium lets you workout harder while decreasing the likelihood of cramping. It is also recommended by many doctors as a daily supplement for health of the heart. Magnesium is an essential mineral that helps regulate the heart's neuromuscular activity and maintain normal heart rhythm. Because of this function and its nerve and muscle support, magnesium may also be helpful for fatigue, nervousness, anxiety, insomnia, depression, and muscle cramps.*

Tribulus — Tribulus terrestris is a powerful and natural herbal alternative to anabolic steroids. It has been claimed to elevate levels of testosterone and luteinizing hormone (LH), both of which have positive effects on protein synthesis, recovery, libido and sexual function.*

Branched-Chain Amino Acids: L-isoleucine, L-leucine and L-valine — In nature, there are three branched-chain amino acids: L-isoleucine, L-leucine and L-valine. These branched-chain amino acids must be present in the muscle cells to promote protein synthesis – or reduce the breakdown of muscle – so you can maximize the effect of your workout. In other words, branched-chain amino acids help muscles build and strengthen instead of getting burned off.*

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Pregnant or lactating women should not take any multi-vitamin or supplement unless specifically approved by their physician.*

ActiVit™ Fat Burning Formula:

Aside from the essential vitamins you need every day, we created the fat burning formula below because the ingredients have been shown to positively affect metabolism and energy while helping to burn off stored fat.* This multi-vitamin supplement can be taken along with the Slimming Formula to enhance the benefits of exercising with the Slim in 6 body slimming system:

Pyruvate — Pyruvate can improve exercise performance by enhancing the transportation of glucose into the muscle cell: Muscles need glucose during exercise or they more easily become fatigued. Subjects have reported sustained energy levels without the unwanted side effects of caffeine or other stimulants.*

Pyruvate also:

- is 100% safe because it is a natural product of the body's metabolism*
- may decrease cholesterol in subjects on high fat diets*
- provides unique antioxidant protection*
- seems to improve cardiac function*

Alpha-Lipoic Acid — The metabolic antioxidant alpha-lipoic acid is a non-vitamin coenzyme that carries out important metabolic and antioxidant functions in the body. It helps burn carbohydrates, fat and protein, while disposing of free radicals.*

Vanadyl Sulfate — Vanadyl sulfate is a trace mineral and antioxidant. Antioxidants are beneficial because they protect against tissue damage during exercise, help recovery and help to maintain higher energy levels. Vanadyl has been shown to reduce soreness after vigorous exercise. It is being used more to help prevent excess LDL cholesterol (the bad kind) and triglycerides (blood fat), and for its possible anticarcinogenic (cancer fighting) properties. Vanadyl sulfate is also popular with body builders because it may improve insulin action or mimic insulin. Insulin helps muscle grow and can therefore help maximize muscle definition.*

Thiamin, Riboflavin, Niacin, Pantothenic Acid and Alpha-lipoic Acid — These compounds have been found to boost the body's metabolism, helping convert fat to fuel and increasing muscle strength and tone. By enhancing metabolic energy, you can exercise longer and reduce fatigue. Also, thiamin helps to reduce the onset of lactic acid build-up, so you don't "hit the wall" during strenuous bursts of physical activity as easily. (The burn you feel sometimes is the onset of lactic acid.) Reducing lactic acid build-up can also decrease muscle soreness.*

Magnesium — Magnesium lets you work out harder while decreasing the likelihood of cramping. It is also recommended by many doctors as a daily supplement for health of the heart. Magnesium is an essential mineral that helps regulate the heart's neuromuscular activity and maintain normal heart rhythm. Because of this function and its nerve and muscle support, magnesium may also be helpful for fatigue, nervousness, anxiety, insomnia, depression, and muscle cramps.*

Cayenne Fruit — This natural herb can cause dilation of blood vessels in the micro-circulation. This process speeds nutrient delivery to the tissues and allows for efficient removal of metabolic waste from the muscles. By eliminating wastes and delivering nutrients, muscles can function more effectively.*

Chromium Chelate — Chromium is found in the best exercise supplements because it is natural, helps enhance muscle tone and aids in the reduction of body fat. It also enhances the action of insulin. Chromium is reported to lower cholesterol and help stabilize and regulate blood sugar levels. A majority of Americans are believed to be chromium deficient.* (Thanks to ActiVit, you're not one of them any more!)

Alpha-Ketoglucuric Acid — Alpha-ketoglucuric acid plays a vital role in the Krebs cycle, the system utilized by your body to release large amounts of energy. It also contributes indirectly to the stabilization of blood glucose levels during exercise, fasting or very low calorie diets. Alpha-ketoglucuric acid may prove an important adjunct to proper diet and training for the athlete desiring peak performance, and may reduce the loss of lean body mass.*

Choline — Choline is very important in controlling fat and cholesterol build-up in the body: it prevents fat from accumulating in the liver and facilitates the movement of fats in the cells. It is also thought to help improve memory.*

Continued

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Making the Slim in 6™ Commitment

It's time to go for it. And here's some good news: You are in control. If you feel like quitting half way through one routine one day because it doesn't "feel right" – then quit.

The important thing is, to whatever degree your body will let you, and without taking any chances with your health, follow the program in a way that works for you – and commit to it for the 6 weeks.

Every day, don't let your mind debate whether you will do Slim in 6 or not. That should not be a question. You **will** do Slim in 6, six days a week. The question should only be "how intense?"

We've seen that the commitment alone will make this fitness system more successful than any other – and it will give you faster, more exciting breakthrough results than you ever thought possible.

But you have to do it, and find the way within yourself to stick with it. Take a minute to write down three honest, selfish, and real reasons you're making this commitment so you can refer back for motivation whenever you consider quitting. (And you might.)

Examples: "I want to be able to wear a bikini and feel confident," "I want to fit into my old jeans," "I want to see if I can get ripped abs," "I want to look in the mirror for once and see no flab," "completing this will make me feel good about myself," etc.

Your Motivators Are:

1. _____
2. _____
3. _____

Tip:

Put a copy of your three motivators on your refrigerator and on your bathroom mirror. It all helps.

Beachbody's™ Fast Start

Lose 5-10 pounds and 2-5 inches in your first week by doing the Fast Start two days before beginning Slim in 6!

Beachbody's Fast Start is an effective fasting regimen that can be followed for the two days immediately before beginning a new workout program, such as Slim in 6. With Fast Start, weight loss results can be greatly accelerated so you lose from 5 to 10 pounds in the first week.

Using Beachbody's Fast Start Formula will cleanse impurities and detoxify the body, and is recommended so you get adequate nutrition and maintain your energy during this two-day fast.

The Benefits: Beachbody's Fast Start will prepare your body to burn off the maximum amount of stored fat during the first week of your program.

After this two-day fast, you will feel refreshed and invigorated. You will also have properly positioned your metabolism so your body will utilize stored fat for energy, without giving your body enough time to lower your metabolism (*thus the two-day limitation*).

The results can be dramatic:

- weight loss of up to 10 pounds or more – much of it in fat loss*
- a lasting decrease in "junk food" cravings*
- your stomach will contract, so it will take less food for you to feel full*

The Fast start method interrupts your food consumption, cleans out your digestive tract and activates your fat-burning metabolism. This exclusive formulation helps restore the nutritional and mineral balance in your body, and helps your body absorb important trace elements, minerals and enzymes into the blood stream. As a result, you will feel lighter, healthier and rejuvenated while you quickly shed pounds and inches during the first week of Slim in 6.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Beachbody's™ 6-Day Express

To maximize your results with Slim in 6, we recommend you follow the 6-Day Express plan for one of the 6 weeks – perhaps the last one in particular. There are three options to follow which include intensive diet and exercise to accelerate your results for a brief stretch of six days. All 3 plans are specifically designed to safely and naturally help you lose weight fast. Perfect for those fast approaching, special occasions, that call for some quick weight reduction. Choose the one that's right for you to get the slimming results you need.

Plan 1 - GET IN THE ZONE

Plan 2- THE HIGH PROTEIN EXPRESS

Plan 3 - FIT-FOR-A-MINUTE...AKA THE PHOTO SHOOT PLAN

The Slim in 6™ Maximizer

Here are 10 tips to help you get the absolute most you can out of the next 6 weeks.

1. TRAIN SMART! Read all of the literature. When it comes to fitness, knowledge reigns supreme. The more you know, the better chance you have of succeeding. By reading the Simple Steps to Success booklet, the Diet Guide, and the Internet Support Package, you will amass a mental arsenal that will help you out every single day.

2. Do Fast Start, today! There is no reason to put off changing your life and, unless you're eating right now, you've already started. All you have to do is not eat. Fasting cleanses your body of built-up toxins, gets your body used to utilizing stored fat as energy, and shrinks your stomach. If you didn't purchase the Fast Start formula, make yours a juice and/or herb tea fast. Any weight you lose is really just a bonus. The main benefits of the fast will come later when you crave less junk food. Plus, you now have two days to get ahead on your reading.

3. Sign on to the Beachbody.com Message Boards and read the newsletters. Join your Newbie group. You won't believe how motivating the boards can be. You'll be instantly hooked up with thousands of virtual training partners, along with a wealth of fitness and diet advice. Beachbody has been putting out newsletters each month for a couple of years now. Each issue is full of highly useful information. Okay, so by now you're probably thinking "how am I going to get in shape if all I do is read?!!" Don't feel like you need to catch up on the message boards and newsletters all at once. Just make them a part of your down time reading. It will turn out to be time efficient in the end.

4. Supplement your diet. Given today's fast and processed food environment, it's nearly impossible to get all of the nutrients you need while staying within your proper caloric zone. Proper supplementation will ensure that you have all of the nutrients your body needs to rebuild itself after intense exercise.

5. Work out on an empty stomach. This doesn't mean that you have to work out first thing in the morning (though it is a good idea). It just means that your stomach should be empty when you begin your workout. Give yourself 3 hours after eating (longer for excessive meals) to exercise. This window should mean that there is no excess food digesting in your stomach but you have proper stored glycogen to get you through your workout without bonking.

6. Eat a post-exercise snack. Ideally, you should have used most of your stored glycogen to finish your workout. In a window between 15 minutes and one-hour after exercise your body is at its peak to absorb nutrients (up to four times better than at any other time). You want to eat a small snack during this period that is four parts carbohydrates to one part protein. The high carb content is because your body wants to replenish its glycogen stores as quickly as possible, which will speed up your recovery and make you less sore. A little protein kick starts muscle resynthesis as well. Keep this meal very light, under 300 calories, and it should allow you to recover and keep you from getting hungry until you eat a proper meal, 2 to 3 hours later.

7. Add weight. Just because it's a slimming program don't be afraid to lift as much weight as possible. You should increase weight throughout the program as you get stronger. Skip the rationalization of "I must lift light weights if I want to get thin." Don't worry, the volume and intensity of the program will keep you slimming down, you still want to lift as much weight as you can.

8. Start slow. Don't launch into day one after watching *G.I. Jane*. Take it easy, even if you feel like you can do more. You want to gradually increase the intensity each day and let your body adapt. If you start too hard, you'll end up very sore by thrashing your "emergency muscle fibers" and your progress will reverse until you recover, which can take up to two weeks. During the first few workouts, you should feel as though you could have gone a little harder. You'll still be sore, but it will be a good and manageable soreness. Day two should be harder than day one, day three harder than day two, and so on.

9. Ease up when sore. Hammer when healthy. Once you adapt to the program you'll want to go as hard as you can each workout, well, usually. Occasionally you will overdo it, under-eat, or under-sleep, and your body will break down to the point where it's lethargic. This state is called being overtrained. By looking for its onset, you can often counteract it before it gets you down. If you find that you are having a difficult time in workouts that were easy days before, back off a bit. Maybe take a day or two and do *Start It Up!* in place of *Ramp It Up!*, or *Ramp It Up!* in place of *Burn It Up!*. Don't feel like you're going backwards, you're not. These easier days will allow the excessive microtrauma you've incurred to heal up and you should be rarin' to go again in no time. Then it's time to pop in *Rocky* and blast away like there's no tomorrow.

10. Do Slim & Limber daily. While you can stretch too much, it's awfully hard to do, and nearly impossible when engaged in a program like Slim in 6. A daily dose of Slim & Limber may be just what the doctor ordered to help you recover at your body's maximum potential. But don't feel like you always have to get in front of your TV. Once you've memorized the routine, you can do these stretches almost anywhere. An abbreviated session whenever you get the chance will help too. Get in the habit of stretching whenever you get a sec: in front of the TV, waiting in line, when you first wake up and before you go to bed. A few minutes in the morning and at night can give you a whole new lease on life, especially life during Slim in 6.

The Slim in 6™

Steps To Success

Consult and review the Slim in 6 program with your physician before proceeding. It is important that you are properly advised whether this program is appropriate for your unique situation. It is not advised that you begin this or any fitness program without the proper attention and awareness to your current physical condition.

Now get your camera, take your "before" picture, and let's get started!

Statistics we suggest you have recorded by a medical professional to successfully track your progress:

Body fat % _____
Weight: _____ pounds [Date: _____]
Chest: _____"
Waist: _____"
Hips: _____"
Right Mid-Thigh: _____"
Left Mid-Thigh: _____"
Right Upper Arm (flexed, measured at the peak of the bicep): _____"
Left Upper Arm (flexed, measured at the peak of the bicep): _____"
Cholesterol: _____ HDL _____ LDL
Blood Pressure: _____ / _____
Resting Heart Rate: _____ beats per minute

Please do this:

Important: Take your "before" photos and staple them to pages 54, 55, and 56. That will be the best reminder of where you started (and where you will never be again). We'll take another batch in 6 weeks — and you will be amazed at the change.

We suggest taking a front shot (with your hands on your hips), a side shot (with your hands at your sides), and a backside shot (with your hands on your hips).

It's important that you show as much of your body as possible — so no loose clothing! Swimsuits are always best.

Take multiple shots of each. Don't "suck it in" or "push it out"... you want to see the most accurate shot possible. For best results, use a plain, light-colored background.

Photos Done? Let's Get Started!

Step One — If you're doing the Fast Start, you should follow the directions provided during the two days before you begin working out...**Here we go!**

The Slim in 6™ Steps to Success

Week 1/Day 1: Start It Up!, (Phase I)

IMPORTANT: If you did the Fast Start, make sure you eat at least one small meal before starting the program.

Use *Start It Up!* to familiarize yourself with the various moves that will be used throughout this program. As soon as you become comfortable and confident performing these moves, you can immediately advance to Phase 2 (*Ramp It Up!*). Be sure not to push yourself too hard. Your focus at this point should be on achieving proper form. If something feels uncomfortable - don't continue with that move. Take breaks. Get water. Get to know where your body is starting. Take it easy so you are not sore. (If the routine feels too hard for you at any level of intensity, then do not continue. Call customer service, and your money will be refunded.) Study the video for form and technique to prevent injury. Once you've finished, fill out the journal below:

Week 1/Day 1					
Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				
Notes about what HELPED me today: (good meal planning, making time, etc.)					

Notes about what hurt my results today: (food choices, forgot supplements, etc.)					

Like Day One, do not push yourself. Focus on form and getting to understand the purpose of each movement. If something is not comfortable, don't do it. If you feel like taking a break, take it, and be sure to drink plenty of water.

Week 1/Day 2

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

If you're feeling confident with your progress and are ready to kick it into higher gear, now is the time to start Phase 2 (*Ramp It Up!*). Continue to focus on mastering the moves and maintaining good form.

Week 1/Day 3

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

You may already be feeling some positive effects from the supplements and workouts. Now you will start to feel the Slim Training kick in. Your muscles might actually feel weaker than when you started, but with today's workout you are over the "starting hump." You're in-it-to-win-it. Five and a half more weeks.... **Let's go!**

Week 1/Day 4

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 1/Day 5

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 1/Day 6

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Note: Take at least one day off every week, and just do the *Slim & Limber* routine to keep from getting tight on the day off. This lets your body recover. Continue to follow the directions regarding Slim in 6 Supplements.

Also, please, please, please, pay attention to your body. If something is really sore or hurting, either try an alternative movement, or skip certain exercise movements and march in place.

Otherwise, fire up a routine every day with only one day off a week. ***If you completed six days of exercise this week, you are a superstar!***

While no week is easy, the first week is the toughest and you made it work for you. If you missed more than one day, you're not approaching this with the right mindset to get great results in 6 weeks. This is a 6-week program to create a dramatic slimming effect on your physique. It requires consistency for the Slim Training aspect to work. For just these 6 weeks, you need to be a fanatic and really go for it. While you can ramp up your intensity over the course of the 6 weeks, you cannot gradually ramp up your commitment. You need to be on it, six days a week. So come on. This works. You've got the tools. ***Let's get it done.***

Start week 2 by continuing with *Ramp It Up!*

If you can complete *Ramp It Up!* then go for it, but do not exceed your comfort zone!

Week 2/Day 1

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 2/Day 2

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 2/Day 3

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 2/Day 4

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 2/Day 5

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

WEEK 2/DAY 6

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Congratulations! Week two is behind you. At this point, your body should be in the groove, and it's all a question of intensity. It's now time to go full throttle and *Burn It Up!* in the 3rd and final phase of this program. ←

Week 3/Day 1

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 3/Day 2

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 3/Day 3

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 3/Day 4

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 3/Day 5

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 3/Day 6

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 4/Day 1

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 4/Day 2

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 4/Day 3

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 4/Day 4

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 4/Day 5

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	

I consumed _____ ounces of water

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 4/Day 6

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____ ounces of water					

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 5/Day 1

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____ ounces of water					

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 5/Day 2

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____ ounces of water					

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 5/Day 3

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____ ounces of water					

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 5/Day 4

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____ ounces of water					

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 5/Day 5

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____ ounces of water					

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 5/Day 6

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 6/Day 2

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

WEEK 6/DAY 3

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 6/Day 4

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

This Is It! — You are now starting WEEK 6! This is the week to really kick it into high intensity and see what you can do. Don't look back. Don't question your results to date. Just do the work and check your status at the end of the week.... You will be VERY pleased.

Week 6/Day 1

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____	ounces of water				

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 6/Day 5

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____ ounces of water					

Notes about what HELPED me today: (good meal planning, making time, etc.)

Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Week 6/Day 6

Today I did:	Phase 1	Phase 2	Phase 3	Abs	Stretch
My intensity:	low	moderate	high	very high	
My calorie balance was:	Burned less than I ate	Burned about the same as I ate		Burned more than I ate	
I consumed _____ ounces of water					

Notes about what HELPED me today: (good meal planning, making time, etc.)

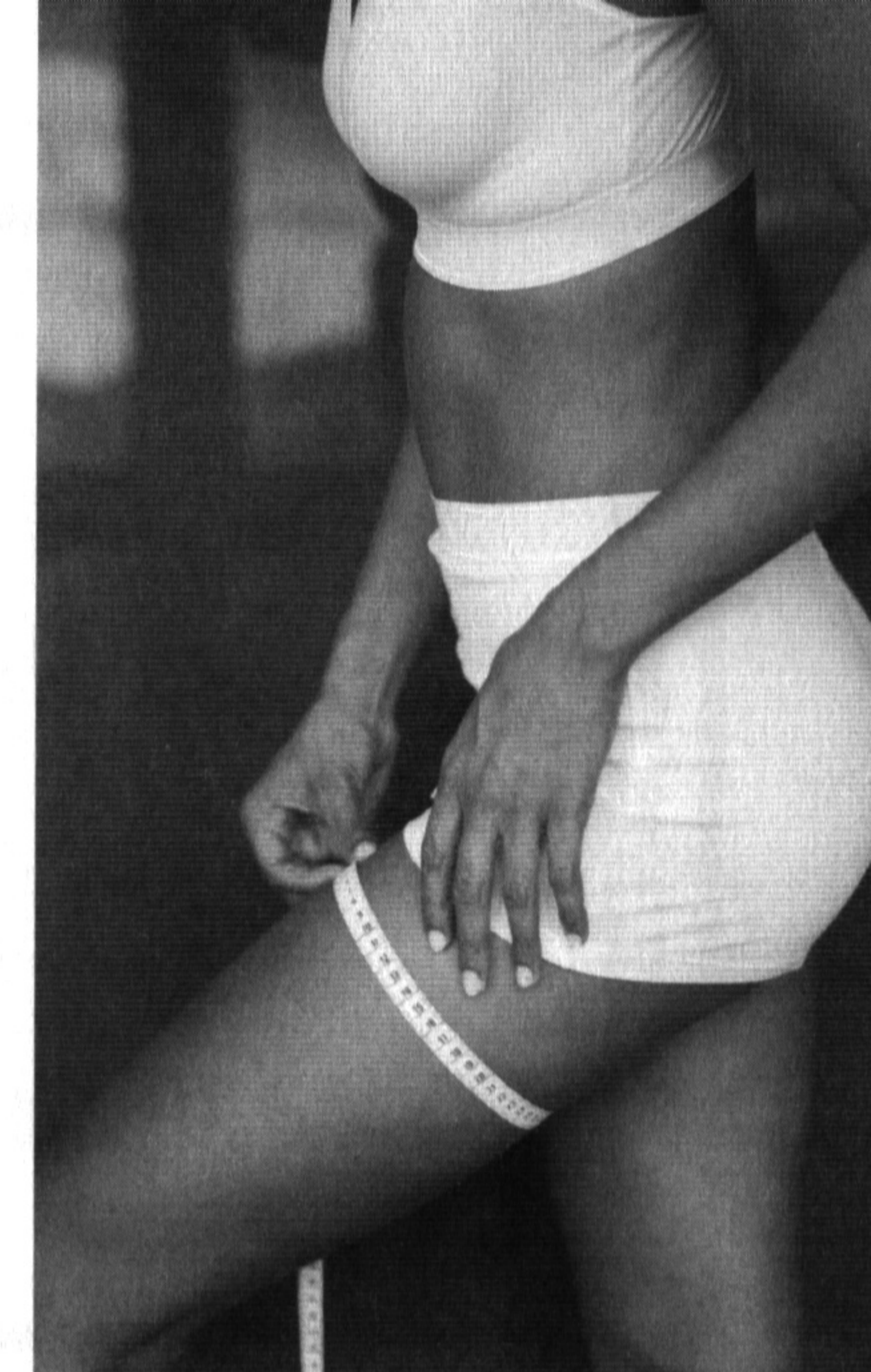
Notes about what hurt my results today: (food choices, forgot supplements, etc.)

Important:

Take your "after" pictures today! Staple them to pages 54, 55, and 56 for a final heroic tribute to your results!

Congratulations!

You have completed the SLIM IN 6 program! Besides the powerful, committed, slimmer person looking back at you in the mirror, let's see what you achieved physically. Compare your stats today to those you recorded prior to day one.



Body fat % _____

Weight: _____ pounds [Date: _____]

Chest: _____"

Waist: _____"

Hips: _____"

Right Mid-Thigh: _____"

Left Mid-Thigh: _____"

Right Upper Arm (flexed, measured at the peak of the bicep): _____"

Left Upper Arm (flexed, measured at the peak of the bicep): _____"

Cholesterol: _____ HDL _____ LDL

Blood Pressure: _____ / _____

Resting Heart Rate: _____ beats per minute

Staple your front facing "before" here.

Before — Front

Staple your front facing "after" here.

After — Front

Staple your side facing "before" here.

Before — Side

Staple your side facing "after" here.

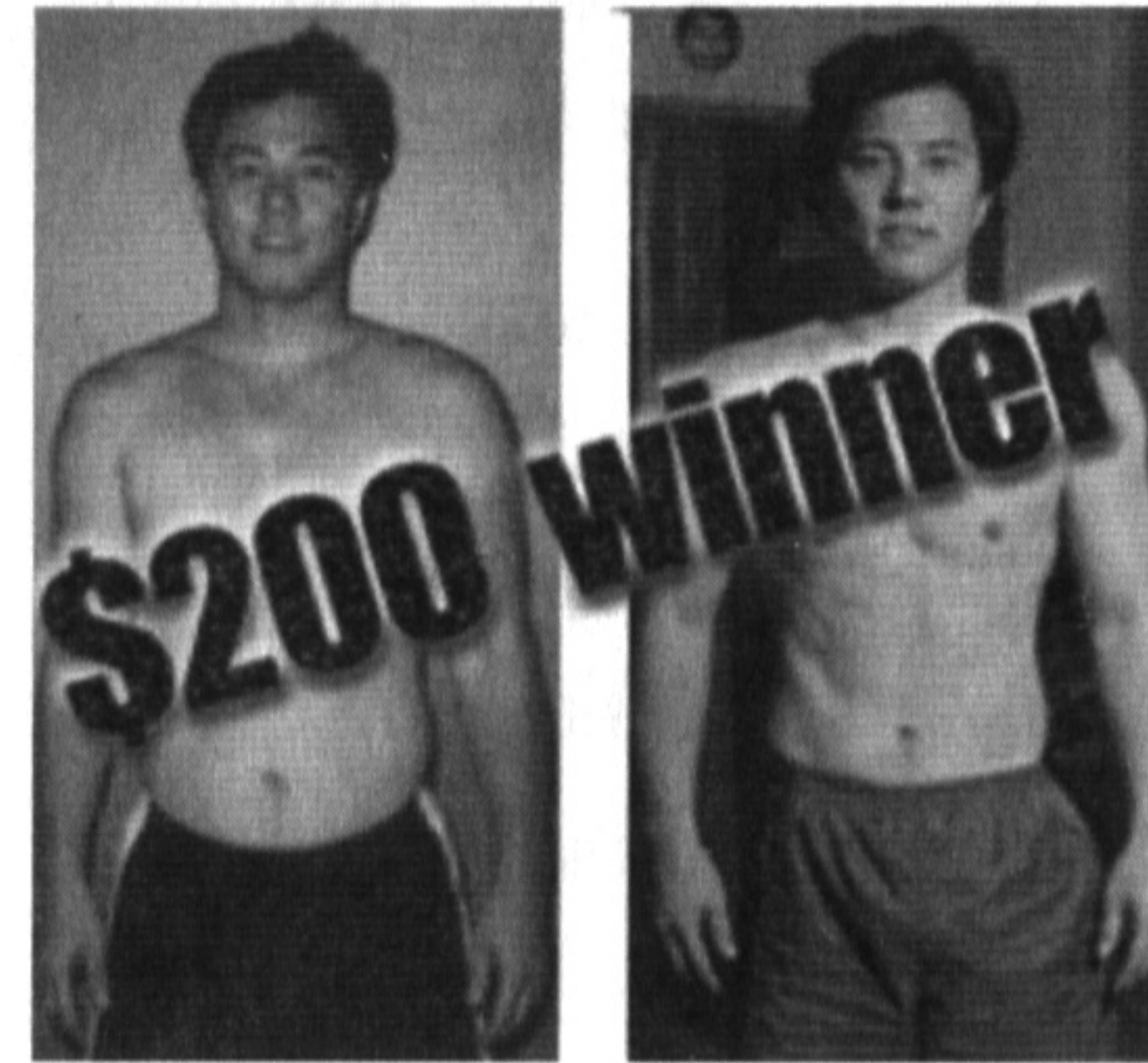
After — Side

Staple your back facing "after" here.

Staple your back facing "before" here.

After — Back

Before — Back



Now is your chance to earn money, and other grand prizes like trips to Hollywood and more – all based on your success doing Slim in 6!

Send us a copy of your pictures and your measurements, and you could win \$200! We select at least one winner each month based on results, photo quality, and success story.

Send us an email at contest@Beachbody, or write us at:

Beachbody Contest
8383 Wilshire Boulevard
Suite 1050
Beverly Hills, CA 90211

**Win
\$200!**

Week 7 and on!

Way to go – You did it! You’ve accomplished an incredible feat. No doubt you’ve developed a leaner, tighter, healthier body. While you should give yourself a much-deserved pat on the back, you should also continue to build upon your success.

If you’ve already hit your goal, then we suggest continuing with Debbie’s advanced *Slim Series* routines, or another Beachbody fitness program to maintain your achievements, while still following the diet guidelines and taking ActiVit and the Slimming Formula.

The most important thing at this stage is: Keep in mind that if you’re not burning calories by exercising on some days, you need to watch your food intake so you don’t pack it back on.

But that’s all it takes – you now have a great foundation to maintain your slim figure, plus you’ve got the kind of fitness that lets you explore new activities with the confidence that your body is up to it.