



## The Action Points

### 1. Contact your doctor

Always talk to your doctor when making any kind of change to your diet. In the Handouts section, you can download the Letter to your Doctor. Provide them with an updated list of your medications, as they may need to adjust them.

### 2. Check out the Support section

There are many tools in this section to get more information or have a question answered. Sign up for one of our Focus Groups (Classes), which are interactive discussions with our coaches. If you have any questions, be sure to check out the Frequently Asked Questions section to find your answers. All the Handouts can be found here for easy printing and reference. The Guest Expert Series highlights various aspects of nutrition.

### 3. Take 'before' photos

Snap a few pictures before you begin. Take a few measurements. This will give you a baseline to measure your progress. You'll be happy you did in a few weeks' time.

### 4. Cut out snacks

Eat three meals per day with no snacks in between. Be sure not to eat after dinner so that you can have a proper overnight fast that you can break in the morning with your 'break-fast' meal.

Congratulations, you've started fasting already!