



Congratulations on getting started!

Making the decision to get started is always the hardest part. So, congratulations on getting started with The Ideal Body Center's, Ideal Protein program. You're going to be excited with the results you'll be seeing! You're about to experience some amazing and positive changes in your life and we're happy that we can be a part of it.

You're going to find that this program is actually very easy to follow. It quickly becomes a new lifestyle and an easy and enjoyable way to eat.

That said, if you're going to have any challenges, they're likely to come during the first week. Don't worry, though – those challenges quickly disappear and you'll soon realize that you're going to have a fantastic experience with the program and it's easier than you might have expected. Remember: No Alcohol, No cheating and please bring your journals filled out to every meeting with your personal Health Coach. Your coaches cannot help you if they can't see what you are consuming. In the next few days you will be receiving an invitation to accept our coaching videos. Please click the accept button as these videos are invaluable!

When you joined you signed a consent and agreement form that you would happily stay on the protocol through phase 4. We will do everything in our power to support you through this journey.

You also signed an agreement to pay \$15.00 late or no show fee. We do not want to charge you this so please call 24 hours in advance if you cannot make your appointments.

Feel free to call 916-652-4411 or email your coach at info@idealbodycenter.com with any concerns or questions and don't forget to LIKE our [Facebook page](#) and send your friends and family to our website, www.idealbodycenter.com



Lastly, we hope you enjoy your journey BACK TO HEALTH!!!! And don't forget to share the [Ideal Body Center](#) with all of your friends and family! We want them to be healthy too 😊

Wishing you much success!

Dr. Lovell and Staff