



YOUv2 Participant Starter Guide



A message from Leandro

Welcome to your journey with YOUv2! We're so excited that you're committing to your health and fitness for the next 4 weeks. If you follow the K.I.S.S. (Keep It Super Simple) & JUST EAT! Meal Guide and work out with us every weekday, you're going to be so happy you did. We're going to have a blast movin' to classic party songs from the '80s and '90s, developing healthy habits, and journaling to track our success! And I'll be in your corner to motivate and support you every step of the way.

Here's one thing to keep in mind as you go through the program: You CAN do this! Don't worry about what size you are or whether you can finish the whole workout at first. Rather, be proud you've made the choice to do this. You will get better each and every time you make a healthy food choice or keep moving through the entire workout. So stick with it, and remember that I, and your Challenge Group, will be cheering you on the whole way. Are you ready to become the new you?

What are the commitments for the YOUv2 Challenge Group?

- Commit to 4 weeks on the program
- Work out 30 minutes each weekday
- Do your grocery shopping and meal planning on weekends
- Take photos and measurements on Day 1 and Day 28
- Follow the K.I.S.S. (Keep It Super Simple) & Just Eat! Meal Guide included with the program
- Drink Shakeology® daily
- Use the My Challenge Tracker app on your phone or through a private Facebook group—whichever platform your Coach designates
- No equipment is needed
- Let loose, live in the moment, and love each day you get to party with Leandro and the ladies of YOUv2