OVERVIEW

Your BRDR program reminders, and your Phase 2 Recomp process.

FIRST THINGS FIRST

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CONTENT & ACCESS NOTES

- **Content unlocks weekly** to keep you on track; On Ramp can be more than 1 week per your discretion. *You're not behind, you're in process.*
- **New weeks open on Mondays,** with prep notes for the following week, just like in Reset.
- **The monthly support call schedule is posted in the community,** just like in Reset. Bring your questions!
- **There are TWO Phase 2 Recomp Fitness Plans:** Recomp 1 is first and starts in On Ramp; Recomp 2 starts in Week 9. Both are available as PDFs and in the Ideal Age Fitness app free trial.
- **Login details are the same,** but the Phase 2 course is new. Open your course Library and find Body Recomp Done Right Course: Recomp (blue-green tile) or tap the links from your email every Monday.

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> **Note: Remember to prioritize your health and well-being** by seeking professional guidance and making informed decisions.

HOW TO USE THIS OVERVIEW

Here you'll find important reminders about the BRDR approach, as well as the Phase 2 Recomp process and your tools for making this more demanding (but still rewarding) phase work.

> **Note: This is not a to-do list! It's a guide to prepare you for (and help you succeed at) the Recomp process.** Instructions and action items are in the Phase 2 Recomp course, released to you weekly to keep you accountable and engaged. You'll receive an email every Monday when the content opens to you.

THE LEVEL SET

- **Don't forget what this program is all about.** BRDR is about doing the right things in the right order: regulating your system first, *then* asking your body for change. Recomp doesn't replace what you built in Reset; when done right, it builds on it.

- **There is one path to recomp: a calorie deficit (fat loss) and resistance training with proper protein intake (muscle gain).** But there is more than one way to *approach* those factors. This program is about specific tools for doing it conscientiously, with a system you feel good about, and WITHOUT a stressful deficit or going too far, too fast.

  We didn't track calories or macros in Phase 1, but you should expect to keep tabs on them to some degree (and track other measures) in Phase 2. There are a few ways to do this; choose based on what is truly doable for YOU and not what you think will be quickest.

- **The most important thing to remember: slow, steady, and not always linear.** You're building from your Reset foundation, working WITH your body *while* you ask it to change. This process takes time and attention, and a willingness to pivot, recalibrate, and recalculate when necessary.

  Everyone has different histories, genetics, and daily realities, which means results (and timelines) will vary. Some will spend the full 16 weeks simply getting adjusted and accustomed to a Recomp plan. THAT IS OK; you are IN PROCESS. It takes however long it takes, but the tools are always the same. Commit to the long haul.

- **Use the Community as a support system and not a comparison trap.** Don't gauge your success by the experiences of others.

> **Note: If tracking, logging, and metric-taking is too stressful for you as presented, reach out.** We can find a path and a timeline that works better for you.

Next, important reminders →

REMINDERS

Reminder: Body Recomp Done Right is built on The Regulation Framework. Phase 1 Reset and Phase 2 Recomp make up over 6 months of coaching, accountability, and support. *The optional Phase 3, the Real Life VIP membership, opens after Recomp concludes.*

PHASE ONE · ☑ DONE

Reset

10 weeks: 1+ week of On Ramp, 8 weeks of Reset, and 1 "Bridge to Recomp" week. **This is where you implement your Anchors and watch the 5 Signs.** We regulate the system and build the base every Recomp plan should have.

PHASE TWO · YOU ARE HERE

Recomp

18 weeks: 1+ week of On Ramp, 16 weeks of Recomp, and 1 "Bridge to Real Life" week. This is the body recomposition work that builds on your Reset foundations. The Anchors and 5 Signs stay (with small, intuitive shifts), and **additional tracking and metrics begin.**

PHASE THREE (OPTIONAL)

Real Life VIP

This optional membership opens to you after the 6 month Reset/Recomp journey, and **it comes with more resources for your "maintenance phase:"** Masterclasses, expert guests, office hours, and ongoing support for anything life throws your way.

REVIEW: THE REGULATION FRAMEWORK

OUTSIDE IN

FOOD is the messenger that tells your body it's safe and resources are available.

INSIDE OUT

FITNESS builds you up instead of breaking you down, and **FASCIAL WORK** slows your pace enough to tell your body it's not in danger.

TOP DOWN

EXPRESSIVE WRITING is the cognitive work that establishes safety by releasing mental stress and overwhelm (the "danger" signals we miss).

WHY RESET CAME FIRST

In Reset, you gave your body what it needed (enough food, movement that builds you up, and regular signals that it's safe) without asking for anything back, because we can't leverage the metabolism-nervous system connection in a body that's under-fueled and over-stressed.

WHY RECOMP COMES SECOND

A regulated body and mind are better able to handle the stressors you CHOOSE—like a calorie deficit. That's the foundation you built in Phase 1, alongside the habits and self-awareness that will carry you through Phase 2.

Now, what's new and what changes from Reset to Recomp →

STAYING, SHIFTING, & NEW

While your 5 Signs remain unchanged, you'll notice a slight evolution in your anchors, food, and fitness. A few things are totally new (and necessary for Recomp).

	WHAT	WHAT YOU NEED TO KNOW	PAGE
STAYING	**The 5 Signs**	Hunger, energy, sleep, stress runway & mood, and digestion are still your nightly check-in. They help tell you how you're handling the deficit, so they matter even more in Recomp.	10
SHIFTING	**Your anchors**	Your nervous system anchors (flows and expressive writing) combine into one line item: Nervous System Work. This makes room for an additional anchor: Prep. Look for the ⚓ symbol.	6
	Food	You'll eat a lot of the same foods you ate in Reset, but with a greater emphasis on protein and prep. In Reset, the focus was quality; in Recomp, quantity matters too, and you'll have tools for making that easier.	7
	Fitness	The Recomp 1 and Recomp 2 Plans are focused, like the Phase 1 Reset plan, on resistance training for muscle development. This process accelerates with unilateral work and more dynamic challenges. Specific, 4-week conditioning cycles are also implemented.	8
NEW	**The energy deficit**	You will begin your energy deficit for fat loss in Recomp. There are several ways to calculate and achieve this deficit; choose (and pivot) based on your needs. We have tools to make it easier.	9
	Tracking	Tracking of additional data and Recomp metrics (like weight*, RMR, and body composition) begins in Phase 2 Recomp. **We'll discuss where the scale is and is not relevant in the course.*	10
	The Path Planner	Choose one of three paths to recomp (Tune In, Dial In, or Lock In) based on what feels most doable for you right now. You can switch at any time.	11

Let's learn more about what's shifting, starting with your anchors →

ANCHORS

Like in Reset, your anchors are what keep you steady, even when you're making big moves in your life. Shifting priorities in Phase 2 Recomp mean your anchors need to evolve, too. The biggest change: your nervous system flows and expressive writing combine into one anchor, Nervous System Work.

RESET ANCHOR	RECOMP ANCHOR	WHAT YOU DO
Breakfast	⚓ **Protein, starting with breakfast** UPDATED OUTSIDE IN	Try for 30 grams of protein within an hour of waking, and make every other meal protein-forward. The Food Strategy packet will help.
Nervous System Flow + Writing	⚓ **Nervous System Work** UPDATED INSIDE OUT/TOP DOWN	2-3+ days/week, in whatever combination works for you. Both are still important, but by now you know which works best for you and when.
—	⚓ **Prep** NEW OUTSIDE IN	Every weekend, prep your protein *at minimum*. Pre-planned meals make it all possible (that's what the Food Strategy packet is for).
Workout and/or Recovery	⚓ **Workout and/or Recovery** INSIDE OUT	Every day, either a challenging workout (lifting and conditioning) OR true recovery (steps and rest). Additional steps on workout days are ok, too.
Course & Community	⚓ **Course & Community**	Log in on Mondays for your new course content, and check the community frequently. Post consistently, attend live calls, and participate!

WHY STILL FIVE?

Note: we stick with 5 because it's working for us, and because all the habits are linked: prep ensures you have protein available, starting with breakfast; movement gives your protein something to do; recovery lets it do it; your nervous system work ensures your system can handle it all; and the course and community help you stay engaged for long enough that it matters.

Let's learn how the food approach shifts in Recomp →

RECOMP FOOD (CALORIES & MACROS)

Food is the "Outside In" direction from your Regulation Framework; in Phase 2 Recomp, you'll still eat like you did in Reset (protein stacked, carbs and fiber flowing, fat reasonable) but we get more precise about calories and macros. This is necessary for intentional body recomposition, but don't worry: there are several paths to choose from to get you there.

CALORIE & MACRO TARGETS

FINDING YOUR TARGETS

You'll make several calculations to find important targets using your Goals & Calculations packet: your maintenance target, your deficit target, and your macro targets. Depending on your Path, you'll do a 2-week test (a maintenance test or a deficit test) to verify those calculations.

For the most precision, get your TDEE assessed at a clinic or gym to start. You can also use an online calculator (less precise).

HITTING YOUR TARGETS

Once you know your targets, you'll keep tabs on them based on your chosen Path so you can hit them consistently. You'll choose your Path based on your lifestyle, goals, and timeline. A food logging app (like Cronometer or MyFitnessPal) makes it easier, especially on the Lock In path; more in your Food Strategy packet.

The metrics and data you track give you insight on how it's working. You can switch or mix strategies as needed.

CONFUSED?

All the details you need are in your On Ramp curriculum, your Goals & Calculations packet, your Food Strategy packet, and your Tracking & Checkpoints packet. Work your way through them all (take your time), and the picture will become more clear.

WHAT TO THINK ABOUT RIGHT NOW

- **Structure, not rigidity.** Research shows that flexibility is helpful, not harmful. Enjoy breaks where indicated (we'll talk about this in On Ramp) and be flexible with the learning curve, too. The 80/20 rule still applies, although we manage it slightly differently in Recomp.
- **BORING IS BENEFICIAL.** Complex recipes taste good, and weighing and measuring keeps you on track, but both take time and energy that may be better channeled elsewhere, especially at the beginning. Use simple recipes and pre-calculated meals from the Menu Planner and Food Strategy Packet often to help manage your time, energy, and efforts.
- ⚓ **Protein and Prep.** These are crucial (that's why they're Recomp anchors). Protein is the most important of your macros in Recomp, so prioritize it. And prioritize prep, so you actually have it available to eat.

Now, let's learn how our fitness approach shifts in Recomp →

RECOMP FITNESS

Fitness is one of your "Inside Out" directions from your Regulation Framework, and the structure stays consistent (compound movements across every pattern—hinge, squat, push, pull), but with more challenging variations to stimulate growth. Get it done using the PDFs or the Ideal Age Fitness app.

STRUCTURE: 4 CYCLES + 1 DELOAD

CYCLE 1 · ON RAMP → WK 3	CYCLE 2 · WKS 4–7	WEEK 8 · DELOAD	CYCLE 3 · WKS 9–12	CYCLE 4 · WKS 13–16
Introducing supported single-leg lifts and metabolic conditioning with body weight moves. **3-4 sets, 8-12 reps**	Stepping work starts and single-leg work progresses. Metcons add weights and rotation. **3-4 sets, 8-12 reps**	Load remains the same, but sets decrease. Major movement patterns, no accessory work. **2 sets, 8-12 reps**	Bigger skill steps: more single-leg work, and more dynamic Metcons. **3-4 sets, 8-12 reps**	Load, range, and intent increase the challenge. Metcons get faster and more athletic. **3-4 sets, 8-12 reps**

WHAT TO THINK ABOUT RIGHT NOW

- **Recomp fitness can feel REPETITIVE.** It's not a huge departure from Reset fitness, and that's not a bad thing: it's how we stimulate the right muscles, repeatedly, so they'll grow. Random fitness makes you tired and sore; it does not grow muscles systematically.
- **Short metabolic conditioning sessions balance effort and results.** Long or very intense cardio doesn't beat simpler activity for fat loss, and in a deficit it can cost you recovery. Resistance training is your body recomposition bread and butter; metabolic conditioning is for heart and lung fitness (and the mood boost).
- **Home is possible, but the gym is better!** At minimum, you'll want a set of adjustable dumbbells, resistance bands, mini bands, and a slam ball. (See **SHOP**) If it's within budget, a gym membership or fitness pass to your local community center is even better.
- **Don't forget about walking.** Steps are part of your Workout or Recovery anchor: aim for about 8,000 a day, including a few brisk walks each week. Walking helps with fat loss and blood sugar without costing you the recovery your muscles need.

Now you know what's changing and evolving. Let's see what's completely new →

THE ENERGY DEFICIT

Body recomposition means losing fat and gaining muscle (or changing your muscle-to-fat ratio). You can do both in the same timespan with challenging resistance training, sufficient protein, and a small calorie deficit. (The Path Planner will help you decide what this looks like.)

BOTH SIDES OF THE DEFICIT EQUATION

ENERGY IN

Food is your main source of energy, but not your only one: stored body fat is energy, too. In Recomp, you'll eat a little less than you need, so your body fills the gap from fat stores.

A small deficit is enough. A bigger gap can speed up fat loss, but can stall muscle gain—and that's the opposite of recomp.

ENERGY OUT

Activity: spend your energy on things that build you up! Resistance training builds (and protects) muscle, walking helps build blood sugar regulation, and conditioning builds cardiorespiratory fitness.

Plus, staying active is one of the best predictors of keeping your results (and your health) for the long haul.

WHAT A SMALL DEFICIT LOOKS LIKE*

The research-supported approach is to aim to lose about ¼ to ½ a percent of your total body weight per week. (This won't happen every week; remember, the journey isn't linear.) At higher deficits (around 500 calories a day or more), muscle gain starts to stall. **A how-to for calculating your deficit is in the Goals & Calculations packet.**

**If your BMI is 30+ or your body fat is 40%+,* *your 2-week test and your deficit might look a little different. See "BMI 30+ or Body Fat 40%+? Start Here" in your Goals & Calculations packet.*

DEFICIT PROGRESSION

		2-WEEK TEST WINDOW															
DEFICIT	FIND & PRACTICE YOUR #S	VERIFY YOUR #S OR SMALL DEFICIT							MAIN-TEN-ANCE	SMALL DEFICIT, RECALCULATED IF NECESSARY							TBD
WEEK	ON RAMP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	BRIDGE TO REAL LIFE

Your 2-week test can start any time in Weeks 1-4. On a maintenance test, your deficit starts when the test ends; on a deficit test, it starts with the test.

Most people won't start in an immediate, intentional deficit, because you can't know your precise deficit until you know your maintenance. In On Ramp, you'll choose your path and find your numbers. Then, depending on the path you choose, you may verify those numbers with a 2-week test when you're ready.

Note: Week 8 is a maintenance week. If your deficit started in Week 5 or later, maintenance that week is optional for you; you can go straight into your second deficit block.

The energy deficit is key, but it has to be calculated right. Here's how you make sure →

TRACKING

You'll continue tuning in to your 5 Signs, but you'll also probably want to track some basic data and metrics of body recomposition. The path you choose on the next page will guide how much (and what) you track.

STAYING: YOUR 5 SIGNS

Hunger	**Energy**	**Sleep**	**Stress runway & mood**	**Digestion**

NEW IN RECOMP: YOUR DATA AND METRICS

More information on these options is in the On Ramp and your Tracking & Checkpoints Workbook. You don't have to track them all! Your Path Planner will help you decide.

DATA	**Weekly Average Weight***	**How Clothes Fit**	**Photos**
METRICS	**RMR**	**Body Composition**	

*WHY THE SCALE MISLEADS DURING RECOMP

The scale weighs everything, not just fat; and because you're losing fat while building muscle, scale changes can be minimal even when your body is changing. That's why the scale is just ONE data point, and why we ask that it not be your ONLY one.

DATA & METRICS CHECKS

Depending on the path you choose, you might gather data throughout the week and do several metrics checks throughout the program (around Weeks 6/7, and between Weeks 12 and 16). Change shows up over weeks, not days! More information in your Tracking & Checkpoints Workbook.

WHAT DO MY METRICS SAY ABOUT ME?

Note: many of us have a negative history with metrics, weighing, and tracking, because we attach emotion and personal value to the results. But the truth is: numbers, trends, and tracking in pursuit of realistic, healthy goals provides *information* to help guide your way. This information says nothing about your worth as a person. Still, if the emotional charge is too great, reach out to discuss other options.

Now that you know the tracking options, it's time to choose your path →

THE PATH PLANNER

Everyone followed the same overall path in Reset; in Recomp, you have 3 paths to choose from based on what feels most doable and aligned.

THERE'S NO WRONG PATH

Every path can lead to recomp; the difference is mostly precision and time. The more precisely you track, the sooner you'll know whether your deficit is working (and the sooner you can adjust). Less tracking can mean a longer road, and that's okay.

SWITCHING PATHS

You can check in or switch paths at any time. There are also built-in, natural times to reassess: your Week 6/7 metrics check and Week 8, your maintenance week. Not sure where to start? The Dial In path is a great middle ground.

	PATH #1: TUNE IN *Reset, plus tuning in to how your body is changing, and making adjustments when it feels right*	**PATH #2: DIAL IN** *Reset, plus keeping tabs on your food & tracking a little more*	**PATH #3: LOCK IN** *Full jump into Recomp: keeping tabs on your food and tracking all available metrics.*
FOOD	Keep your Reset habits. Use your deficit number to pick one or two cuts to your usual food (like one less snack, or a smaller second breakfast), and boost your protein intake.	Keep your Reset habits, and keep tabs on your calories and macros ~80% of the time (the Menu Planner is built for this, and logging apps can help, too). The other 20% should still be eyeballed as within calorie and protein range most of the time.	Keep your Reset habits, but quantify your calories and macros in detail almost all the time. The Menu Planner is built for this; a logging app like Cronometer or MyFitnessPal is also helpful.
TRACKING	Pick 1-2 data points and/or metrics to track.	Track 1-2 data points and at least 1 metric; or all data points if metrics aren't available to you.	Track all data and metrics that are available to you.
2-WEEK TEST	Optional	Yes, when ready (maintenance or deficit test)	Yes, when ready (maintenance or deficit test)
WORKOUTS	Recomp 1 & 2 (Day 4 optional)	Recomp 1 & 2 (Day 4 optional)	Recomp 1 & 2, all 4 days
BENEFITS	This is the easiest place to start (it's the closest to what you already know) with the least stress around the numbers at the beginning.	A more precise starting point and a more targeted approach can compress your timeline without making "calories and protein" your job.	The clearest feedback and the most precise numbers, so you can adjust fastest.
DOWNSIDES	Less precision in the numbers can mean a slower path to results, more pivoting in the long run, and accidentally creating a deficit that's too large, which can be stressful and stall muscle gain.	The middle ground for results: not as precise as the Lock In path.	Takes the most time and attention. More tracking, plus a 4th workout, plus a deficit is a lot to handle, so watch your 5 Signs closely.
BEST FOR	Anyone who is overwhelmed by the information presented in Recomp, and who needs a bit more time to adjust.	Most people, and anyone who isn't sure where to start.	Those who like data, have the time, and feel neutral about tracking. (It isn't the "best" path; it's just the one with the most data.)

No matter what path, everyone will spend their time in a similar way →

RECOMP SNAPSHOT

Here are the actions you'll take in Phase 2 Recomp, with the help of the course, community, and resource packets. Reach out for help strategizing.

WHERE YOUR TIME GOES (ALL PATHS)

WHAT	HOW MUCH TIME	ANCHOR
Prep	**1–2 hours, once, over the weekend** to prep you for Monday and the week ahead. At minimum, prep your protein. You'll get more efficient over time!	Prep · Protein
Workouts	**2-3 hours (maintenance) or 3-4 hours (muscle gain)** of resistance training during the week. Metabolic conditioning follows select workouts.	Workout or Recovery
Walking	**~8,000 steps/day,** including 2-3 brisk, 20-30 minute walks each week when possible.	Workout or Recovery
Regulation	**15 minutes a day, 2-3+ days a week.** This includes fascial flows and cognitive work (easily broken up into a few minutes, AM and PM).	Nervous System Work
Logging In	**1 hour total across the week.** Course materials are 30-45 minutes (mostly audio); community check-ins are quick.	Course & Community
Tracking, if applicable	**Variable.** 2 to 3 min nightly (5 Signs + anchors), a few minutes for each data point, and keeping tabs on your food, which depends on your path (more for logging, less for eyeballing).	—

Note: If there's a day when you can only manage one thing, prioritize the logging in so you can draw motivation, accountability, and support from the community! Phase 2 Recomp is all about making it work; there's nothing like a community that cares to give you the nurturing (or nudge) you need. And if an off day turns into multiple days, reach out for some strategizing—or a kick in the pants.

Your resource packets will help you handle it all →

RECOMP RESOURCE PACKETS

Print the packets during On Ramp for quick guidance and help staying on track in Phase 2 Recomp!

GOALS & CALCULATIONS

WHAT'S IN IT	WHAT IT'S FOR
What You Want	What do you see for yourself by the end of Phase 2 Recomp?
Your Targets	Use the Recomp Targets Calculator to find your starting maintenance, deficit, and protein targets.
Your 2-Week Test	Which test is right for you, when to start, and how to read your results.
Visualize Your Week	Keep habits and anchors solid by sketching out a plan.

FOOD STRATEGY

WHAT'S IN IT	WHAT IT'S FOR
Keeping Tabs On Your Intake	Ways to keep tabs on your food, from eyeballing to precise logging.
Hitting Your Targets	Protein at every meal, meal sizes, and easy ways to plan your days with the Menu Planner.
Quick Meals & Snacks	Simple, mix-and-match options for busy days. (Full recipes live in the Menu Planner and the Recomp Recipe Book.)

TRACKING & CHECKPOINTS

WHAT'S IN IT	WHAT IT'S FOR
Tracking: Data, Metrics, Signs & Anchors	What to track, how to track it, and why it matters.
Support Sheets	Weekly bedside tracker with your 5 Signs, Anchors, and data/metrics.

All this is great, but what makes it better? Helpful course content every week! →

RECOMP CURRICULUM

Here's what you'll find in the course every week. After On Ramp, each week has 3 lessons: what to know and what to do; a metric or mindset check OR a topic highlight for added insight into parts of the BRDR approach; and a check-in to prep for next week.

TOPIC HIGHLIGHTS & CHECKS

WEEK	LESSON 2
On Ramp	[Orientation: patience & consistency, the scale, metrics, and realistic goals.]
Week 1	Topic Highlight: **Calorie Deficits & The Nervous System**
Week 2	Topic Highlight: **Macros: Protein (And Everything Else)**
Week 3	**Q&A + Mindset Check**
Week 4	Topic Highlight: **Making The Right Adjustments**
Week 5	Topic Highlight: **When To Recalibrate**
Week 6	**Q&A + Metrics Check**
Week 7	Topic Highlight: **Cardio (& Intensity)**
Week 8	Topic Highlight: **Recovery**
Week 9	**Q&A + Mindset Check**
Week 10	Topic Highlight: **Is It Really A Plateau?**
Week 11	Topic Highlight: **Muscle & Muscle Gains**
Week 12	**Q&A + Metrics Check**
Week 13	Topic Highlight: **Metabolism, Hormones, & Recomp**
Week 14	Topic Highlight: **Real Sustainability**
Week 15	**Q&A + Mindset & Metrics Check**
Week 16	Topic Highlight: **Phase 2 Complete**
Bridge to Real Life	**Bridge to Real Life**

Here's what all this leads us to →

AFTER RECOMP

By Bridge to Real Life week, if you've found consistency, been accountable to your anchors, and challenged yourself in your workouts for most of Phase 2 Recomp, you should see obvious and encouraging body recomposition results! You've proven to yourself that habits can stick and change can happen, and your journey doesn't have to end here.

WHAT YOU SHOULD NOTICE BY THE END OF RECOMP

- **Your scans show more muscle, less fat, or steady muscle, less fat.** This is THE result—body recomposition—and we take the time to gather data and take metrics so you TRULY know what happened under the surface!
- **Your clothes (and your confidence) tell the story.** Your test item (see the Tracking & Checkpoints Workbook) fits differently, and you feel GOOD in your skin.
- **You're stronger, and you feel more capable in the gym.** You lift more, you know when to push, and you consistently challenge yourself in your workouts.
- **You know how to adjust when needed.** The journey doesn't end just because 16 weeks has passed. You know how to read your data and navigate ups and downs, and no one number sends you spiraling.
- **The good habits have rooted, and you don't plan to stop.** You can't imagine a week without meal prep, protein, and a few good workouts, and you know when your nervous system needs extra care.

WHAT COMES NEXT: BRIDGE TO REAL LIFE

Whether you want to continue your body recomposition efforts or you're ready to step into maintenance, the optional Real Life VIP membership unlocks after you complete the Bridge to Real Life module survey.

The take-home: doing the right things in the right order doesn't just change your body composition. It also changes how you show up for yourself, and in your life, *for good*.