



Hi Champions,

The Totally Fit Life system is **not just** about exercise or eating. The Totally Fit Life system is about how we think, feel, act, maintain healthy relationships, grow spiritually and live a purpose-filled life. The Totally Fit Life (TFL) system is built on six areas: **Spiritual Fitness, Mental Fitness, Emotional; Fitness, Nutritional Fitness, Directional Fitness and Physical Fitness.** Each area works in tandem to increase a participant's likelihood for long-term sustainable health and vitality and abundant life. In order for the system to continue to have an excellent success rate and for each participant to benefit, we must ensure that each participant is adhering to all six areas of the TFL system. Effective December 30, 2013, all TFL participants who sign up for a TFL Cycle shall be required to read and sign this letter acknowledging that they understand the guidelines of the TFL system and understand the consequences if they do not adhere to them.

Daily reporting for the TFL system is the key requirement to ensure **accountability.** Any participants who are not adhering to the following guidelines shall be **terminated** from the TFL system.

- Every participant is required to complete their daily report (reporting on what you did the previous day) and submit via email by **10 a.m. each day.** On Sundays, the reports shall be submitted **6 p.m.** Multiple reports on a single day or an individual report representing multiple days is not acceptable.
- Every day TFL participants are responsible to recite the Prayer of Surrender and read, meditate, and/or memorize the Meditation and Memorization scriptures. This should be identified in the daily reports under **Spiritual.**
- Each participant is required to recite Dictums daily. This should be recorded in the daily report under **Mental.**
- Each participant is required to exercise the entire 10 days while on boot camp and exercise a minimum of six days a week with a minimum of 40 minutes power walking each day. Sundays are considered the day of rest; however, the day of rest can be any day as long as you meet the minimum of six days a week. Whatever you do to exercise—TFL Group Fitness Class, another group fitness class, Power Walk or exercise on your own—it should be recorded in the daily report under **Physical.**
- Each participant is required to make healthy food choices using the Glycemic Index (GI) chart as a guide to direct them daily. A minimum of 2.0 liters of water and six healthy meals (breakfast, lunch, dinner and three healthy snacks) should be consumed daily. The six meals should be identified in the daily report under **Nutritional.** A Golden Ticket (GT) is given for a food item that would be listed as fair or poor on the GI chart. The GT can be used for one food item on Saturday and one food item on Sunday.
- Every day, each participant must intentionally do something for someone else, which is their **TOP ONE.** This should be recorded in the daily report under **Emotional.**
- Each participant is required to complete a goal and task sheet within two weeks of each Cycle. The goal and task sheet must be shared with their respective teammates and their email coach. Under Cycle 1, each team of three is required to conduct the team huddle and provide the team name, team captain, team goal and their reward within two weeks of Cycle 1.



Each day the participant is required to read (out loud) and review their goals before bed and work on tasks related to a specific goal. This should be recorded in the daily reports under **Directional**.

Please understand that your email coach will be reviewing your progress daily. For those of you who are not open to adhering to the directions of the email coach or the requirements of the TFL system, you should consider whether or not you should be participating in the TFL. If it is determined that you are not meeting the TFL system requirements, you shall be terminated by your email coach. Remember this is the **Totally** Fit Life system, which means there is an expectation to meet the requirements of all six areas of the system.

If you are terminated, you will be notified by your email coach and a follow-up letter by the TFL Coordinator. The final decision is determined by the email coach. If you are terminated, registration fees are non-refundable. We, the coaches, are committed to God and under contract with Coach Nava to the success of the TFL system.

For those of you who are planning or have a planned vacation, please make sure you discuss whether or not you are off reporting with your email coach.

Don't forget that the purpose of the Totally Fit Life system is to:

Enhance Your Life . . . so that you can live a **Balanced, Productive, Fulfilling and Holy Spirit Directed Life**.

Please consider trusting the Holy Spirit to give you the power to consistently meet the requirements of all six areas.

If you have any questions regarding this email, please contact your email coach.

Respectfully,

Karen Nesbit
Coordinator

Pat Miller
Coordinator

PLEASE SIGN AND RETURN ALONG WITH YOUR REGISTRATION FORM

I _____ acknowledge that I have read and understand the
(PRINT NAME)
expectations outlined in this letter.

(SIGNATURE)

(DATE)