

# Glow 15 COURSE

## TRANSCRIPT

### Module 1: Prep

Welcome back, everyone. I am really happy that you're here. Today's module is all about prepping for your 15 days to improve and support your body, your mind and your spirit. During the next 15 days, you're going to see improvements in you well-being, in your energy, in the way that you sleep, in the suppleness, health and the youth in your skin, as well as your overall energy. Many of you are going to drop pounds of toxic and unhealthy weight that have been holding you back for maybe many years. All of this we're going to be doing together on our journey with Glow15.

There are three steps to the Glow15 Prep Program. #1, you're going to establish a baseline. We're going to talk all about that. #2, you're going to get your kitchen, your pantry ready. And #3, you're going to pull together the right supplies that you need in order to go through Glow15.

We're going to start with establishing your baseline. Studies show that just by tracking what it is that we do, we improve our results by up to 50%. You're going to start with a quiz that's found in your workbook. I want you to do that quiz so you get a basic understanding of where you stand, and where your levels are at for your ultimate glow within your body. Once you're done watching this video, I want you to take the quiz that's part of your workbook.

Did you know that studies show just by tracking your own progress, you can improve your results by up to 50%? That's a huge number, and one that I'm very excited for all of us to get to. You're going to find, in your workbook, a simple quiz that I want you to take. The quiz is going to help you understand exactly where you stand with different parts of your health, your vitality, your well-being, your mindset. And all of this is important. Once you're done watching this part of the module, you'll go to your workbook and do that quiz.

I also want you to be testing yourself throughout this program. You're going to be looking at your weight, resting heart rate, blood pressure, and a couple of other key indicators to know how the program is really working for you.

The exercise of actually tracking yourself is really for yourself. It's a very personal process, and for many of us, just by simply gaining that additional awareness, we're able to achieve better results. That's why I have it as part of the program for you. You will notice that there are a variety of different

trackers to use. I recommend picking your top three, and then focusing on those through the entire program.

It's optimal to get some lab work done, especially if chronic disease is something you are concerned with. You'll be recommended to do some lab work, and you could be looking at your total cholesterol levels, your LDL, your HDL, and you might want to look at your blood-glucose fasting levels. There's a variety of different labs that you can do before you get started with the program.

Lastly, you should record your goals for the Glow15 program. You'll put them down in your workbook and then refer to these goals at the end, once you've achieved, and maybe even overachieved in these types of goals.