



Metabolism Makeover



Find your "wellness weight" as you boost your metabolism so you feel fit and confident!





Makeover BITES

Serving Size: 5 days

Servings per Container: Unlimited

AMOUNT PER SERVING

% DAILY VALUE

Your wellness & confidence

100%

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Worry about how to hit your goals

0%

Having a custom road map to your wellness weight

100%

Baked by Michelle Stiff

Secret

You don't need the perfect diet or to drum up more motivation or willpower- what you need is a: *CUSTOM PLAN*

A custom plan that is based on your personal preferences, psychology, physiology and physical activity so you can break the yo-yo diet cycle to not only find your happy, healthy "wellness weight" (range) but maintain it long-term...so you can really enjoy your life.

For some of you, this "makeover" will be enough. For others, you'll want to continue and get coached through your journey so you continue the momentum we're going to build.

If that's you...don't worry. You'll have a chance WIN a spot in my signature coaching program the Momentum Method!



For now, let's just concentrate on our 5 days together.

LET'S DO THIS!



How to Win Prizes!

All of the training takes place in my FREE Wellness Elevate Facebook group - click image to join the group.



The replays will also be here >>> click for [ALL ACCESS PAGE](#).

You have the opportunity to win prizes: there will be two \$25 Amazon gift cards, 1 Guided Meditation Course or A Mary Kay Skincare Package & 1 1:1 session with me! You will get points based on the following:

1

TAGGING me on Instagram - you can post a photo of your workout, or your food, water bottle and so on) and say that you're doing a challenge with michellestiff_wellness, you can click on this link:

https://www.instagram.com/michellestiff_wellness/

2

You can also SHARE my posts in your stories.

3

Finally, get a friend to join you! Refer them to the group OR get any of your friends to follow me on IG, and you get a point!

The more you do, the more points you get, more opportunities to WIN!



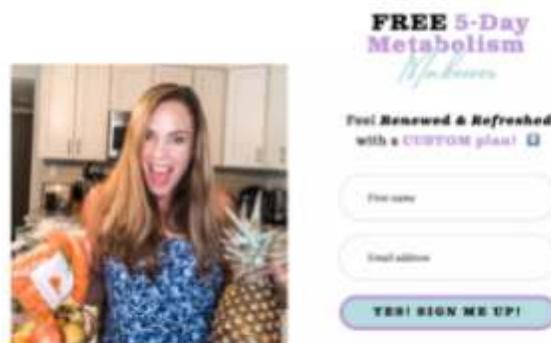
Here's what we cover:

Break the dieting mindset by fueling your body with your own custom plan so you can:

- 1 Enjoy the food you're eating as you understand why all the macronutrients are important and how to customize them for your unique body.
- 2 Learn how your hunger, energy, mood and cravings are biofeedback for your metabolism how to optimize them
- 3 Unravel limiting beliefs so you can start to actually see progress and get unstuck
- 4 Let go of food shame & guilt so you can have the flexibility to enjoy all foods in moderation.

Reminders:

- You'll have access to all the training videos until Oct 12 only!
- You can find all the replays and workbook on this [MAKEOVER ALL ACCESS PAGE \(just click\)](#) and it is also in the FB group under "units"
- In order to be eligible for the prizes AND the grand prize SCHOLARSHIP you must submit your homework each day!



ALL ACCESS PAGE Metabolism Makeover

Wellness Elevate



Goals & Commitments

1. My goal for participating in this program is:

2. My long term goals in terms of nutrition and weight loss are:

3. This week I am committed to:

1.

2.

3.

Current measurements

Neck:

Bum:

Day 1 Weight:

Shoulders:

Thigh:

Day 2 Weight:

Chest:

Calf:

Day 3 Weight:

Waist:

Day 4 Weight:

Hip Bone:

Day 5 Weight:

ARM

Measure halfway between the elbow and the bony point on the top of your shoulder.

CHEST

Circumference measurement around your chest at the widest point (use nipple line) Stand in a relaxed posture and breathe out.

WAIST

circumference measurement around your waist at your belly button. Stand in a relaxed posture and breathe out

HIP

Circumference measurement around your glutes at the widest point.

THIGH

Measure at the halfway point between the center of the kneecap and inguinal crease (the line where leg inserts into trunk).





DAY 1: 3 KEY SHIFTS

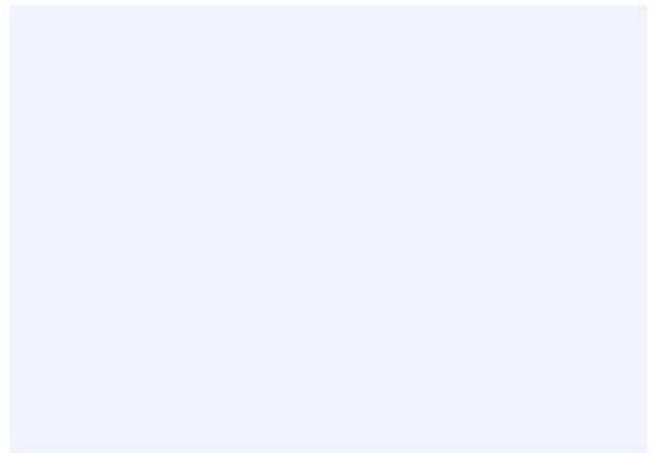
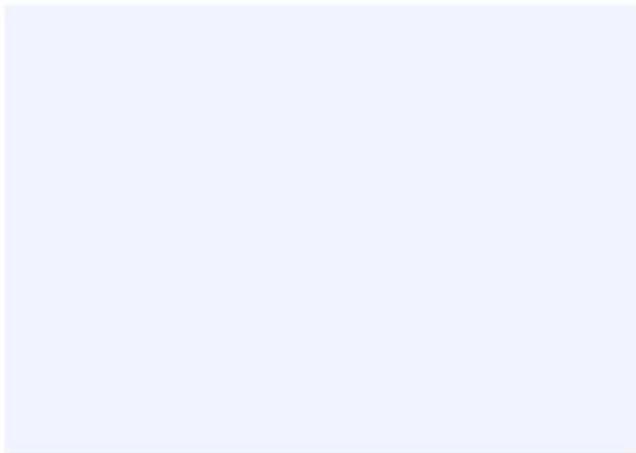
Can you identify a few desperate dieting traits you have?

- 1.
- 2.
- 3.
- 4.

"Why-Identity" Scale

A

B



There is a gap—a gap between the body you have and the body you want.





DAY 2: WHY DIETS HAVEN'T WORKED & WHAT TO DO

Do you have symptoms of a slowed metabolism (click here to complete [Metabolism Assessment](#))

Jot down the **4 different parts of our metabolism** and also the **4 phases of a wellness journey**. Please note what phase you think you should be in.

BMR -

TEF-

NEAT-

EAT -

Cut/Deficit -

Maintenance -

Reverse Diet -

Bulk -





DAY 3: WHAT & HOW MUCH TO EAT

This is where we customize your nutrition plan. Don't try to figure this out yet, I will be walking you through what the calculations are. Don't freak! This is basic maths.

Please note this is an AVERAGE!

Write down you bodyweight (BW) in lbs (x2.2 if you know kg).

| | | |
|------------------|---|---|
| BELOW AVERAGE | Minimal exercise + normal activity | _____ (BW) x _____ and _____ = _____ |
| AVERAGE | 1 hour exercise + normal activity 4-5x per week | _____ (BW) x _____ and _____ = _____ |
| ABOVE AVERAGE | 2-3 hours exercise + normal activity 4-5x per week | _____ (BW) x _____ and _____ = _____ |

Write down your goal for protein (range in grams):

_____ (Goal BW) _____ x _____ and _____ =

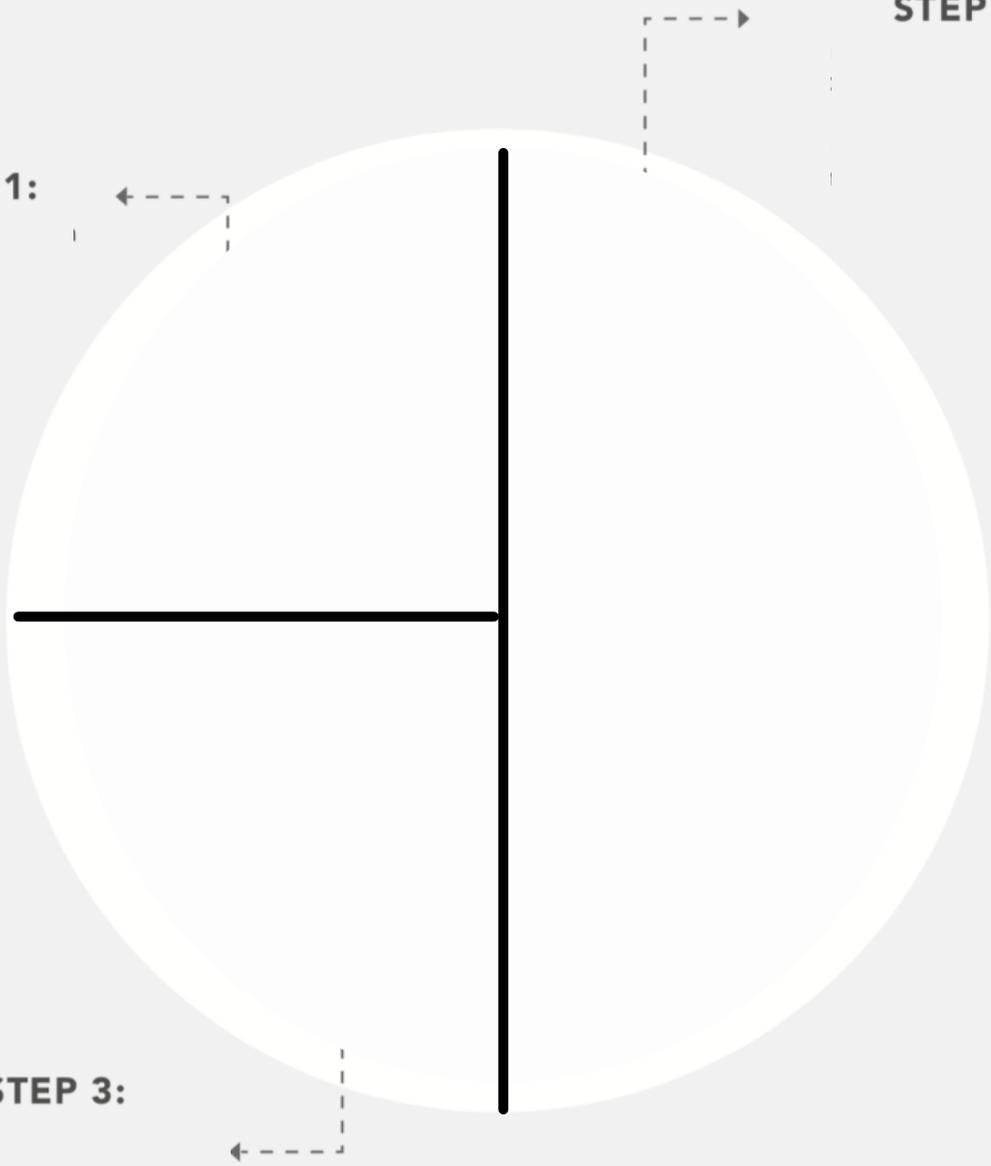


BUILD YOUR PLATE

STEP 1:

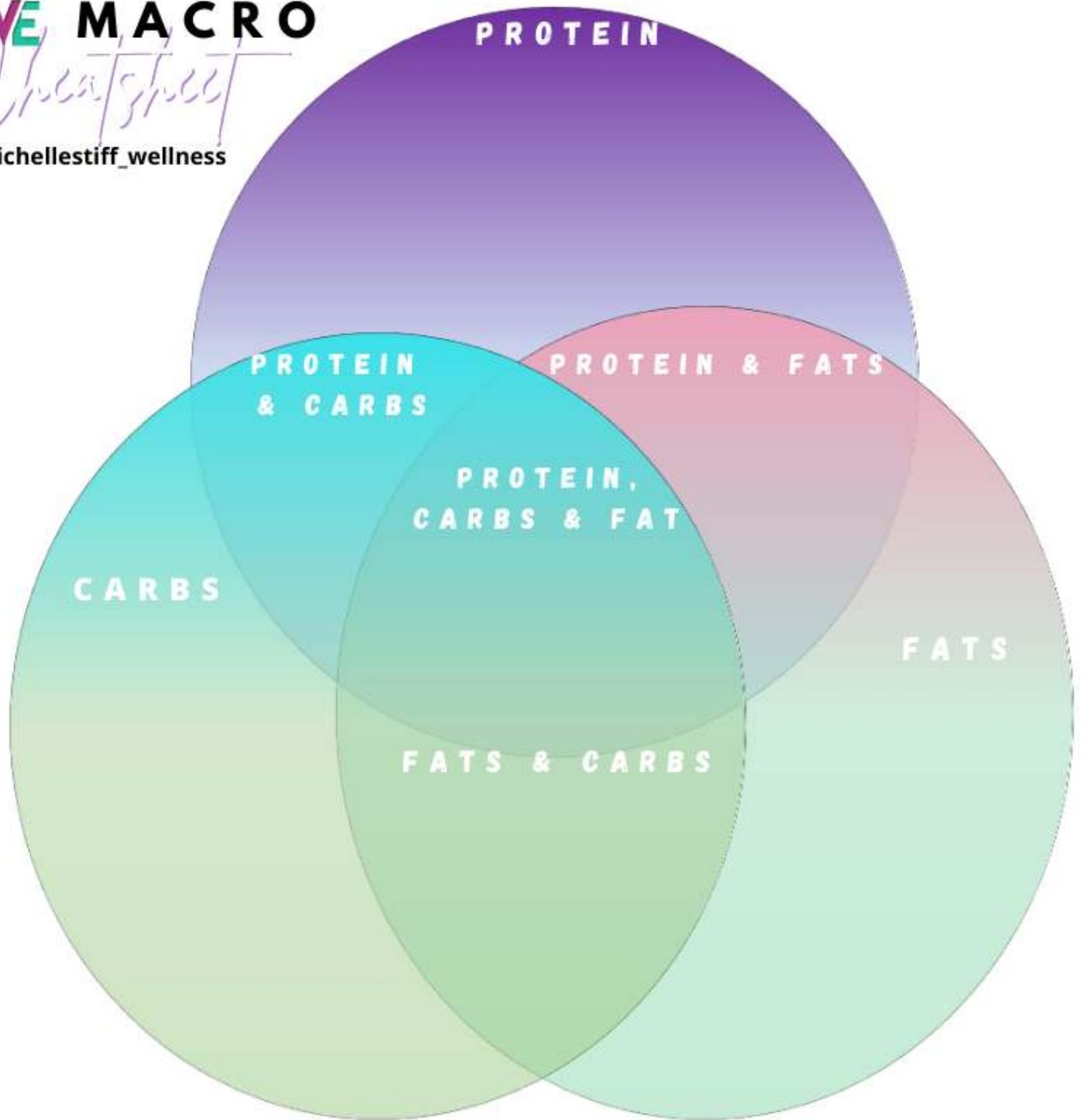
STEP 2:

STEP 3:



FILL-IN-THE-BLANK

WE MACRO
Chatzheet
@michellestiff_wellness





DAY 4: CREATE YOUR DOABLE PLAN

Write out 5 Steps to SIMPLE MEAL PREP:

- 1.
- 2.
- 3.
- 4.
- 5.

What are your takeaways of the ONE DAY DOABLE PLAN?





DAY 5: THE BEST EXERCISE TO BOOST METABOLISM

Write out the key components to creating an effective metabolism boosting exercise plan:

What are some of the "reasons" aka excuses that might come up for you about why you're not following through:



Want A Personal Strategy?

Schedule a FREE, fun, NO pressure chat with me so you can :

- **Uncover what's keeping you stuck**
- **Map out a personal strategy for YOU**

Click the link below for my calendar; sometimes there is no availability, in which case please email me at michelle@wellnesselevatetribe.com



[Click here to book a call](#)