

## Get Started

**CONGRATULATIONS** on ordering Slim in 6® and deciding to completely reshape your body in just 6 weeks! We know you're excited to get started, so here are 3 quick steps to start you on the road to a slim new you.

### STEP 1

Take your "before" photos and record your measurements.

### STEP 2

Read the Simple Steps to Success Guide and the Step-by-Step Nutrition Guide to help you maximize your results.

### STEP 3

Start slimming down with Start it Up!

# More Fitness Programs from Debbie

## Slim Series®

Take your results to the next level with Debbie's Slim Series program—the perfect way to add variety to your workouts so you keep losing weight and never get bored.

Enjoy 6 advanced fun and exciting workouts:

Tone It Up!	Firm It Up!
Shape It Up!	Cool It Off!
Tear It Up!	Mix It Up!

Plus Special Bonus Tool FREE!

## Slim Series® Express

Jump-start your metabolism and shed the fat with Debbie's 30-minute workouts for a lean, sculpted body! Plus 2 FREE gifts!

## Total Body Solution™

Debbie and neurophysiologist Chad Waterbury have the solution to help you relieve pain and prevent strain. Just 15 minutes every other day!



# Weight Loss Supplements for Maximum Results



## Shakeology®

Simplify nutrition with Shakeology. Each shake helps you lose weight, increase energy, become more regular, and achieve optimal health.\* When you choose Home Direct, our monthly autship program, you get FREE basic shipping every month. Consult your physician before starting and following this or any other nutrition plan.

Plus 2 FREE gifts!



## Slimming Formula

Lose almost 30% more fat with our unique blend of pyruvate and green tea extract—proven to help you significantly increase weight loss and improve exercise endurance.\*†



## 2-Day Fast Formula®

Lose up to 7 lbs. in 2 days with this thick, filling, cleansing shake! You'll reduce cravings and start burning off that hard-to-lose fat.\*‡

Plus a FREE Results Guide!



## Meal Replacement Shake

Enjoy this creamy, delicious, low-calorie meal in a glass when you're on the go! Its balanced mix of carbs, fats, and proteins provides sustained energy and satisfies your appetite.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

† In a nonclinical Beachbody test group, those who used Slimming Formula along with the Slim in 6® program lost an average of 29% more body fat.

‡ This product is only available to residents of the United States and its territories.

§ Certain limitations and restrictions apply. Please review the rules posted on TeamBeachbody.com for details.

# Online Diet Support



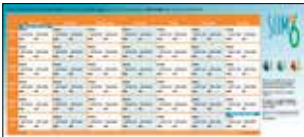
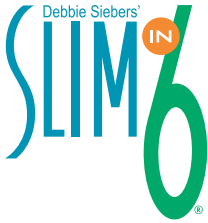
## Team Beachbody®

Debbie gives you her secrets to success, custom meal plans, coaching, cash rewards, and a chance to win money just for transforming your body!<sup>§</sup> Find it all at [TeamBeachbody.com](http://TeamBeachbody.com) today!



If you're already a Team Beachbody® member, follow these 3 easy steps to access your benefits today:

1. Enter the email address you gave when you became a member.
2. Enter your temporary password: **WELLNESS**.
3. Create your new password.



### Guides and Tools

- Simple Steps to Success
- Motivational calendar
- Step-by-Step Nutrition Guide



### Three Easy-to-Follow Workouts

- Start It Up!
- Ramp It Up!
- Burn It Up!



### Bonuses

- Slim & 6-Pack ab routine
- Slim & Limber flexibility routine
- 6-Day Express™ Diet Plan
- Tape measure

### Recommended Gear

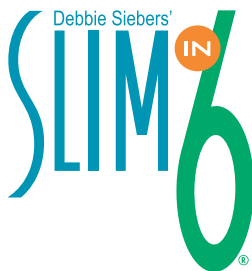
Additional Resistance Bands  
(Slim in 6 includes 1 FREE band)  
Dumbbells



### Recommended Supplements

Shakeology®  
Slimming Formula  
Core Nutrition Pack  
Meal Replacement Shake  
2-Day Fast Formula®





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or log in at [TeamBeachbody.com](http://TeamBeachbody.com) For Beachbody® and Team Beachbody Customer Service, please call  
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