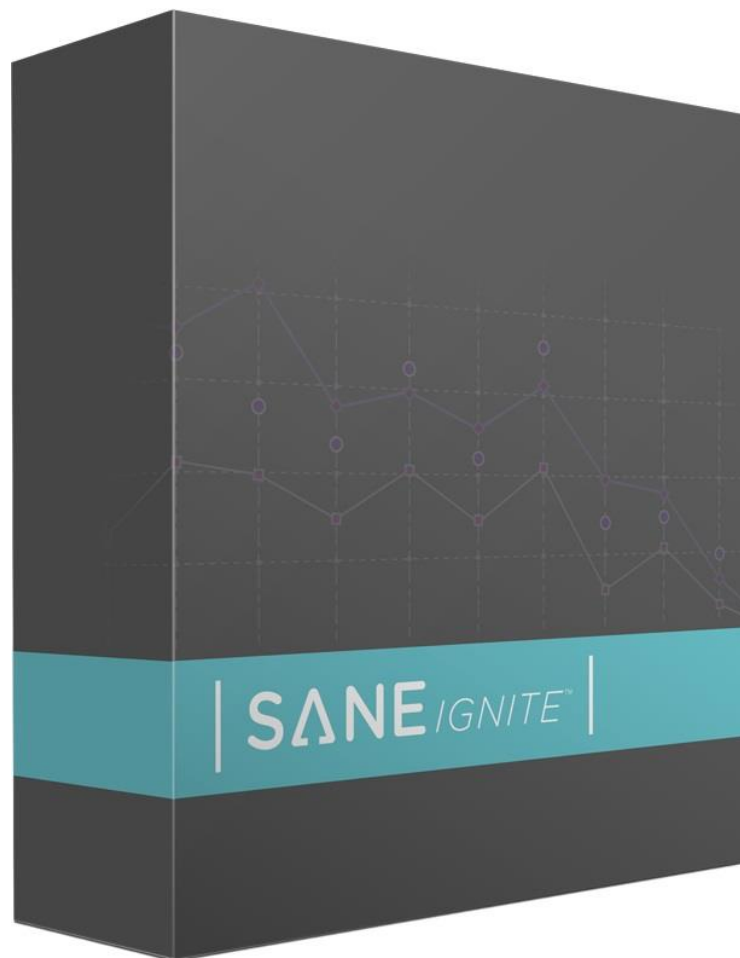


Easily Avoid Overwhelm By Checking One  
Box Per Day, The Simple SANE Way!

# Your Ignite “Progress Not Perfection” Check List



Trying to start a new slim and vibrant SANE lifestyle can seem overwhelming...but we've got you covered :) For example, this checklist will help you focus on completing one simple step at a time on your way to incredible long-term success!

Remember that the fastest way to cause insanity and inSANEity is to try to do everything at once. Please give yourself permission to take a deep breath and gradually work through your Ignite program one simple step at a time. Seriously, for best results, please do not complete more than one or two lessons per day.

We're doing this for the next 30+ years vs. the next 30 days, and with patience, self-love, and compassion, you CAN do it! Your goal = check about 7 boxes per week. That's it...and that's awesome!

## TIP

Below are all the courses and lessons found within your online Step-By-Step Program. For best results, please complete them in the order shown below (also the order you'll find them within your online program).

### CHECK ONE BOX PER DAY, THE SIMPLE SANE WAY!

Course	Title		Date
Orientation	Avoid Overwhelm	<input type="checkbox"/>	
Orientation	7 Days to SANE Jump Start	<input type="checkbox"/>	
Orientation	How To Get Started Simply	<input type="checkbox"/>	
Orientation	Speed Up Your Results & Set Goals	<input type="checkbox"/>	
Orientation	How To Find Delicious SANE Recipes	<input type="checkbox"/>	
Orientation	How To Get Kind Coaching Today	<input type="checkbox"/>	
Orientation	How To Track & Get Feedback Consistently	<input type="checkbox"/>	
Orientation	How To Be Happy and Slim in 5 Minutes Per Day	<input type="checkbox"/>	
Orientation	Magic Pill? Your Online Gratitude Journal	<input type="checkbox"/>	
Orientation	How To Save Time & Money Long-Term	<input type="checkbox"/>	
Orientation	How To Learn The Plan At Your Own Pace	<input type="checkbox"/>	
Orientation	How To Get Instant Answers Easily	<input type="checkbox"/>	
Orientation	Graduation Celebration	<input type="checkbox"/>	

Course	Title		Date
101	Top 6 Quick Tips to Start Today...	<input type="checkbox"/>	
101	Define Your SANE Success	<input type="checkbox"/>	
101	The Philosophy Behind SANE Eating	<input type="checkbox"/>	
101	Success Has Little To Do With Weight	<input type="checkbox"/>	
101	Introduction to "The Plan"	<input type="checkbox"/>	
101	Simple + Calm + Gradual = Forever Fat-Loss	<input type="checkbox"/>	
101	SANE 101 Movie	<input type="checkbox"/>	
101	What's In My Fridge & Pantry	<input type="checkbox"/>	
101	SANE 101 Graduation Celebration	<input type="checkbox"/>	
102	Smarter Exercise Jump Start	<input type="checkbox"/>	
102	Introduction to Eccentric Exercise	<input type="checkbox"/>	
102	Eccentric Exercise Demos Part 1	<input type="checkbox"/>	
102	Eccentric Exercise Demos Part 2	<input type="checkbox"/>	
102	At-Home Leg Eccentric Exercises	<input type="checkbox"/>	
102	At-Home Back and Arm Eccentric Exercises	<input type="checkbox"/>	
102	At-Home Chest and Arm Eccentric Exercises	<input type="checkbox"/>	
102	At-Home Shoulder and Arm Eccentric Exercises	<input type="checkbox"/>	
102	At-Home Eccentric Abdominal Exercises	<input type="checkbox"/>	
102	At-Home Smarter Interval Exercises	<input type="checkbox"/>	
102	SANE 102 Graduation Celebration	<input type="checkbox"/>	
103	Frequently Asked Questions	<input type="checkbox"/>	
103	Your Bonus Gifts	<input type="checkbox"/>	
103	The Four Calorie Quality Factors	<input type="checkbox"/>	
103	Simple And Delicious Modern Science	<input type="checkbox"/>	

Course	Title		Date
103	You Can Live Better	<input type="checkbox"/>	
103	Surprising SANE Studies	<input type="checkbox"/>	
103	Effortlessly Slim	<input type="checkbox"/>	
103	SANE 103 Graduation Celebration	<input type="checkbox"/>	
104	Break Out of Calorie Jail	<input type="checkbox"/>	
104	Proven Modern Science Vs. Disproven Obsolete Theories	<input type="checkbox"/>	
104	Bust Common Calorie Myths Part 1	<input type="checkbox"/>	
104	Harder Than Quitting Smoking	<input type="checkbox"/>	
104	Bust Common Calorie Myths Part 2	<input type="checkbox"/>	
104	Harder Vs. Smarter: The Surprising Skidmore Study	<input type="checkbox"/>	
104	SANE 104 Graduation Celebration	<input type="checkbox"/>	
201	Behind the Scenes on What to Eat	<input type="checkbox"/>	
201	The “Just Tell Me What To Do” Trap	<input type="checkbox"/>	
201	Why You Will Never Need to Diet Again	<input type="checkbox"/>	
201	The Myth Of Calorie Math	<input type="checkbox"/>	
201	Discover Your True Wellness “Why”	<input type="checkbox"/>	
201	Your Body Is Brilliant: Homeostasis 101	<input type="checkbox"/>	
201	SANE 201 Graduation Celebration	<input type="checkbox"/>	
202	More Effective Way to Think About Exercise	<input type="checkbox"/>	
202	How To Exercise Less - But Smarter	<input type="checkbox"/>	
202	How To Exercise Eccentrically	<input type="checkbox"/>	
202	Weight Lifting Will Not Make You Bulky	<input type="checkbox"/>	
202	How Lose More with Less Cardio	<input type="checkbox"/>	
202	Abs & Intelligent Exercise	<input type="checkbox"/>	

Course	Title		Date
202	SANE 202 Graduation Celebration	<input type="checkbox"/>	
203	How to "Get Abs" without Crunches	<input type="checkbox"/>	
203	Is Traditional Exercise Bad?	<input type="checkbox"/>	
203	Does Walking Burn Fat Effectively?	<input type="checkbox"/>	
203	Exercising More Does Not Cause Long-term Fat Loss	<input type="checkbox"/>	
203	How To Stay Motivated Forever	<input type="checkbox"/>	
203	Simplicity Through Modern Biology	<input type="checkbox"/>	
203	How To Overcome Obstacles	<input type="checkbox"/>	
203	The End Of Calorie Counting	<input type="checkbox"/>	
203	How To Protect Yourself from Gimmicks	<input type="checkbox"/>	
203	Personal Trainers, P90X, & Insanity	<input type="checkbox"/>	
203	SANE 203 Graduation Celebration	<input type="checkbox"/>	
204	Your Set-point Weight 101	<input type="checkbox"/>	
204	Shocking Set-point Studies And Clogged Sinks	<input type="checkbox"/>	
204	Take a Break, Get Personal, Get Laughing	<input type="checkbox"/>	
204	How To Lower Your Set-point Weight	<input type="checkbox"/>	
204	The SANE Seattle Seminar	<input type="checkbox"/>	
204	The Neurobiology of Your Set-Point Weight	<input type="checkbox"/>	
204	SANE 204 Graduation Celebration	<input type="checkbox"/>	
301	Start Cooking SANE Part 1	<input type="checkbox"/>	
301	Start Cooking SANE Part 2	<input type="checkbox"/>	
301	SANE Smoothies 101	<input type="checkbox"/>	
301	How To Go SANE, Specifically	<input type="checkbox"/>	
301	Make Eating More Green Veggies Easy	<input type="checkbox"/>	

Course	Title		Date
301	Practical SANE Eating	<input type="checkbox"/>	
301	SANE 301 Graduation Celebration	<input type="checkbox"/>	
302	Eating Less Does Not Cause Long-term Fat Loss	<input type="checkbox"/>	
302	The Myth That All Calories Are Created Equal	<input type="checkbox"/>	
302	Quality Factor 1: Satiety	<input type="checkbox"/>	
302	Quality Factor 2: Aggression	<input type="checkbox"/>	
302	Quality Factor 3: Nutrition	<input type="checkbox"/>	
302	Quality Factor 4: Efficiency	<input type="checkbox"/>	
302	SANE 302 Graduation Celebration	<input type="checkbox"/>	
303	How We Got Here	<input type="checkbox"/>	
303	Where The Calorie Myths Came From	<input type="checkbox"/>	
303	Politicians Playing Physicians	<input type="checkbox"/>	
303	How'd The Government Get It So Wrong?	<input type="checkbox"/>	
303	Why Good Health Is Bad Business	<input type="checkbox"/>	
303	Calorie Lies	<input type="checkbox"/>	
303	SANE 303 Graduation Celebration	<input type="checkbox"/>	
304	A SANE Approach To Fats	<input type="checkbox"/>	
304	Why You Should Eat More Fat	<input type="checkbox"/>	
304	Ketosis and Why Eating Fat Does Not Make You Fat	<input type="checkbox"/>	
304	Fattening Low-fat Diets	<input type="checkbox"/>	
304	Low-cholesterol Confusion	<input type="checkbox"/>	
304	Which is Better: Higher- or Lower-Carb SANEity?	<input type="checkbox"/>	
304	SANE 304 Graduation Celebration	<input type="checkbox"/>	
401	The Moderation Myth	<input type="checkbox"/>	

<b>Course</b>	<b>Title</b>		<b>Date</b>
401	How Hormones Impact Your Set-point	<input type="checkbox"/>	
401	Eating Too Much & Exercising Too Little Nonsense	<input type="checkbox"/>	
401	Eat This To Safely Lose The Most Weight	<input type="checkbox"/>	
401	The Secret Law of Large Numbers	<input type="checkbox"/>	
401	Why You Aren't the Problem	<input type="checkbox"/>	
401	SANE 401 Graduation Celebration	<input type="checkbox"/>	
402	A SANE Approach To Protein	<input type="checkbox"/>	
402	SANE Sources of Protein	<input type="checkbox"/>	
402	Escape Protein Myths	<input type="checkbox"/>	
402	More Protein, Less Body Fat	<input type="checkbox"/>	
402	Balancing Macronutrients & Serving Sizes	<input type="checkbox"/>	
402	Supplements & Protein Powders	<input type="checkbox"/>	
402	SANE 402 Graduation Celebration	<input type="checkbox"/>	
403	Sweeteners: More Dangerous Than Ever	<input type="checkbox"/>	
403	Are Sweeteners The New Nicotine?	<input type="checkbox"/>	
403	Shocking New Science About Sugar	<input type="checkbox"/>	
403	Sugar Addiction and Safe Sweeteners	<input type="checkbox"/>	
403	A SANE Approach To Sweets	<input type="checkbox"/>	
403	Part 1: SANE Approach To Carbs	<input type="checkbox"/>	
403	Part 2: SANE Approach To Carbs	<input type="checkbox"/>	
403	Protect Yourself from Type 2 Diabetes	<input type="checkbox"/>	
403	SANE 403 Graduation Celebration	<input type="checkbox"/>	
404	SANE Big Rocks In Review	<input type="checkbox"/>	
404	Breakfast 2.0	<input type="checkbox"/>	

Course	Title		Date
404	Lunch 2.0	<input type="checkbox"/>	
404	Dinner 2.0	<input type="checkbox"/>	
404	Quick Cash Saving Tips	<input type="checkbox"/>	
404	Master SANE Snacking & On-the-go Eating	<input type="checkbox"/>	
404	SANE 404 Graduation Celebration	<input type="checkbox"/>	
Elective 1	How Fat Gets Stored On Your Body	<input type="checkbox"/>	
Elective 1	The Myth Of Moderation	<input type="checkbox"/>	
Elective 1	The Myth of Complexity	<input type="checkbox"/>	
Elective 1	The Myth of Quick Fixes	<input type="checkbox"/>	
Elective 1	5 Proven Benefits of SANEity	<input type="checkbox"/>	
Elective 1	The 4 Most Important Weight Loss Tips Ever	<input type="checkbox"/>	
Elective 2	Why Counting Calories is Literally Impossible	<input type="checkbox"/>	
Elective 2	Free From Calorie Counting Forever	<input type="checkbox"/>	
Elective 2	Base Metabolic Rate Baloney	<input type="checkbox"/>	
Elective 2	Long-term Fat Loss And Health	<input type="checkbox"/>	
Elective 2	How to Set SANE Goals	<input type="checkbox"/>	
Elective 2	Meaningful Goals & A Realistic Timetable	<input type="checkbox"/>	
Elective 3	Why Routine Rocks	<input type="checkbox"/>	
Elective 3	SANE Nutrition Labels	<input type="checkbox"/>	
Elective 3	SANE Snacks and On The Go	<input type="checkbox"/>	
Elective 3	Transformational Tips to Deal with Temptation	<input type="checkbox"/>	
Elective 3	Tips For SANE Kids and a SANE Family	<input type="checkbox"/>	
Elective 3	How to Save Money While Going SANE	<input type="checkbox"/>	
Elective 4	SANE Ways to Improve Your Mood	<input type="checkbox"/>	



Course	Title		Date
Elective 4	How To Develop a SANE Mind	<input type="checkbox"/>	
Elective 4	Plateaus & Perspective	<input type="checkbox"/>	
Elective 4	Get a Smarter Psychology of Slim	<input type="checkbox"/>	
Elective 4	Psychological Tips To Improve Your Health	<input type="checkbox"/>	
Elective 4	Depression and Anxiety Induced Weight Gain	<input type="checkbox"/>	
Elective 5	Why Women Must Weight Lift with Becca Borawski	<input type="checkbox"/>	
Elective 5	How To Be a Beautiful Badass with Nia Shanks	<input type="checkbox"/>	
Elective 5	The Physiology of Smarter Exercise with Dr. Mike Young	<input type="checkbox"/>	
Elective 5	The Surprising Truth About Weight Lifting with Stuart McRobert	<input type="checkbox"/>	
Elective 5	Is Jogging Counterproductive? with John Kiefer	<input type="checkbox"/>	
Elective 5	The Smarter Science of Yoga with William J. Broad	<input type="checkbox"/>	