

## YOUR SANE QUICK START CHECK LIST

You'll have the most success with your Premium Plan if you **enjoy no more than one step per day**. Most steps take about 15 minutes and will dramatically change how you think of eating and exercise. Because of this, you will benefit much more from each step if you sleep on it before moving on to another step. Please **enjoy the steps in order**, and don't worry if you can't complete a step every day. If you take a day or two off, it's all good. When you are back, simply pick-up where you left off and keep rocking and rolling. **Please be sure to complete them in order** regardless of how fast you choose to enjoy them.

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**TIP: Print the following checklist and check these items off after you enjoy them. You can easily access all of these resources in the order you see here by clicking the gift icon in the gray bar on the left of your web program (log-in at [SANESolution.com](https://SANESolution.com)).**



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**TIP: When you log in, please make sure the account you log in with uses the email address where you get your SANE emails.**

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STEP	ACTIVITY
☐	1 <b>START EATING SANE</b> — Read <i>The 7 Days To SANE eBook</i> . Enjoy grocery lists, serving guides, recipes, and more.
☐	2 <b>START EXERCISING ECCENTRICALLY</b> — Read <i>Your More for Less: How to Exercise Less—Smarter eBook</i>
☐	3 <b>DISCOVER WHY SANE EATING WORKS SO WELL</b> — Watch <i>The SANE 101 Mini Movie</i> . See how to make slim simple.
☐	4 <b>FREE YOURSELF FROM THE SCALE &amp; DEFINE YOUR SUCCESS</b> — Read Your eBook <i>How To Achieve Nutrition and Fitness Serenity Through Science and Simplicity</i>
☐	5 <b>BECOME A SUPERHERO</b> — Watch the SANE TED Talk and See How Your Efforts Are Nothing Short of Heroic
☐	6 <b>DISCOVER WHY ECCENTRIC EXERCISE WORKS SO WELL</b> — Watch Your <i>Intro to Eccentric Exercise Video</i> .
☐	7 <b>WATCH AND GET MOVING</b> — Join SANE CEO Jonathan Bailor for Smarter Exercise demos and a how-to overview
☐	8 <b>WATCH AT-HOME ECCENTRIC EXERCISE VIDEOS</b> — See exactly how to do Eccentric Squats, Rows, and Push-ups
☐	9 <b>WATCH AT-HOME ECCENTRIC EXERCISE VIDEOS</b> — See exactly how to do Eccentric Shoulder Press, Eccentric Abs, and Smarter Interval Training
☐	10 <b>ENJOY 24/7 FRIENDLY COACHING</b> — Read Your <i>Support Group StartUp eBook</i> and say “Hi!”
☐	11+ <b>LIVE SANELY FOREVER WITH YOUR PREMIUM TOOLS</b> — Leverage your Premium App, Web Program, and Step-By-Step Lessons to help you live SANELY forever

## YOUR LONG-TERM WEEKLY SANE CYCLE

Your Premium SANE Plan is your set of proven modern eating and exercise principles, tools, and resources that studies show will help you live radically better **long term**. To stay SANE long term, be sure to set aside a few minutes weekly to login to your Web Program at [SANESolution.com](https://SANESolution.com) to complete your weekly SANE Cycle. The icons mentioned below are found on the gray menu bar you saw earlier in this guide. If you are using a mobile device, tap the three line icon in the upper left corner of your screen to show the gray menu.



# PRINTABLE QUICK START CHEAT SHEET

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## LOG-IN

[SANESolution.com](https://SANESolution.com)

## HOW-TO EXERCISE VIDEOS

Click the Library icon in the gray bar on the left. Then click “Get Eccentric” and then the “Watch” tab.



## INSTANT ANSWERS TO 90% OF QUESTIONS

Click the SANE Concierge Instant Answer Service icon in the gray bar on the left



## YOUR JOURNAL AND PERSONAL SUPPORT.

Click the Support Group icon in the gray bar on the left



## YOUR SANE WHOLE FOODS STORE

Click the shopping cart icon in the gray bar on the left



## YOUR START-UP GUIDES

Click the gift icon in the gray bar on the left



## TECH SUPPORT

[SANESolution.com/Simple-Tech-Fixes](https://SANESolution.com/Simple-Tech-Fixes)

## CUSTOMER SUPPORT/MEMBERSHIP QUESTIONS

[SANESolution.com/CustomerSupport](https://SANESolution.com/CustomerSupport)

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## PREMIUM WEB PROGRAM HOW-TO INFO

This is what you see after logging-in at [SANESolution.com](https://SANESolution.com).

- 1. PROFILE.** Explore your SANE App data + trends and sleep, mood, stress, and energy Digital Coaches.
- 2. LIBRARY.** Read, watch, and listen to everything you could ever want to know about SANE eating/recipes and Eccentric exercise.
- 3. CONCIERGE.** Get instant answers to over 90% of eating & exercise questions. Simply type your question and click the "Ask" button.
- 4. SUPPORT GROUP.** Access your private caring community of SANE experts and people just like you! Start your story today!
- 5. STORE.** Simplify SANE eating and speed your results with these easy-to-enjoy whole super foods. No pills here...just whole food!
- 6. PREMIUM RESOURCE CENTER.** Access all your getting started guides, bonus gifts, exercise videos, and eBooks.

## PREMIUM WEB PROGRAM MENU ON A MOBILE DEVICE

Click Here

LIBRARY

Learn More. Turn More. Smile More.

Go SANE  
Live Better, Celebrate Science

Eat SANE  
Enjoy Food, Forget Math

Get Eccentric  
Save Time, Exercise Smarter

Stay Motivated  
Share Successes, Smile Often

To Show This

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