

1. Print out, then cut out the pocket sized goal card below
2. Follow the direction for using it (directions can be found below the card)
3. Use your card several time *Each* and *Every* day

Your Friend in Health,
Christopher Guerriero
www.MaximizeYourMetabolism.com

MY #1 HEALTH & FITNESS GOAL

By _____ 20_____

I am so happy now that I... _____

Page 29; Chapter 2 – *Maximize Your Metabolism*
Get your copy today at www.MaximizeYourMetabolism.com

Directions for using your goal card:

Creating a crystal clear image of yourself being healthy, sexy, and full of energy is a vital, often overlooked, step in attaining permanent results! Each time you've succeeded in becoming more fit in the past, only to gain it all back, you've done so because you lost your crystal clear image.

1. Write your #1 health & fitness goal on the front of this card, *write it as if the changes had already taken place!* Read your goal aloud 3 or more times every day.
2. Go to our web site and download all of Christopher's FREE reports & articles.
3. Sign-up for Christopher's FREE *daily motivational quote* for ongoing support towards your goal at: www.MaximizeYourMetabolism.com

I am so happy now that I weigh 135lbs. I look and feel great! I love showing off my tight body. People congratulate me daily on my new look.