MODULE 0

WELCOME TOUR

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- MODULE 0 -
WELCOME TO DITCH THE CARBS PRO

CONGRATULATIONS for being the newest member of Ditch The Carbs PRO.

Are you ready for the most amazing transformation over the next 4 weeks?

It will be fun. It will be hard. It will be uplifting. And you certainly won't be the same person in 4 weeks.

I am so excited you are here and ready to begin your new low-carb journey, but first I need to give you a guided tour.

MILESTONES

1: You will learn how to access the **website** with your login and password, and where to reach out if you need a helping hand.

2: You will join the special **Facebook group** and understand the kindness rules for behaviour and expectations of the group.

3: You will create a **food tracker** and measurement tracker to watch your incredible progress as the week's tick by.

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1: WELCOME TOUR

By now you will have received the first email from me with your login details for the website and the members only area for all your modules, lessons and resources.

I call this **Module 0** because I want you to get started straight away with some tasks while you are super excited, but I also don't want it to be overwhelming.

Everyone will continue at a different pace depending on how busy their life is and how much of a drastic lifestyle change this may be.

Some of you may be raring to go and want to skip to the next Module and lessons, for others, you may want to take this at your own slower pace. **Both are absolutely fine approaches to take.**

I have designed my lessons to be bite-sized 5-10 minutes so you can watch 1 or 2 each time you sit down with a cup of tea or coffee.

Some of you may wish to go through all the modules quickly, you are motivated, and super excited to begin straight away.

For others, life is crazy, life is busy and you may have to find a time that fits in with your schedule - I get that.

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2: EXPECTATIONS-COMMITMENT -STRUCTURE-TIMETABLE

Structure: You have immediate access to your low-carb course PLUS the entire library of membership lessons and mini-challenges.

Over the next 4 weeks I want you to concentrate on ONE module per week.

Each week I will send you an email to guide you through each module and the most important aspects that you should be working on.

My weekly Facebook lives will support you with any questions you will have.

Each module has videos, handbooks, downloads and website links.

START HERE FIRST
LOW-CARB COURSE

THEN HEAD INTO THE
MEMBERSHIP LIBRARY

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2: EXPECTATIONS-COMMITMENT -STRUCTURE-TIMETABLE -

Expectations: I want you to give the next 4 weeks, your everything. I want you to commit with 100% enthusiasm. I KNOW the PRO community will support one another. I KNOW the PRO community will celebrate your success with you, and I KNOW the amazing PRO community will give you the BEST support throughout your amazing transformation.

Commitment: Each Module includes 6 - 7 quick video lessons.

You can watch each quick lesson all in one sitting or one each day.

I estimate it will take you 1 hour each week to watch all the lessons and complete any tasks.

Timetable: Every week I will do a Facebook LIVE Q&A (time to be confirmed depending on worldwide summer/winter times)

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3: WELCOME MAZE

To ensure you don't miss out on a single thing, follow this maze.

Head over to your **email** and add me to your contacts **support@ditchthecarbspro.com**

This will ensure all my emails will get to you and **not** land in some weird and wonderful spam folder.

Join the Ditch The Carbs - Pro community in my **closed Facebook group**. It's where I will be doing the weekly Facebook live Q&A **facebook.com/groups/ditchthecarbstribe/**

Keep your website **login and password** details written down so you can easily login

Print out your **Roadmap** in this Module

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4: HOW THE FACEBOOK GROUP WORKS

Come and join the special community over at Ditch The Carbs - PRO private Facebook group. It is exclusive to Ditch The Carbs PRO membership - that's you!

facebook.com/groups/ditchthecarbstribe/

Each week I do Facebook live Q&A sessions to discuss lessons, topics and mini-challenges PLUS answer any questions you may have.

An easy way to search for topics is to use hashtags.

#quickwin for a quick win/result to share.
#PROwin for results and inspiration
#toptip to share tips & tricks with everyone.
#MondayMotivation and **#ThursdayTips**
#easymeal for when you want to share an easy meal idea.

If you are ever lost, head into the **UNITS tab** where you will find everything.

So come into the group and introduce yourself. Our community is wonderfully supportive and caring.

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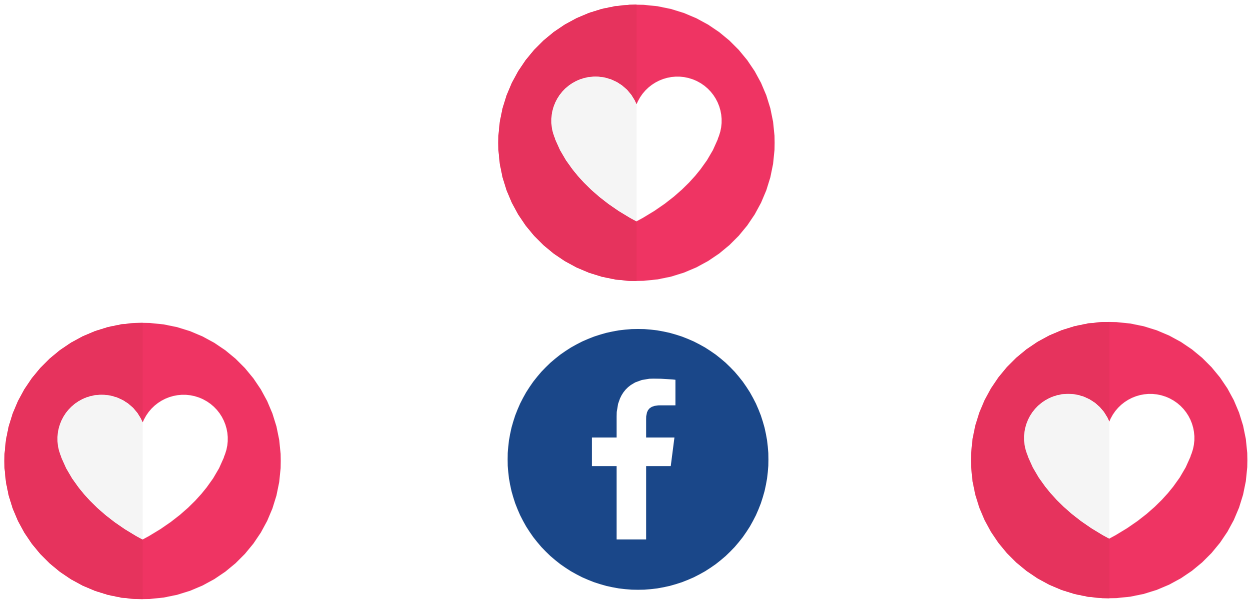
4: HOW THE FACEBOOK GROUP WORKS

- THE KINDNESS CODE -

- You must all respect one another.
- You must expect that other members may have a different opinion than yourself.
- If you don't like a comment or disagree with their opinion, walk away and don't reply.
- If a comment is hurtful, disrespectful or rude, report to me or a moderator.
- You must respect all questions are worthy.
- I do not allow any cheat meals or any cheat snacks of any kind to be posted within the group. Even a funny meme can trigger another person's cravings.



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5: FOOD TRACKER

Before we begin, I want you to track all the food you ate **yesterday and today**. Every single bite, every single nibble, food stolen off your children's plate, biscuit/cookie at your work morning tea, drink, smoothie, chocolate, soda, cookie dough, vending machine snack, hot chip off a friend's plate, and that extra slosh of wine into your glass.

Don't worry, no one has to see this but I want you to be incredibly honest here. I want you to see how far you have come by the end of the 4 weeks

This is a fabulous exercise to teach you how to count carbs, fat and protein. Most people completely underestimate how much they consume/drink within a day.

You can use food labels, google the carb counts of food or choose a carb counting app such as -
Nutrita.app
KetoDietApp.com
FatSecret.co.uk
Cronometer.com
Carb Manager App

We can discuss which app, website or system you prefer in the Facebook group. Beware of apps such as MyFitnessPal. They allow user-added entries which are often incorrect. People who add their own values are often are confused between total carbs and net carbs.

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YESTERDAY

FOOD & DRINK	SUGAR	CARBS	FAT	PROTEIN
TOTAL				

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TODAY

FOOD & DRINK	SUGAR	CARBS	FAT	PROTEIN
TOTAL				

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6: FAQ

How to get help - For problems with login details, accounts and any customer service issue, please reach out to support@ditchthecarbspro.com

One of my team will get back to you within 24 hours weekdays.

Where do I find my Module workbooks? - For every Module on Ditch The Carbs - PRO, there is a resource section. Here you will find the workbooks, any additional printable files, worksheets and website links for further reading.

How can I download videos? Sorry, but they are protected for course members only so the privacy settings are set so they cannot be downloaded.

My internet is slow, how can I watch the videos? On each video, there is a little cog symbol. You can choose a lower definition for slow internet connections or to save mobile phone data.

How do I change my email address? At the bottom of all my emails, there is a "Update your preferences" link. Head over, and enter your new email address so you don't miss a thing. You will also need to update your email in the members area of www.ditchthecarbspro.com

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