

Fall Reset Intensive. We share a daily quote, a tip for your personal inspiration on health and vitality, plus a recipe or legal cocktail to keep you motivated and on track.



BEAUTY & THE BEAST *Now*

Efficient & permanent hCG Weight-Loss Solutions

Diane Vetterlein & LynAnn King

WeightLoss Success Coaches

Integrating Spiritual, Psychological, Emotional & Physical Manifestations

www.BeautyAndTheBeastNow.com

Fall Reset Intensive - Getting Back on Track



Day 5—Fall Reset

The journey continues . . .

Inspirational Quote of the Day

"Face the scale everyday - knowledge is also power."

~ Diane & LynAnn

Tip of the Day

Weighing yourself everyday can give you insight immediately - it's fun to learn about ourselves, and even more fun to make that correction day work on shedding those extra

pounds that just showed up.

Rather than avoiding the numbers on the scale, and throwing your hands (and mind) up in air, only to feel discouraged, you can actually choose to change it with any of these correction day choices listed below.



Weigh in daily!

Recipe or Cocktail (legal) of Day - Correction Days

Correction Days

It happens - we over do it, either in the foods we choose to consume or in some kind of sugar drink, including alcohol. The good news is you have an immediate solution when you go over 2 pounds of your set weight: Correction Days

Some clients choose to schedule one day a week for a regular weekly correction steak day.

All of these options are also included in your Beauty and the Beast Now info binder.

Choose from one of these Correction Days:

[For the full description, click here...](#)

- Apple Day (Phase 2)
- Steak Day (Phase 3)
- Egg Day (Phase 3)

Phase 3 and 4 Options

- High Veggies, protein shakes, no fruit day
- High Fat, no fruit day
- High Fruit, protein shake day



Frustrated with your scale number?

Contact Us

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