



EVOLUTION OF
HEALTH & FITNESS

YOUR PRIVATE ACTION GUIDE
WITH ERIC EDMEADES

WELCOME TO YOUR PRIVATE ACTION GUIDE

5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session to increase abundance in your life.
5. During the Masterclass, use the dedicated space on the right column to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

WHAT TO EXPECT

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1. PRE-MASTERCLASS EXERCISE

- Set your intentions before the Masterclass.

2. SELF-ASSESSMENT QUIZ

- Assess your current health and fitness levels before the Masterclass.

3. EVOLUTION OF HEALTH AND FITNESS

- Learn key insights about the evolution of health and fitness.
- Learn the 5 key ideas to changing your relationship with food.

4. CREATE YOUR ACTION PLAN

- Take Eric's key lessons and create an action plan for yourself.

5. REFLECTION

- The right question can spur your unconscious mind to feed you the right answers.

6. THE BUZZ

- Read what other people said about Eric Edmeades.

2. SELF-ASSESSMENT QUIZ

Before the Masterclass begins, assess your current health and fitness levels with this self-assessment. How true are these statements to you?

Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)	Rate 1-10
1. I do not eat sugary foods.	
2. I pay attention to the ingredients in food labels.	
3. I pay attention to my body's hunger and listen to what my body needs.	
4. I cook my meals at home.	
5. I focus on eating nutrient dense foods.	
6. I exercise regularly.	
7. I stay away from overly processed foods.	

Reflect on the results of your self-assessment and see what areas you could improve. Pay attention to those areas of improvement during the Masterclass, so you can learn more about them in Eric's teachings.

Use the space below for notes.

3. EVOLUTION OF HEALTH AND FITNESS

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind the video!

Notes

1. Dieting goes beyond _____.
2. The original latin translation of "diet" means = way of _____.
3. The big issue is that our lifestyle does not match our _____.
4. When we live in the _____ that our bodies were designed to live in, our bodies _____.
5. Exercise is NOT the most effective strategy for _____. Exercise is a way to _____ health.
6. We've all been trained how to eat, but by _____.
7. _____% of your body weight is dependent not on exercise but on what you eat. (95%)
8. The great myth: older generation think _____ is the ONLY way to lose weight.
9. Remember: it's not about the _____; it's about your relationship with _____.

Five Key Ideas to Change Your Relationship With Food

Notes

1. The _____ Trap

- You are 7x more likely to die from _____ than from smoking cigarettes.
- _____ is the #1 ingredient in breakfast cereal.

2. Beware of _____

- Do not be fooled by the words " _____ " on labels.
- Artificial vanilla flavoring comes from the secretion of anal juices of this animal: _____.

3. Understand _____ eating

- Your weight/energy levels have nothing to do with _____.
- Some foods trigger _____; some foods trigger _____.

4. Get enough of the _____ stuff

- Many of us suffer from the starvation of _____.
- You must fill yourself up with the right amount of _____ and _____ nutrients to live a healthy lifestyle.

5. Understand the 6 types of _____

- a. #1: _____ hunger
- b. #2: _____
- c. #3: _____
- d. #4: _____ hunger
- e. #5: _____ hunger
- f. #6: _____ illusion

4. CREATE YOUR ACTION PLAN

After the Masterclass, think about how you can use the lessons learned from Eric to create actionable steps for yourself. Use the notes from previous pages to help guide you. Make sure your plan follows the SMART-rule.

Specific, **m**easurable, **a**ttainable, **r**elevant, and **t**ime-bound.

1. I still stop ...

2. I will start ...

3. By when...

5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. Imagine – what will losing 5-20kg do for your life?

2. Why is losing weight or being healthy important to you?

3. What is the one thing you can do right now to demonstrate you are dedicated to improving your relationship with food?

6. STUDENT STORIES

"In 90 days I released 46 lbs., 89 inches, and 4 dress sizes!"



My earliest memory of starting to 'diet' or having issues with my eating was 7 years old. Over the course of the next 20+ years I completed every diet, pill, product, program, that you could imagine, and each time thought I was doing the right thing, or what was 'healthy' for my body ... until I learned the truth from WildFit.

I was immediately attracted to the program on the basis that it was more than a 'diet' program but a how to get back to the basics of what the 'human' diet is supposed to be. It went in depth to explain the food choices that are best for our bodies from an evolutionary perspective, how the food industry has influenced us so greatly, how to break old habits and beliefs, and how to take small steps to reach massive results in just 13 weeks.

My goal was to become a Mom, and to have a healthy family I needed to start with myself.

In 90 days I released 46 lbs., 89 inches, and 4 dress sizes! The groups, the coaching, the camaraderie, the support, all were bonuses in helping us to reach success.

Now I am proud to say that WildFit is a guiding principle in our lifestyle now ... and we had the very first WildFit baby!!! (Now 18 months and loves her WildFit smoothies! :))

If our family can do it - you can too!

~ Jacqueline Giurleo

"The WildFit program changed my life"



The WildFit program changed my life. Knowing what we should eat to be healthy is one thing being able to put it into daily practice is another. WildFit gave me the tools to easily make the changes to living a healthier life which has led to increased joy, energy and amazing changes. In releasing the weight I regained my self-confidence and self-esteem which was hidden under fat gained over the years.

Since then I have joined the WildFit Team and became a Certified WildFit Coach to help others transform their lives.

~ April Antonia, Coach

"A year later and I feel 10 years younger"

In the first picture, taken the summer before I did WildFit, I was a different woman. Not fat, but not thin. And not as healthy as I could be.

A year later and I feel 10 years younger. The WildFit Challenge has taught me so much about myself, food and my relationship with food that I will never go back to the way things were. It is not difficult at all. I did very little exercise through the program and I could not be more thrilled with the results.

I have since joined the WildFit team as a Certified Coach and specialize in bringing the WildFit message to women everywhere.

~ Eli Sæterhaug Løvaas



"It's 3 months of your life that will change your life forever"



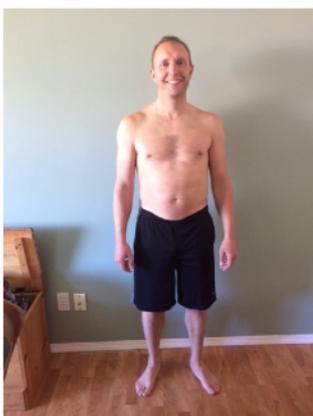
June 4, 2016



Aug 9, 2016



My partner, Mike, my 16 year old son, River, and I decided to take the WildFit Challenge after we heard Eric speak. Eric's passion for the food revolution he is creating spoke to each of our hearts. Interestingly, the reason we each committed to the program was different. Mike is an athlete that no matter what eating program or exercise program he followed, he could never reach his goal in terms of muscle mass. River was a high performing athlete that ate as he was instructed. When he succumbed to an injury, he gained a lot of weight which was hard on his emotional psyche. For myself, I have felt for years that I didn't know what to eat as I've had digestive issues for most of my life. Food was my enemy.



Mike had little fat to lose as he only wanted to drop 4 pounds. In two months, he dropped 10 pounds and gained incredible definition in his abs and his arms. This was the first program that produced the results he'd been working towards for years. He's super excited for his soccer season to start so he can put his new found energy to work!

River has lost 25 pounds! His looking pretty broad across the chest. As he's 16, he hasn't been able to do the most restrictive part of the

program perfectly, and yet he's had these amazing results. Beyond that, he understands conscious decision making around food choices...how many adults can say that?

I've also counted calories for as long as I can remember and flirted with anorexic tendencies since adolescence; hence, the option to starve myself is more of a reality than choosing a lesser healthy option. Thanks to WildFit, I now understand how to eat, that food can be amazingly delicious and that I never have to count calories again! Oh and I've not had a single, digestive issue since the second week of the program.

"Today I am more flexible than I have been in years"



I always knew the importance of eating well and taking care of my body but for some reason I simply wasn't doing it. I tried various diets and programs but it was not until WildFit that I really turned things around.

Today I am more flexible than I have been in years, I feel much younger and the WildFit made the process really easy and long-lasting; I will never go back to the way things were.

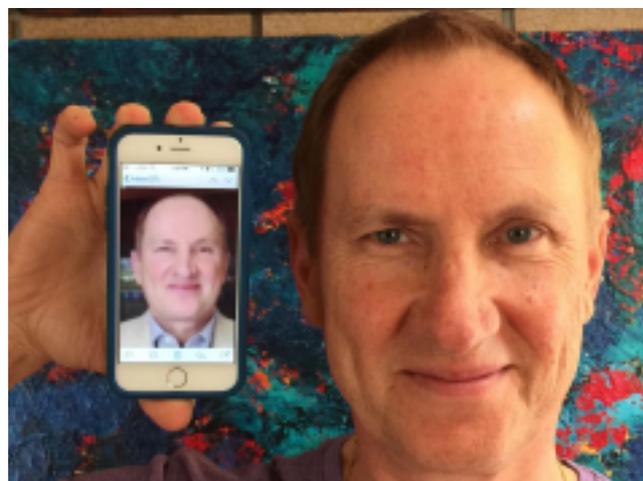
~ Sabine Rosen

"It was easy and effective"

It was easy. At first, I thought it was too easy and couldn't really see the changes in the mirror. But then, when I looked at an image from a webinar I did just before the program I got a shock; the picture tells the whole story.

Like most people, I knew what to eat and what to avoid to be healthier but, again like most people, I wasn't doing it consistently. WildFit didn't just provide me with more rules, it changed my thinking. It was easy and effective.

~ Paul Scheele, Founder of Learning Strategies and CEO of Scheele Learning Systems



"The program combines psychology with sound nutritional information"



The main reason that I decided to take the WildFit Challenge was because the program combines psychology with sound nutritional information to help you make changes in your eating habits. I have always had an addiction to food. I have tried diets that depended on will power to control my eating habits and that never worked for me. I knew that I needed to change my relationship with food to get real lasting results.

WildFit has been a life changing experience for me! When I started WildFit (the picture on the left) I weighed 217 lbs. When I finished the challenge after 13 weeks I weighed 190 lbs. The picture on the right was taken two and half months after I finished the quest and I weighed 180. I am continuing to follow the WildFit program and expect to be at lower weight again when I weigh in next time.

~ Wayne Radicke

"WildFit has been a quantum improvement in my life"

About three years ago I had very little energy. I almost did not want to live in. I was sick and tired of being sick and tired. I had no interest in exercise. And I only wanted food that tasted good. I started seeing alternate health practitioners as my regular doctor was not much help. I'm a gradual improvement through pilates, acupuncture, Reiki, and rolfing. I experienced small improvements until WildFit.

WildFit has been a quantum improvement in my life. I have a new sense of what foods taste good.

~ Tim Ganno

