



MY TRANSFORMATION
Secrets
by TOM BEAL



Before



After

How I Went From a 34" Waist at 196 Pounds to a 30" Waist and 168 Pounds in 60 Days Using Simple & Easy Steps That Anyone Can Duplicate

Disclaimer

You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

While exercise is normally very beneficial, it is important that you undertake this program knowing that you do not have any health conditions that may be aggravated or damaged by activities in this program. The author and Tom Beal's Extreme Transformation shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

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Before making any changes to your personal diet and nutrition habits it is recommended that you consult with your physician or health care professional.

The meal and supplement plans within this program are for informational purposes only.

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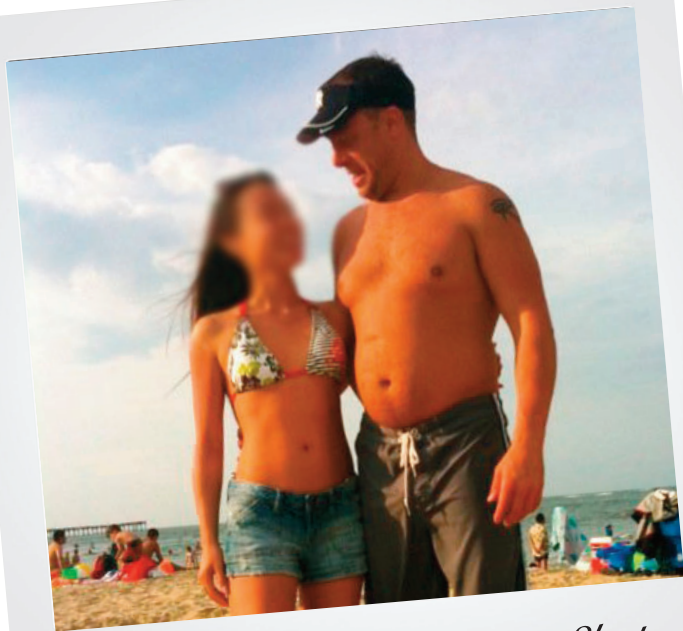
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After being body slammed by love, I made the decision to hit the gym to get my mind off of the current turn of events, and whip myself back into shape. It would be a healing process for me plus would have a secondary benefit to my health.

Little did I know this decision and choice would totally transform not only my body & health, but most every aspect of my entire life. After only a few short weeks and following some simple steps, I went from 196 pounds to 168 pounds and a 34 inch waist to a 30 inch waist, plus was more fit at 38 years old in 2010 than I was at 24 while in the United States Marine Corps back in 1996. All of this within 2 short months.

Yeah, I'd heard about some hard core 90 day programs, but mostly heard it was too difficult for my friends who tried it and they didn't last, couldn't keep at it, and got no results. Granted, the ones who were tough enough and dedicated pulled through with great results, but I didn't feel like killing myself. I just felt like making some small changes and seeing what would happen. Low and behold, those small changes yielded way better results than most all of my friends; even the 90 day hardcore nut jobs.



Before - Fat & Out of Shape

After this extreme transformation I began traveling for business and saw some friends that hadn't seen me in a few weeks and the general comments were something along the lines of, "Holy cow! You look awesome!" Which was always followed up by, "How did you do it? I want to do that too."

Many of my friends asked me to send them an email detailing exactly what I did in this short time to have such drastic and dramatic results, which led me to going through every detail and step that I took during this process. That email has been expanded upon and made into this eBook so you too can benefit now from My Transformation Secrets and totally transform your body and your life.

WARNING: You will have to purchase new clothes soon as your current jeans, pants, or shorts will be falling off of you. My Transformation Secrets led me to having to purchase some new clothes as my waist and body had slimmed down so much (from a 34 inch waist to a 30) and chances are good that if you follow this process it may lead you to doing the same, and clothes nowadays aren't cheap. You've been warned!

You're going to learn the two part system that I used to completely transform my body and my life and the exact system my personal friends are benefitting from, and now you can and will benefit from. My system is very simple and is broken into two parts which are: a) mindset and b) action steps.

Without the proper mindset you will NOT be able to transform your life. And without the proper actions you will NOT be able to transform your body and life. You MUST use them both in tandem in order to make the change and make it permanent.

You will learn the exact system I used to get and keep the proper mindset along with the proper action steps I took, and when you use them in combination they will dramatically impact all areas of your body, health, and life.

Before we get to my system, let's just begin the topic with a simple question...

What does it take to change your physical body?

Proper Mindset + Proper Actions = Extreme Transformation

Some of the steps we'll discuss that lead to extreme transformation are:

- 1. a strong why**
- 2. decision to change**
- 3. commitment to making it happen**
- 4. consistent & persistent action**
- 5. winning over your mind. which will constantly try to sabotage you by telling you to eat improperly or get out of doing what you know you should be doing**

Before you begin this journey be sure to know that your health, physical body, and entire life in general can and will change within a few short weeks.

Your body & health is only a side benefit to the level of vitality you will shortly feel as you enjoy this brief journey to transforming your health and your life.

You will enjoy better health, higher energy, increase in vitality, increase in sexual desire and enjoyment, increased stamina, higher self esteem and self worth, extreme confidence, and even better personal relationships.

You will be in charge of your own life & creating the future you deserve and desire.

It all begins with your commitment to this simple proven formula for maximum health:

Eat less & move more.

You do things to avoid pain and gain pleasure.

You will succeed in this journey to optimal health when you associate tremendous pain and disgust for your current situation, and see the pleasure waiting for you with your new body & new life that is only a few short weeks away from today.

Do you realize that, God willing, two months will come very quickly? The real question is: Do you want the same body & life that you have now, two months from now, or would you like to totally transform your body and your life by making some very small and simple choices, one day at a time starting today?

Here's the bottom line: it is simple to do. The rub is that it's even simpler NOT to do. And the choice is in your hands.

Do you want to look at the same (or worse) body in the mirror that you are looking at today? Or would you like to feel that self esteem and self worth by seeing the new transformed you in the mirror just a few short weeks from now?

Think of all the confidence, pride, joy, sexiness, happiness, and fulfillment that will come from that future you? How will your significant other look at you? If you're single, how will your ideal lover look at you and desire for you? Feels good doesn't it? That's what you deserve, and that's what is waiting for you very shortly.

Now, let's focus on your current situation. Do you like what you see when you look in the mirror naked? Are you repulsed? Does it piss you off?



After - Cut & Confident



Before - Fat out of shape face



After - slim face and neck

Go now to a full body mirror and strip down to nothing, and look at yourself.

Guess what got you here. Eating more than you should & improperly and possibly unhealthy foods in combination with a lack of movement.

Meaning you have been eating more and moving less than you should have been for the past few years...maybe decades.

What you see is the result of that plan you've been participating in. How's that plan been working out for you? Are you ready for a new plan, a new body, and a new life?

With your old plan you may have associated pleasure with certain foods and drinks that really have been creating this painful result. Some examples are: soda, alcohol, potato chips, candy bars, cakes, candies, junk food, fried foods, fast foods, ice cream, and more.

Chances are you know what your vice is. What are some of the foods and drinks that you partake in that you know assisted in creating this present body you have? Who do you want to become? What type of results are you seeking?

The best thing you can do to assist in cementing your future self image into your mind and reality is to grab a magazine that has physiques and bodies of the future self you will become.

I took a picture from a magazine that had a cover of the actor who plays the werewolf in the HBO vampire movie with no shirt on and he had the physique I was seeking to attain. Every day I looked at that picture with his face covered up and envisioned it as a picture of me as my future self (minus some of the body hair). I kept it on my desk, looked at it several times per day, and cemented that future self image as if it were already me into my mind.

Within 8 short weeks my body had completely morphed from 196 pounds to 168 pounds, a 34 waist to a 30 waist, and from a gut to being ripped very similar to that picture that pulled me through those two months and inspired me to make that run, bike ride, or go to the gym when my mind tried talking me out of it.

Do not think that this is a step you can skip. I say to you that it is more important than you can know. Matter of fact, an even better step would be to tape a photo of your face onto that picture so when you look at it you see your future self as you.

FACT: In this life we get what we focus on. Focus only on your end goal of being fit, healthy, eating less & moving more, being vibrant, healthy, sexy, joyous, confident and proud of your transformation. That continued focus

will assist you in taking the proper steps of eating less & moving more.

You heard what my transformation was. Now let us focus on yours. In order to do this we'll need two things, which are the same two things you need on any journey if you are wanting to get from where you are to where you want to go: a) your starting point and b) your destination.

As I type this for you, I'm on an airplane flying from Buffalo, NY to Phoenix, AZ. If I didn't know where I was starting or ending it would be hard to navigate this journey correct?

Starting point of this transformative journey...

TODAYS DATE:

- a) Weight:**
- b) Pant size:**
- c) Body fat %:**
- d) Energy level (scale of 1-10):**
- e) Confidence level (1-10):**
- f) Self esteem level (1-10):**
- g) Sexiness level (1-10)**
- h) Sex drive level (1-10):**
- i) Joy & happiness level (1-10):**
- j) Take a picture of yourself NOW**

Your Future Self destination...

DATE: (TODAYS DATE + 60 days)

- a) Weight:**
- b) Pant size:**
- c) Body fat %:**
- d) Energy level (scale of 1-10):**
- e) Confidence level (1-10):**
- f) Self esteem level (1-10):**
- g) Sexiness level (1-10)**
- h) Sex drive level (1-10):**
- i) Joy & happiness level (1-10):**
- j) Locate the picture of your future self and place it so you see it numerous times per day.**

Congratulations! You have just booked your flight for this journey!

Now it's a matter of boarding this vehicle and taking one step at a time, and you WILL arrive. Remember it is easy! Eat less & move more. Simple right? You can and will do it. Congratulations! Welcome to your new life. It begins NOW!

In life there are four basic questions that assist us in getting from where we are to where we want to be in health, business, relationships and all aspects of life. Obviously in this course we will use these questions to focus on our personal health and here they are: (Answer these honestly. Be true to your self. You deserve it!)

1) What am I not currently doing that I must START doing NOW if I am sincere in my goals and desires of transforming my body & my life?

2) What am I currently doing that I must DO MORE OF if I am sincere in my goals and desires of transforming my body & my life?

3) What am I currently doing that I must DO LESS OF if I am sincere in my goals and desires of transforming my body & my life?

4) What am I currently doing that I must STOP doing NOW if I am sincere in my goals and desires of transforming my body & my life?

Those are self assessment questions. You can only start where you are. You are not like me or anyone else and have unique habits and patterns that you know you must deal with, start, or stop accordingly.

Two months from now, you will be exactly where you will be based upon your actions you consistently take from now until then. This book is not magic and won't transform your life through osmosis.

You and you alone will determine where you will be two months from now based upon your actions and commitments.

Change is possible. If not you, who will benefit from this? Whose lives will be totally and forever changed? You know thousands will follow through and totally transform their bodies & lives? Why should they reap the rewards that come from that and you not?



Before - Tan the fat



After - boating with my sisters

If not now, when? Tomorrow never comes. If you put this decision off until the time is right, the time will never be right, and nothing will change. Procrastination will cost you your life, joy, happiness, pleasure, confidence, and fulfillment. Nothing changes until you choose to change.

Step up and make a commitment to change NOW. Not tomorrow, not next week, TODAY, right NOW! You can do it!

"I, _____, commit to transforming my body & life by taking the simple steps of eating less & moving more, one day at a time. Shortly my body & life will be transformed almost beyond belief. I know I can do it! I will do it, starting NOW!"

Congratulations! You have boarded the vehicle and you are NOW on your journey to life & body transformation. Your future self is applauding you and waiting for you excitedly. Your future self is your biggest cheerleader. It wants you to have a more healthy, vibrant, joyful, sexy, and fulfilling life as badly as you do and is here to pull you along.

Shortly you will read the steps I took that totally transformed my life & body in two short months. It is what worked for me, from where I was starting. Keep in mind, you are starting at a different point, and all you can do is start where you are.

Eating less and moving more has a totally different meaning for you as it does for me. Only you know what it truly means for you.

Regardless of where you are starting there is one major key to health, well being, and vitality that I feel is the crucial foundation to transforming your body & your life and it was a HUGE KEY to my personal transformation.

WATER!

Water is gold! Nothing is more important to our bodies than to be properly hydrated. This is the foundation to this journey and if you are serious about almost unbelievable change, follow me on this step with an open mind.

Through billions of dollars of marketing we are told to drink a variety of beverages other than water. Drinks like: Coke, Pepsi, Gatorade, Red Bull, 5-Hour Energy, Coffee, Juice, Milk, Sobe, and alcohol (beer & liquor).

During my two month transformation I chose to drink ONLY water.* Nothing else. And would encourage you to do the same.

*and protein shake powder mixed with water.

After my two-month transformation numerous friends came to me asking how I did it. When I shared my secret step of WATER ONLY to them, I was SHOCKED by the resistance many came back with.

Some said they would not give up: beer, alcohol, Coke, Pepsi, Mountain Dew, Coffee, Gatorade, Powerade, Sobe, etc.

Each had their own achilles heel beverage that they were selling me on how and why they “couldn’t” give it up...some for even a day. And even shared how their research found that water alone couldn’t be healthy, they needed more.

That’s what billions of dollars of advertising can do. Brain washing? I say a water only diet for 2 months will give your brain the proper washing of toxins and sugars that many of those beverages place in you. :)

Look! I can’t jump through this e-book and force you to do anything. No one can force you to do anything. You only do what you want to do.

What I can tell you is that if you are finally sick and tired of being sick and tired of your current body & life, there is not one simpler step that could totally transform your body & life than making the choice of choosing to drink water only as your choice of beverage.

There are over 9 teaspoons of sugar in each 12 oz can of Coke or Pepsi. If you currently drink sodas on a regular basis, the switch and choice of water alone would dramatically affect your health and weight loss & vitality in general.

Is your life worth it? Most pregnant women stop drinking alcohol for nine months and they survive. Make the choice to be a non drinker as you commit to your new healthy body & future self.

When I made this choice I had several friends try pushing drinks and shots on me when out on occasion. All I did was state to them, “No thanks! I’m a non drinker while on my health kick. Will take a water on the rocks, though.” After a couple times they get the picture and will order you a water with lemon when they get a round for others. If they persist you can joke, “You’ll see the difference soon & it may inspire you to make the same change shortly. A water with lemon is fine, thanks!”

Stand firm in this simple commitment. Don’t let them pressure you into a shot or a drink, or allow your self to convince you to get a soda or anything like that. Stick with a ton of water. Go get a water bottle that you travel with in your car, keep at your desk, and have near you always.

DRINK TONS OF WATER ALL DAY LONG!!! Especially right when you wake up, drink at least 8 oz of water.

If you do feel the urge to cheat and drink something other than water, drink a protein shake either mixed with water, or get the pre-made protein shakes such as EAS Myoplex or Muscle Milk. During my transformation I would drink 2-4 protein shakes per day. More on that later.

Yes, I’m telling you that if you are serious about transforming your body and life you must choose to drink water as your choice of beverage for the duration your transformation. That means no milk, alcohol, beer, soda, coffee, etc.

Some of you will come up with the same excuses that some of my friends came up with. That’s your choice. Let me just ask: How have excuses been working for you in your life? You can make excuses or you can make results. The choice is yours.

Most of us know what to do, we just don’t do it.

If you want that future self that wants you just as badly, you know what you must do. Are you going to do it, or are you going to make excuses?

In the eating less & moving more process you will notice that many social interactions revolve around eating or drinking.

You must remain steadfast in your commitment and not fold due to peer pressure or social pressure to eat when you’re not hungry or what you know isn’t right for you and your goals, or drink alcohol under peer or social pressure.

If you share that you are on a 60 day life & body transformation with your friends you will see that many

will support you in your commitment, and you may actually inspire others to eat less, drink water, and possibly even to move more.

For the ones who aren't supportive you'll see their true colors and know they may be only fair weather friends. Something to consider.

I was thrilled to have great support after holding strong to my commitment of a new body & life. Many friends were inspired to do the same and have thanked me for doing so. This e-book is the result of so many of them asking me how I did it, and their compliments after seeing me a couple weeks later as a new man with a slim and cut body & face.

You too will see that many of your friends will encourage you and support you on this journey, plus several may join you on it. (Will show you how to tell them about this e-book and actually earn a referral fee if they choose to get it.)

This leads to the next topic that will be crucial in your getting from where you are now to your future self, and that is: public accountability.

Have you ever known a friend who "quit smoking" yet never told anyone about their decision to do so? If they never told anyone, how serious do you think they were about that choice? Not really right?

You've made the choice & commitment to a better body & life. This is exciting news! Your future self is cheering loudly and is looking forward to time catching you up with it. Now you need to go tell your friends about it, make a post on Facebook, tell your friends on Twitter, tell your co-workers and family. Let it be known!

Now your actions will be under watchful eyes to see if you're congruent with this choice or not. This will be a powerful external motivator for you and your choices in eating and moving.

We can lie and cheat on ourself pretty easily. But we are less likely to lie and cheat on others that know about our goals and choices. That Snickers bar at the vending machine? That soda? They may be tempting but if you have those external accountability partners they may assist you in making the right choices.

In the end, it is and always is your choice. Soon though your body will only crave good healthy foods and water.

If you really want to bump up your level of commitment you can get a true accountability partner who also has chosen to transform their body & life, that you see and interact with often. Then you can focus on your end goal and future self and assist one another in staying on track with proper eating less & moving more goals and steps.

A body in motion stays in motion and a body at rest stays at rest.

If you're like I was a few short months ago, I moved very little in my life. Working at a desk and computer all day for a couple years added 25 plus pounds to my body and took away my drive to want to hit the gym or go for a walk or a run.

I was at rest and didn't feel like getting going.

There must be a strong reason why to go from no movement to movement. What is your strong why?

Is it for your health? For your kids? For your significant other? For your confidence & self-esteem?

Why do you want your future self to be your reality within a few short weeks? How will you feel when you look in the mirror and looking back at you is that picture of your future self? What will the room smell like when that happens? How will the room feel?

How will your life be different?

FACT: Unless you believe your future self to be a reality and a possibility for you, you will never get there.

"Whether you think you can or think you can't, you're right." - Henry Ford

If you didn't feel what you will feel when you look in the mirror in a few short weeks, you need to work on your belief that it is not only possibly, but that it is possible and a reality for you.

Until you can see it as a reality already, you need to build your belief in your self, your commitment, the

laws of cause and effect, and the belief that if others have done it so can you.

Fact is that thousands will read this e-book and some will choose to take action and others will choose to not take action.

Some will two months from now look in the mirror and see their future self fit, trim, and in shape. Some will look in mirror and see what they see now and maybe even worse.

It all depends on the choice you make today plus your daily action steps of eating less & moving more day by day. Which do you want? Which are you committed to?

Others have done it, others will do it. I have done it and know you can too. It's easy, but it's also easy not to do.

If you keep on doing what you've been doing you WON'T keep getting what you've gotten....you'll get worse! The effect you are now will be worse if you don't make a change.

Your actions and choices today, plus your actions each day from now until then, will predict the effect you will be looking at a few short weeks from now in the mirror.

Start where you are, drink water, eat less & move more. Seriously, does it get any simpler? What's simple to do is simpler not to do.

Remember those 4 questions we discussed earlier? Let's take another look at them now that you've progressed through this journey.

Answer them honestly once more knowing what you now know and what your starting point is.

- What do you need to start doing?
- What do you need to do more of?
- What do you need to do less of?
- What must you stop doing altogether?
- Here is my secret step to achieving the results I achieved: HAVE FUN!!!

Enjoy this journey! You are taking the reigns of your life and you and your life will never be the same again!

This is very exciting! Are you excited? I am for excited you and you should be too. Shoot! Your future self who is confident, lighter, toned, in shape, sexy and healthy, is thrilled and can't wait to meet up with you.

If you were on a plane trip to your ideal life, wouldn't you be excited, pumped, thrilled, and happy?

You're on a vehicle that can and will transform your entire life right now.

Wake up happy and pumped! Go through the day staying focused on the end goal. Stay congruent with your words, thoughts, and actions all focused on your end goal and future body & life. And go to sleep at night ready to begin a new day tomorrow.

1) Why are you doing this? What does your future self look like? How will you feel when you get there in a few short weeks?

2) Do you seriously believe that you can and will arrive at the destination of your future self? Have others done it? Why not you? Have others benefitted? Why not you? Are others doing it now? Why not you, now?

3) Have you told your friends and family about your commitment? Do you have someone that you interact with regularly who could benefit from this and wants to transform their life as well that can be your accountability partner?

4) When your future self has the body & life that you envision, are you willing to make small sacrifices, actions, and habits now to live the life of your dreams in the body of your dreams? One day at a time, one small step & choice at a time, you will get there. Are you committed to taking the actions you know you must take?

5) Will you make this journey to your ideal body & life a fun game? You will get there and you may as well enjoy the journey and make the most of it. Your future self and life is waiting for you.

If you have the proper mindset, this will be a simple and fun journey to your new body and your new life. You'll most likely inspire many of your friends and family to do the same along the way. It's a pay it forward journey that your future self will thank you for taking as it will

lead to better health, happiness, vitality, joy, love, and fulfillment in all aspects of life.

I know you can do it and look forward to seeing and hearing about your personal transformation. Two months goes by very quickly. Enjoy the journey and one last step and secret is to document it day by day in a notebook or journal.

Today is the 1st day of the rest of your future self's life! :)

Make Today Great!
Tom Beal

PS - Weight loss, body or life transformation is 80% inner game & belief and 20% outer game and action.

You need to have a clear vision of your future results you are seeking (your future self/body), belief that it's not only possible but already done at that future time, belief that if others have done it so can you, focus only on your end result and not let your mind pull you astray with eating improperly or talking you out of moving more/working out, and enjoying the journey.

I started typing this shortly after liftoff from Buffalo International Airport en route to Phoenix. I have not thought once about reaching a destination other than Phoenix and know in due time, only a few short hours, I will be walking off this plane in Phoenix.

You've made your choice to transform your body & life. The vehicle is in motion, and when you stay focused on that destination and take simple daily steps, you will walk into the life of your future self in a few short weeks with a new body, a new life and a new feeling of health, vitality, confidence, vigor, passion, joy, love, and fulfillment.

Your thoughts, words, and actions are doing one of two things: a) pulling you closer towards your goals and dreams or b) pulling you further away from your goals and dreams.

Today and while on this journey of transformation, keep watch of your thoughts, words, and actions and make sure they all are pointing you and your life in the direction of your future self, body, and life.



Look Ma! No more double chins!

Remember, we get what we focus on. Read the following in a mirror:

"I am a healthy person who eats healthy foods, drinks water, and goes on walks, jogs, and runs regularly while working out several times per week. I totally transformed my body and life and am so thankful that I did so. So are my friends and family, as they see I am happier, more joyful and confident as a person who makes the most of each day."

Bonus benefit: Once you realize that you can and have taken control of your life and your body, you will be unstoppable at setting and reaching your goals & dreams. Nothing is out of reach for you. You can be, do, and have anything. You will begin to make a Bucket List and assuredly will begin taking all aspects of life by the horns and you will be, do, and have all the things you deserve and desire.

Best part of all: it all starts today. It all starts NOW! I'm excited for you! Now go make it happen one thought, word, action, choice, and day at a time. You can and will do it and I look forward to posting your story to my wall of fame so that it may inspire others to take control of their bodies and lives just as you have done. Be sure to document it so you and your motivational story can be in my next book.

Actions I took:

Here's a quick recap of what I did to lose now 25 lbs in 2 months and be in better shape now at 38 than I was as a wrestler while in USMC from '93-'97 at 20-24 years old.

- Bought a big tub of protein powder, OxyElite Pro Super Thermogenic (1, 1st thing in morning & 1 around noon), Triple Strength Fish Oil (1 with breakfast). Joined a 24 hour gym near my house, worked out 4 times a week (M (legs), T (chest & tris & abs), Th (back & bis), F (shoulders & abs); 45-60 mins each workout), run (2 times per week; 2-3 miles each time), mountain bike on trails near my house 2-3 times per week (3-7 miles; plus rode bike to and from gym about a mile each way as warm up and cool down).

- And almost as important was a HUGE cut back on my intake of food and portion sizes.

- Cut out most/all bad/junk foods, and stopped drinking alcohol. Also stopped eating after 6 or 7 pm each evening. Ate mostly protein shakes and grilled chicken with rice and vegetables, and eggs, toast, bacon, fruit dishes for breakfast.

- Between eating less and moving more, I noticed results quickly. My method took a lot of discipline and kind of reminded me of cutting weight back in my wrestling days BUT I am always super hydrated with water. Didn't drink anything other than water this whole 2 months; and a lot of it each & every day. Water bottle at my side most all of the time, even beside my bed.

- Didn't eat socially, snack while watching tv (barely watched any TV at all actually... only some PPV UFC fights), or go out to eat hardly at all and if I did mostly got grilled chicken breast. When I felt hungry if I had already had one meal that day I'd most of the time drink some water then if need be make another protein shake. Would average 3-4 protein shakes per day.

Starting weight 196 and finished at 168.

What you'll need:

1. Blender (to mix protein shake powder)
<http://amzn.to/cjoVfm>

2. Muscle Milk Protein Shake (2-3 times per day)
<http://amzn.to/9eM8wr>

3. OxyElite Pro Super Thermogenic (2 times per morning) <http://amzn.to/aTuZxn>
One 1st thing in the AM, and one at about 11am.

4. Triple Strength Fish Oil
<http://amzn.to/9Wdnax>

5. Muscle Milk PreMade To Go Packs (when hungry between meals)
<http://amzn.to/cNkbsY>

6. EAS Myoplex Original PreMade To Go Packs (after workouts) <http://amzn.to/amt0DP>

7. Fitness Journal to track & record your progress <http://amzn.to/9oHnXm>

8. iPhone 4 armband (for running & working out with audio) <http://amzn.to/d7GUCD>

9. Motorola Bluetooth Stereo Headset (will need an armband for whatever Bluetooth capable audio device you use to make it work)
<http://amzn.to/a9oQsg>

10. Mountain Bike <http://amzn.to/cuU6zD>

11. Running Shoes <http://amzn.to/bbhTE0>

12. Workout Clothes <http://amzn.to/djRjrt>

13. Water Bottle (I have a big Nalgene one and 2 that attach to my mountain bike. I'll keep one near me to drink from all day.)
<http://amzn.to/bWtw79>

1) Mindset is key. "I can and will do this. I will not stand for anything less than my best."

a) Reason why must motivate you and pull you through the eating and moving changes (working out). Upcoming events work well for many. Weddings, reunions, vacations, etc. due to them having a deadline.

b) Find a motivating end result photo that you look at daily. Multiple times throughout the day.

2) Drink only water and protein shakes. No alcohol, soda, coffee, juices, etc. Just a LOT of water.

3) Find a track or trail to run on near your home and work. Use <http://beta.mapmyrun.com/> to get distance of a nice lap near where you are.

4) Join a gym near your home/work (I joined a 24 hour gym that gave me a keypass to open door at any time.)

5) Remember 4 words to getting to your end result:
"Eat Less, Move More"

My Workout

Monday - Legs

4 sets of squats
4 sets of leg press
3 sets of leg extension
3 sets of leg curls
3 sets of calf raises

Tuesday - Chest, Triceps & Abs

flat bench press machine
dumbbell incline
dumbbell incline flies
parallel bar dips
cable tricep pushdown
overhead triceps extension
decline twisting ab crunches (3 sets of 25)
hanging knee raises (3 sets of 15)
swiss ball crunch (2 sets of 15)

Wednesday - Off

Thursday - Back & Biceps

assisted pull ups
bent over t-bar row
cable seated row
lat pulldown
dumbbell bent over row

standing biceps curl (barbell)
standing or seated dumbbell curls
machine biceps curl
wrist curls
reverse wrist curls

Friday - Shoulders & Abs

military press barbell
dumbbell press
dumbbell lateral raise
front plate raise
upright row
shrug

decline twisting ab crunches (3 sets of 25)
hanging knee raises (3 sets of 15)
swiss ball crunch (2 sets of 15)

Saturday & Sunday - Off

My daily routine:

- a) Wake up, take a Thermogenic pill, and drink some water
- b) Ride my bike from house to gym as warm up (little over a mile), worked out, then rode bike home as cool down. Would take a long route to and from which included a trail and would try to do it fast like a race.
- c) After workout drink an EAS ready made protein shake with 42g of protein
- d) Grab breakfast of either a good sized fruit cup OR 2 scrambled eggs, 2 strips of bacon, and 2 pieces of wheat toast and water (no coffee, milk or juice)
- e) Get home drink a lot of water throughout day
- f) Mix a protein shake in blender if feeling hungry or drink a Muscle Milk ready made shake.
- g) Dinner of a grilled chicken breast (would not eat after 7pm)
- h) If hungry later drink a Muscle Milk or a blender protein shake.

Would run 1-2 times per week (started out with 2 miles, then 3 miles, then 5 miles)

Would ride mountain bike 2-3 times per week (5+ miles each ride) on trails in a fast manner in addition to back & forth to gym.

REMEMBER: This whole transformation process is 80% mindset and following through with simple decisions and 20% actions that you know you must choose to take. You already know what is best for you, your body, energy, and life, it's just a matter of following through with the steps and actions you know are right for you.

Are you going to be perfect? Heck no! I wasn't and never claim to be. You can and will eat some things you

know you probably shouldn't eat, and you will most likely skip out on some working out, walking, running or bike riding that you know you should do but just don't. That's alright! You are human after all.

BUT when you fall of the horse you must get back on it. Don't beat yourself up over it, just move forward and re-commit to making this simple journey occur for you, your body, and your life. You can and will do it, one decision, one thought, one step, and one day at a time.

Stay strong and know that your future self is waiting for you anxiously. Trust me, I am my future self now and life is amazing! You will be there in just a few short weeks. Do you and your future self a huge favor and Make Today Great! :)

About Tom Beal

"It doesn't matter where you came from or where you are now, there are steps you can take today to begin living the life of your dreams." - Tom Beal

Since February 2006, Tom Beal has been VP of Marketing for a top Internet Marketing figure and company, MikeFilsaime.com, Inc., and has assisted in creating numerous information products that have positively impacted thousands of lives.

Tom is single and currently lives in Webster, NY. He is the proud father of two children; 8 year old son & 5 year old daughter. He loves creating memorable moments with his kids, traveling, and living life to the fullest.

Learn more about Tom at: <http://tombeal.com>
and follow Tom on Twitter at: <http://twitter.com/tombeal>



Tom Beal