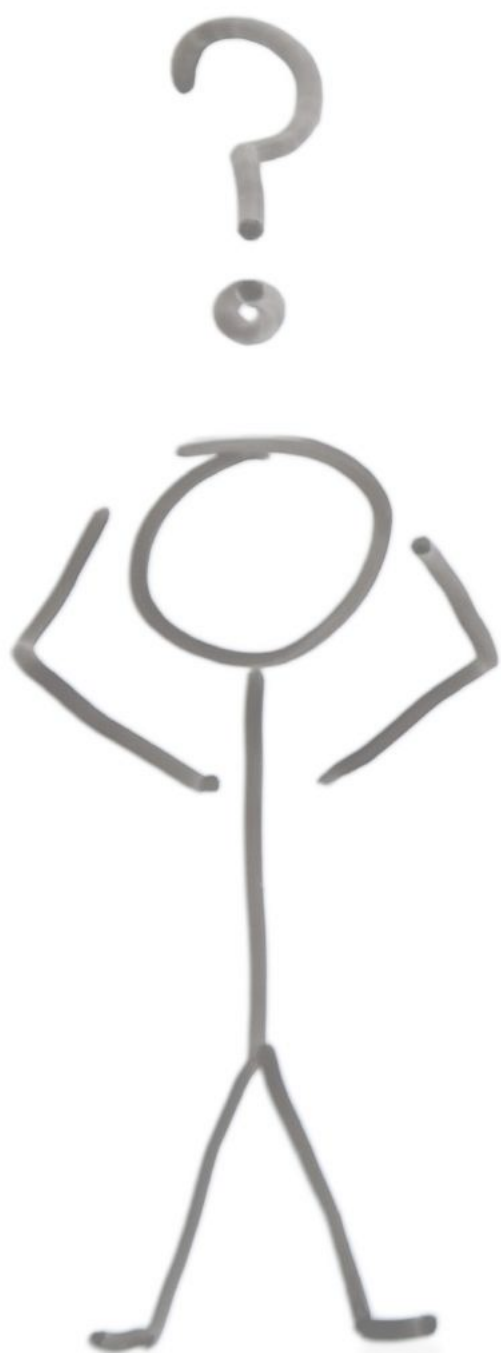


5 DAY FAT LOSS

DAY 3
WEIGHT LOSS MYTHS



WEIGHT LOSS MYTHS



There's so much poor information out there surrounding weight loss that it's no wonder so many are confused.

Should you eat low fat...
Should you eat low carb?
Should you try fasting?

The list is endless.

What we want you to today is to list all the weight loss myths that confused the hell out of you for so long.

Be sure to watch the coaching call as we talk more in depth and dispel so much.

Again, once you've done this, share your answers in the Facebook group.

TODAY'S TASK

Q) What myths have caused me confusion in the past or now?...



CLICK TO SHARE IN THE
FACEBOOK GROUP