

How to Take Part in the Challenge, Get Results & Win Prizes

Step 1: Submit Your Challenge for the Day Before 12pm the Next Day

- Think about your answer to the “**Challenge Action Step**” each day. You’ll find all of these in later pages of this workbook.
- Write down your thoughts if it helps.
- When you’re ready “**GO LIVE**” in the Keto Results Challenge Facebook group with your answers.
- **Example:** For Day 1 (Thursday 14th January), submit your challenge before 12pm (GMT) on Day 2 (Friday 15th January). You have nearly 24 hours :-)

Step 2: See How You Inspire & Support Others in the Community!

- It’s no small thing to submit a live challenge.
- It motivates others by seeing you step up.
- And you’ll find you get a lot of encouragement from the community with your submissions.
- This may sound small - but it’s what will make the day translate to real results for you.
- Encouragement, support and accountability (by you posting) makes all the difference.

Step 3: Check in the Next Day to See if You Were Selected as a Day’s Challenge Winner!

- Damien will be selecting 3 winners from each day’s Challenge at 5:30pm GMT (London Time) each day.
- This, just like everything else, will appear on live stream in the [Facebook Group](#).
- The selection criteria are designed to reward you for making steps that lead to results!
- The criteria are:
 - a. Did you go All-In?!
 - b. Is it a good plan for you - does it make use of the training to maximize your results?

Step 4: Remember to Have Fun & Make Friends!

- By submitting your challenges you’ll also find that you start to make friends in the group.
- It’s only natural, as people will be able to put a real face to you, see what your goals are and how you’re working on them.
- So look at this as a fun way to make new friends with similar goals.
- Everyone in the Challenge is in a similar position - so try to put any doubts or hesitation aside - they’re normal. But everyone’s feeling them - but once you start taking action with the challenges you’ll find everything gets super easy and natural!

DAY 1

Subtract Fat with the Ketogenic Diet

#1

What are your top 2 takeaways on what is important to do to lose fat with the ketogenic diet?

#2

How could you use the ketogenic diet in your lifestyle to improve your results?

#3

What does/ could get in the way of the ketogenic diet working for you?

Challenge
Action
Step

GO LIVE in the Keto Results Challenge Facebook group and share:



“Are you going to use any keto diet principles to improve your results? If yes, how? If not, why?””

DAY 2

Subtract Fat with Fasting

#1

What are your 2 top takeaways on what's important to do to lose fat with fasting?

#2

How could you see fasting fitting into your lifestyle? Which type would work best for you? Why?

#3

What does/ could get in the way of fasting working for you?

Challenge
Action
Step



GO LIVE in the Keto Results Challenge Facebook group and share:

“Are you going to use fasting to improve your results? If yes, how? If not, why?”

DAY 3

Subtract Fat with Exogenous Ketones

#1 What are your 2 top takeaways on what's important to do to lose fat with exogenous ketones?

#2 How could you see exogenous ketones fitting into your lifestyle? Which type would work best for you? Why?

#3 What does/ could get in the way of exogenous ketones working for you?

**Challenge
Action
Step**



GO LIVE in the Keto Results Challenge Facebook group and share:

“Are you going to use exogenous ketones to improve your results? If yes, how? If not, why?”

DAY 4

Make it Stick. Make it a Lifestyle.

#1

What are the top 3 habits that will help make this a lifestyle that lasts for you?

#2

What will your new lifestyle look like next week? What will it look like next month?

#3

What are your top 3 lifestyle obstacles? How do you plan to overcome them when they next appear?"

GO LIVE in the Keto Results Challenge Facebook group and share:

Challenge

Action Step “What is your new keto results lifestyle? What are the 3 lifestyle changes you are going to start next



week? How are these going to get you results? Why will these make a difference for you?”

YOUR LIFESTYLE BLUEPRINT

Complete Your Challenge.

You've put together everything you need with the Challenges.

You've decided how you can make use of the three fat loss tools (Keto Diet, Fasting, Exogenous Ketones).

You've decided how you can pre-empt your lifestyle obstacles (plan for them, so they don't get in your way).

Day 4 is your final and most powerful Challenge. It's your lifestyle blueprint.

So put as much detail into your Challenge Video on Day 4 as you feel comfortable with. The more details - the more it sticks. The more it becomes real for you.

 Ketosource

The Keto Results
CHALLENGE 2.0