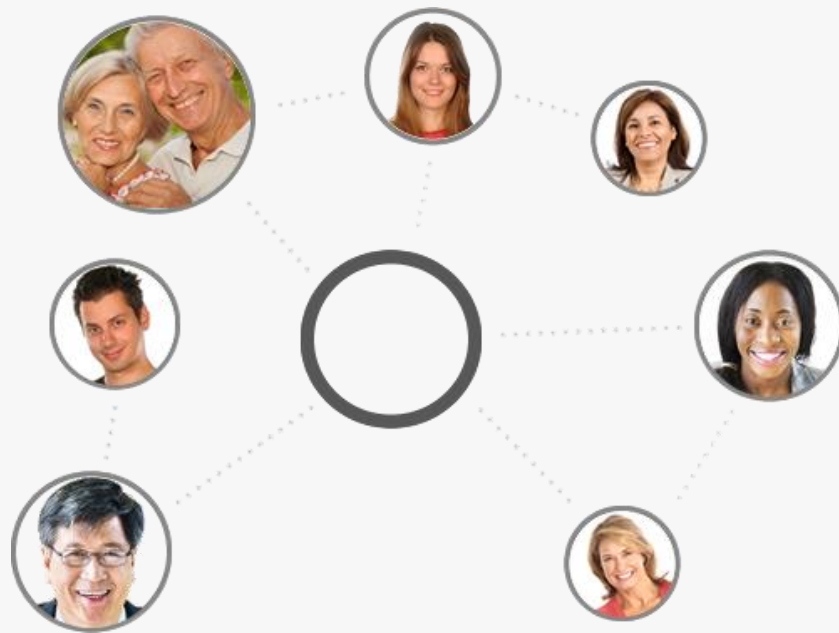


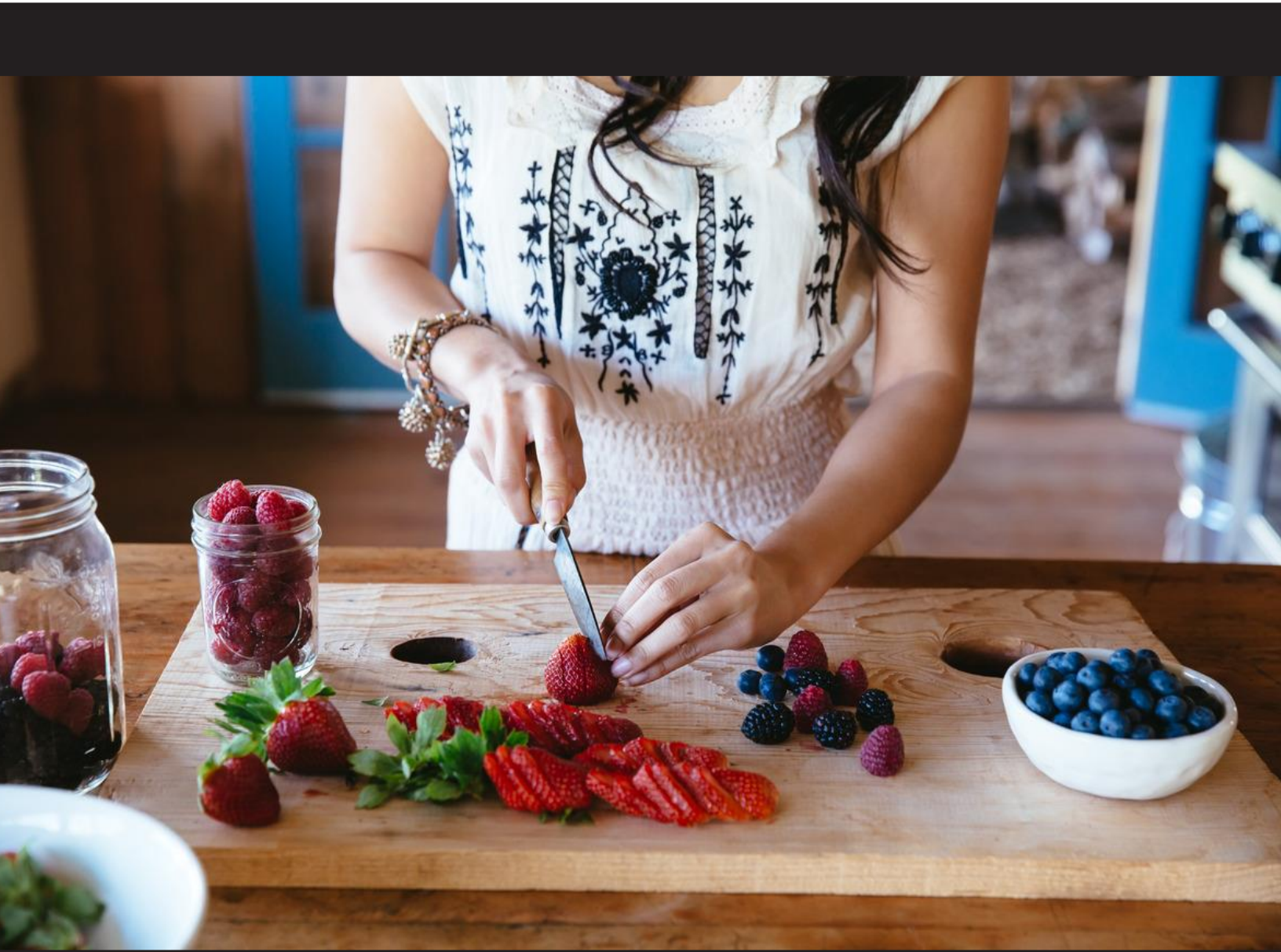
# SANE™ Quick Start Your Friendly Support Group

HOW TO BURN FAT AND BOOST HEALTH AS  
EFFECTIVELY AS POSSIBLE WITH THE HELP OF  
YOUR FRIENDS IN THE SANE SUPPORT GROUP



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## 1. HAPPIER AND HEALTHIER FASTER WITH THIS ONE TIP

Studies show that the more people you involve in your journey, and the more publicly you commit to your transformation, the more success you will have. If you want the best results possible, please start your SANE Support Group journey by creating a “<put your name here>’s SANE Journal” discussion.

Specifically, click “New Discussion,” select SANE Journals for your category, and then tell us a bit about yourself, where you are today, and where you want to go...AND...this is the most important part...**commit to posting something, anything, to your discussion/journal about your journey daily.** Even if it’s just one sentence...if you want the best results possible, please schedule just five minutes per day on your calendar to do your daily SANE journaling. This will turbocharge your accountability and motivation...and it’s clinically proven to help you lose more weight easily and enjoyably. Not a bad deal for five minutes per day!

**We want you to succeed so please schedule five minutes per day for SANE Journaling on your calendar right now.**

**TIP: If you cannot think of anything to journal, try writing two things that you are grateful for that day. This type of “gratitude journaling” has also been scientifically proven to make you happier independent of any of the eating and exercise improvements you are making.**

For an example SANE Journals, simply visit your SANE Support Group and type the word Journal in the search box in the upper right.



## 2. ENJOY INSTANT ANSWERS FIRST

As part of your SANE Plan, you have exclusive access to your SANE Instant Answer Concierge Service.

Be sure to type your question into your SANE Concierge search box before asking it in the Support Group. This will not only get you an answer faster—tens of thousands of questions have already been answered and are provided instantly via your SANE Concierge—but you'll also keep the support group focused on providing rich personalized journaling and support (vs. answering questions like “Is quinoa SANE” over and over :))

## 3. SEE THIS AS A SAFE PLACE TO JOURNAL AND CHAT WITH FRIENDS AND SANE EXPERTS

If you have been diagnosed with a medical issue (especially an eating disorder), please seek individualized help from a qualified medical professional.

It is illegal and unethical for us to provide medical advice here in your Support Group. We're not doing this to be mean...just the opposite. We want to make sure that if you need medical help that you get it. Please please...if you need medical help, get it, you deserve it, and we cannot do you justice here.

See this a supportive group of friends, not a medical resource.



## 4. SUPERCHARGE RESULTS BY SUPPORTING OTHERS

One of the best ways to learn anything, and to supercharge your SANEity, is to teach and help others. If you want to enrich your results and life in general, please schedule five minutes daily to provide support to your fellow members as often as possible.

To make this even more fun, the more you help others, the more reward points and badges you will earn that will get you access to all sorts of bonus resources and other goodness! Within your Support Group you'll even see leader boards and all sorts of fun tools to make helping others as rewarding as possible!

Even if you are just getting started, you can deeply help others by empathizing with them and even just posting a quick "good job" in response to their Journal entries.

## 5. UNLOCKING AWESOME SUPPORT GROUP FEATURES

To get the most out of your experience, be sure to upload a profile picture and to familiarize yourself with the awesome features we've partnered with VanillaForums to provide here. A complete list can be found [by clicking here](#).

Welcome! You've chosen the road less traveled, and it will make all the difference!

SANEly,

Your SANE Solution Customer Delight Team | [Contact Us](#)

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### P.S. KEEPING IT POSITIVE: SUPPORT, SANEITY, AND SMILES

Visit most wellness communities and you'll see that they often becomes "debate groups" vs. "support groups." Good news! This is not one of those places. This constructive community is about support, SANEity, and sharing. Let's ensure everything here has a spirit and tone of support and positivity.

This is a "safe place." Let's support each other through science. Nobody should ever feel the need to defend themselves. If any post does not reflect this spirit of love, please use the flag button on the post/comment to anonymously ensure the community remains supportive, SANE, and smiley.

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