

# CURVES COMPLETE® — THE WHOLE SOLUTION THAT MAKES BURNING FAT EASY AS 1,2,3.

## Quick Start Guide

**Congratulations! You've just become a member of Curves Complete®.**

Place a check mark next to each completed task to help you prepare for your plan on Monday. Planning and preparation are keys to your success! If you have any questions about getting started, ask your Coach at your next workout.

### Step 1:

- ✓ **Register** on [www.CurvesComplete.com](http://www.CurvesComplete.com).
- ✓ **Fill out the online assessment.** When you registered on Curves Complete®, you filled out a personal health assessment. From this health assessment, a diet will be prescribed for you. Move to Step 2 to further personalize your meal plan.
- ✓ **Watch the Welcome video.** If you haven't watched this video yet or need to review the information, you can access this video on the "Weekly Feature" section on the homepage of [www.CurvesComplete.com](http://www.CurvesComplete.com).

### Step 2:

1. **Watch the Diet Start Up video and the Website Tour video.** These videos are located in the "weekly feature" section on the homepage of [www.CurvesComplete.com](http://www.CurvesComplete.com).
2. **Set up and print your Meal Plan.** Go to "my Plan" at the top left on [www.CurvesComplete.com](http://www.CurvesComplete.com). Curves Complete® creates a meal plan based on your preferences, but it is important to make sure everything appeals to you and fits your schedule. Practice changing your meals and setting them up exactly as you like them. Finally, print your plan, recipes and shopping list.
3. **Shop for groceries and clear your kitchen of tempting foods.** It's time to start fresh! Go to the grocery store and purchase all of the foods you will need for your personalized plan. Also, take time to go through your pantry, refrigerator and freezer and remove tempting foods from your kitchen.

### Step 3:

1. **Watch the Exercise Start Up video and the Motivation video.** These videos are located in the "Weekly Feature" section on the homepage of [www.CurvesComplete.com](http://www.CurvesComplete.com).
2. **Plan for 4 Curves Workouts a week and wear your pedometer.** Choose your workout days in the "my fitness" section on [www.CurvesComplete.com](http://www.CurvesComplete.com). While your diet starts on Monday, you can start working out at Curves® right away! Use the instruction manual to program your pedometer and start wearing it to track your steps daily.
3. **Enter your weight and measurements online.** Ask your Coach for your weight and measures and enter these measurements in the "success and measure" section on [www.CurvesComplete.com](http://www.CurvesComplete.com). Tracking your progress will keep you accountable towards your goals!

Weight: \_\_\_\_\_ BF%: \_\_\_\_\_

Bust: \_\_\_\_\_ Waist: \_\_\_\_\_ Abdomen: \_\_\_\_\_ Hips: \_\_\_\_\_ Thigh: \_\_\_\_\_ Arm: \_\_\_\_\_

**Your plan starts on Monday!**

**We are excited to help you achieve RESULTS  
with Curves Complete®!**

