

LifeBaseHQ

Nutrition Program Quick Start Guide

90 Days to a New, Healthier You!



www.lifebasehq.com

-  No Prescriptions
-  No Pills
-  No Shakes
-  No Crash Diets



★★★★★ Tens of Thousands Helped!

Lose 20% of Body Fat in 8 Weeks While Maintaining or Gaining Muscle!

Our program has been tested and proven in market for nearly a decade on thousands of people to bring you the ultimate plan to shedding fat while building muscle!

Step 1: Personalized Nutrition Plan

When you join, you're going to get a nutrition plan designed specifically for YOU. You'll receive a meal-by-meal breakdown based on your activity level, history with food, and health goals.

Step 2: Nutrition Education

We're going help you build a better relationship with food, and teach you healthy habits that you can use for the rest of your life. Sustainability, and the ability to understand how nutrition impacts your health, are keys to long term success.

Step 3: Food Tracking App

Our mobile app is the easiest way to track meals and understand the nutrition you're putting in your body. Food tracking, and body composition, data are combined to power our technology. Seeing what you eat is also the only way a coach can really help you. This is how we know exactly how to make necessary changes to your nutrition plan.

Step 4: Data-Driven Nutrition Coaching

As you progress through the program and your metabolism begins functioning properly again, your nutrition plan will need to be modified. LifeBaseHQ's proprietary D2M Technology allows us to identify exactly what needs to change in your plan to continue losing fat without sacrificing muscle!

Body Composition Analysis

This section breaks down your Weight into Fat-Free Mass, Fat, and Body Water. The following Analysis Charts will dive deeper into each of these areas.

Muscle - Fat Analysis

This is a great starting point to understand your body composition. Compare the length of each bar for a snapshot of your current body composition.

Obesity Analysis

BMI is a poor indicator of health, as it is based solely on your height and weight. BMI can't distinguish between muscle and fat. Percentage Body Fat is much more specific to your composition because it compares the amount of body fat to total weight.

Segmental Lean Analysis

This graph evaluates your Fat-Free Mass for each section of your body. Above each Analysis Chart, you'll find three symbols representing ranges. The Segmental Lean Analysis Chart helps you see exactly where your Lean Mass falls in these ranges.



ID: 151103-1
 (Paul Roberts...)
 Height: 5ft. 04.0in.
 Age: 35
 Gender: Male
 Test Date / Time: 12.06.2015. 15:03

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	67.7	105.8	144.4	187.2
Extracellular Water (lbs)	38.1			
Dry Lean Mass (lbs)	38.6			
Body Fat Mass (lbs)	42.8			

Fitness Score

88/100 Points

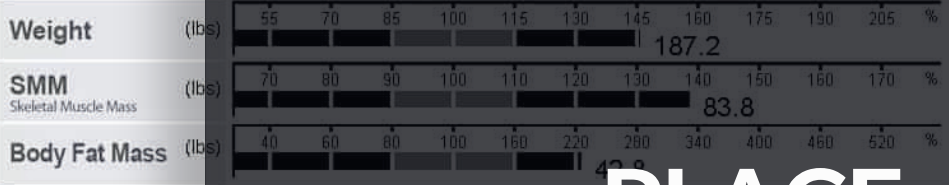
* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Body Fat - Lean Body Mass Control

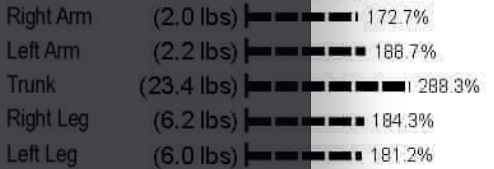
Body Fat Mass - 17.2 lbs
 Lean Body Mass 0.0 lbs
 (-) means to lose fat/lean

Muscle-Fat Analysis

Great! Now that you've completed your body composition scan, here's how we analyze your results.



Segmental Fat Analysis



Obesity Analysis



Basal Metabolic Rate

1785 kca

Visceral Fat Level

Level 7 (Scale: Low 10 High)

Segmental Lean Analysis



Arm Circumference

38.3 in.

Results Interpretation

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

ECW/TBW Analysis

ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Visceral Fat Level

Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

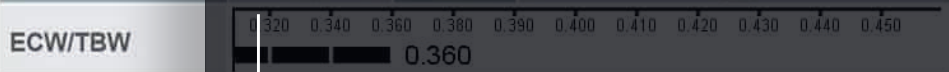
Arm Circumference

Arm Circumference is the estimated circumference of the left upper arm (halfway between shoulder and elbow).

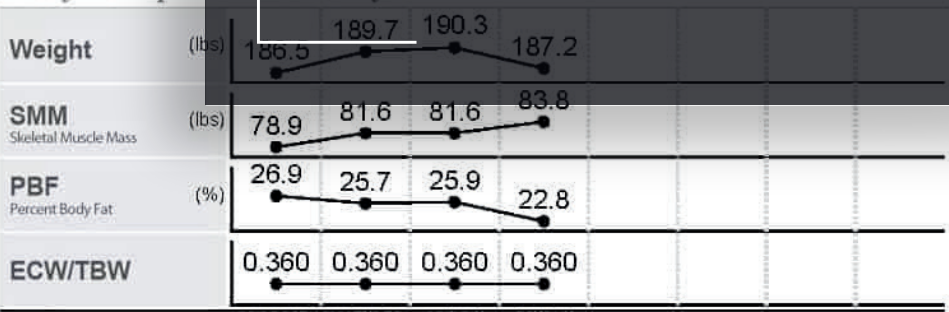
Impedance

Z(Ω)	5 kHz	RA	LA	TR	RL	LL
50 kHz	247.5	263.2	22.0	220.1	217.6	
500 kHz	201.3	214.5	17.2	178.7	178.8	
500 kHz	166.6	178.5	12.9	147.9	147.9	

ECW/TBW Analysis



Body Composition History



Recent Total

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	LifeBaseHQ	WeightWatchers	myfitnesspal	MacroStax
Weight Loss Plan	✓	✓	✓	✓
Healthy Recipes	✓	✓	✓	✓
Nutrition Resources	✓	✓	✓	✓
Food Tracking App	✓	✓	✓	✓
Meal Scoring	✓	✓	✗	✗
Nutrition Education	✓	✗	✗	✗
Personal Coach	✓	✗	✗	✗

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▶ Scan me!

Start Your 90-Day Transformation Today!

It all starts today - Pay for 90 days up front, set initial goals, and get started with a personalized nutrition plan.

Month-to-Month After 90 Days

After your initial 90 days, meet with your coach to plan your next steps and create new goals to keep making progress.

Results Guaranteed!

If you track your food at 90% or better, we can guarantee you'll see amazing results with our nutrition program.

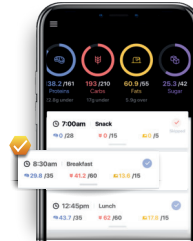
Basal Metabolic Rate

BMR is a useful metric that measures the amount of calories that your body needs to function at rest. It does not account for the calories you need for normal daily activities like going to work or exercise. It is a great baseline number to start with when you form your optimized nutrition plan.



Visceral Fat Level

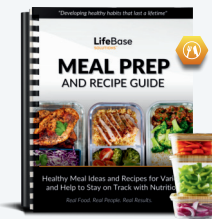
A type of abdominal fat that surrounds your organs. Like normal body fat, you want to try and keep your visceral fat within a healthy range. Aim for a Visceral Fat Level of 10 or below to maintain a healthy fat balance.



ECW/TBW Phase Angle

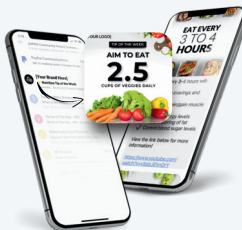
This charts the ratio of fluid balance to Phase Angle, a metric which has been shown to indicate cell membrane strength.

Check it to see whether increases in extracellular water are having a negative or positive effect on cellular health.



Body Composition History

After every an InBody Test, you can refer to this section to track changes in your body composition. If you are starting a new diet and/or exercise regimen, this chart is a great way to see if your diet and exercise programs are creating positive changes. Always look for linear trends over time and never one scan at a time.



Custom Meal Plan

- A nutrition plan specifically for you and your goals
- A meal-by-meal breakdown of macros to eat
- Includes proteins, carbs, fats, sugar and fiber targets

Meal Tracking App

- Learn how to navigate the app and log meals
- Step-by-step video tutorials to learn at your own pace
- 24/7 access, available whenever you need it

Nutrition Playbook

- All-in-one ebook to master the basics of nutrition
- Guides for fast food, training day, and grocery shopping
- Printable PDFs to have with you at all times

Meal Prep & Recipe Guide

- Loaded with tasty, healthy meals
- Our best tips for mastering weekly meal prep
- View on your phone or print a hard copy for the kitchen

Weekly Nutrition Tips

- Learn the fundamentals of nutrition
- SMS and email reminders throughout the week
- Build healthy habits that will last a lifetime

Regular Scans & Check-Ins

- Multiple check-ins every month
- See your progress at a glance
- The D2M Technology will determine what to change at each check-in to continue getting results

How We Create Your Nutrition Plan

The LifeBase platform is truly unique in the fact that we design a plan specifically for YOU. Answer a few questions about your current activity levels and your health goals. Our software combines your answers with your body composition data. This allows your nutrition coach to create the perfect framework for your nutrition.

Targets for Every Meal

Structure is key with your nutrition. You will know exactly what to eat at every meal to lose fat, gain or maintain muscle, and improve water ratios.

Number of Meals

You're provided with a designated number of daily meals based on your activity level and health goals. Adjustments can be made as needed to meet your criteria and specific needs.

Other Factors

We even create benchmarks for your daily sugar and fiber intake. Daily water goals are also set for you to track in the LifeBase app.

	Proteins	Carbs	Fats	Calories
Breakfast	• 56	• 75	• 25	• 749
Lunch	• 49	• 60	• 15	• 571
Snack	• 35	• 15	• 5	• 245
Dinner	• 49	• 60	• 15	• 571
Bedtime snack	• 35	• 15	• 5	• 245
Total	• 224	• 225	• 65	• 2381

Sugar per day	45	Sodium per day (mg)	2300
Fiber per meal	7	Vegetables per day (cups)	2.5
Water per day (oz)	166		

Jane D.
Coach

