



Quick Reference Guide for using Coffee Shape Slimming Green Coffee

“I WANT TO MAKE A DIFFERENCE TO MY LIFE CHALLENGE” – VERY EXCITING

HEALTH PRECAUTION: I know that Coffee Shape is not suitable for individuals who have cardiac conditions; diabetes; high blood pressure; not for children 16 years of age or under; not for pregnant or breastfeeding women.

GP INVOLVEMENT IF NEEDED: I know that I should check with my GP before I start a new weight loss programme to get their input.

HOW MANY BOXES SHOULD I RECEIVE: Coffee Shape will arrive your nominated post satchel, and inside you will find your Coffee Shape. The product is packaged in a white outside card box to protect the contents. Each box of Coffee Shape contains 14 sealed ‘one cup’ sachets. Depending on your order, you may receive 1 white box, with 1 course of Coffee Shape i.e 14 sealed ‘one cup sachets’, or 1 white box holding 2 courses (a double box) i.e. two boxes of Coffee Shape being 2 courses for 4 weeks, which only reflects our packaging efficiencies.

ONLY ONE SACHET DAILY: Only use as directed. I know that I should only have one sachet of Coffee Shape every day. You may notice that there is a sticker concealing 3 -5 *sachets daily*. Please do not take any notice of this. It should always be only one Coffee Shape sachet per day that you use.

START WITH COFFEE SHAPE AND BREAKFAST: I know I need to start my day using Coffee Shape in the morning 15-30 mins before breakfast. I know I must eat breakfast.

YES YOU MAY ADD MILK OR SUGAR: I know I can add milk and/or sugar for taste. I can even add Coffee Shape to an iced coffee or a latte, if I prefer a different recipe occasionally.

COFFEE SHAPE FLAVOUR: I know that Coffee Shape has green coffee beans in its formula, blended with roasted Arabica beans for flavour. I know that Coffee Shape will be unique in flavour, and has a functional use because of the green coffee extract, to aid or support in weight loss, in conjunction with a healthy diet and regular exercise.

EAT HEALTHY AND CONTROL PORTION SIZE.

I know I must eat healthy meals; control my portion size and eat regularly. I know I must use Coffee Shape whilst using an energy controlled diet and regular physical activity.



AN EXPLANATION AS TO WHY THIS IS CRITICAL.

Let me explain something about this particular point. We don't want you to 'go on a diet' or 'starve yourself', we want you to '*change your diet*'. It is really important to eat regularly, let's say every 3 hours. It's important to have a combination of fresh foods i.e. fruit, salads, vegetables, protein, grains and carbs, all in moderation and portion size plays a big role in making a difference toward your weight loss journey.

Why? Ok, well Coffee Shape works on the premise that the special 'green coffee' extract content inhibits sugar absorbing from the food/calories that you have eaten, and then when it's done that, it looks for stored fat. If however, you choose to eat a big meal, at every sitting, your body will only be able to burn 'food you have eaten', and will not be able to work on looking at shifting stored fat.

You'll end up wondering why it's not working, you may even say that 'Coffee Shape doesn't work'. That's why I implore you to be honest about your food intake and your lifestyle. Remember, it's a balancing act on your part to make it all come together, and that it is completely possible to carve some **important changes** into your life.

If you have bought Coffee Shape, I suspect you are serious and you do want change – very good first step! So, as I've said before and it's published all over our website, ensure you are approaching all areas of your lifestyle with the aim of being honest in your review and ask yourself 'do I have to change anything about the.... Type of foods I'm eating; my food Intake; my portion Control, my meal times; my food choices; my water intake; my sleep patterns; my exercise habits.

I know some people that function only on a cup of Coffee Shape, some water and no breakfast or lunch, and then they have a big meal at dinner. This is too much food for your system to handle at once, and the problem with this is, that your body will hold onto the food instead of burn it, because the body has been starved all day, not to mention that you will go to bed on a very full stomach. The aim is to ensure that YOU DON'T FEEL HUNGRY, which may result in overeating. That's why it is recommended that you eat smaller portions, regularly every 3 hours. You should use an energy controlled diet and engage in physical activity.

REFER TO THE HEALTHY EATING SECTION OF THE WEBSITE: I should refer to the www.slimminggreencoffee.com website for Healthy Eating Tips or use some options from their menu plan.

USE ONLY AS A SUPPORT TOOL: I know that I should use Coffee Shape as a 'tool' to support my weight loss journey. I know that I should not use it as a 'stand alone' course of action to control or lose weight.



Your weight loss partner

HEALTH AND WELLBEING: I know that I must ensure that I'm concerned about my overall health and wellbeing and include regular exercise in my daily routine to make a difference to my weight to become healthier.

WATER, WATER, WATER: I know I must drink up to 3 litres of water every day. I know that my body will be working hard and therefore I need to hydrate myself to help my body do some hard work. I know that I can drink other hot and or cold beverages throughout the day, but I must ensure that I get to drink 3 litres every day – by hook or by crook!

SLEEP: Sleep as it turns out is one key activity that we need to take seriously. Less than 6 hours sleep is not enough for our bodies to be in tip top shape. So build 'more sleep' into your plan, as this will have a significant effect on your weight loss journey when you start using Coffee Shape Slimming Green Coffee. Try and go to bed before 10pm. If you don't your body will ache (body repair occurs between 10pm and 2am). Try and get between 7 and 8 hours of sleep. Sleep debt causes cortisol to rise, which shuts down metabolism.

WEIGH INS: I know that I should weigh myself at the same time every day, and track it by writing it down.

MEASURE UP: I know that I should also measure my bust, waist, hips and any other areas I'm interested in, and track them every 7 days or so.

KEEP GOALS REALISTIC: I know that I need to be realistic with my goals and take every week at a time. I know that it is absolutely possible if I commit myself and start to eat healthier, drink more water, and add exercise to my day – I know I can make a difference, I believe in myself to be in charge of my destiny. No one else can do this, only I can do this for myself. I'm going to stick with this! Also please set yourself up to succeed. If you have 30 kilos to lose, this is your end your goal, isn't. But it's more realistic and achievable to break the end goal up into weekly goals. So we could say that over the next 30 weeks I AIM to lose 1 kilo a week, if I do work on my food Intake, Portion Control, Eating Regular, Types of Foods, Water Intake, Sleep, Exercise while using Coffee Shape.

COMMIT: I know that I need to verbalise my commitment to start and stick with my weight loss programme using Coffee Shape – with my partner, friends and colleagues. I need to look to them for support and encouragement to keep me going especially when times will get tough, but I will always know that it is well worth the hard work that I'm about to put in. I want a change.

DID I LOSE WEIGHT IN THE FIRST FEW WEEKS: If I don't lose any weight or lose measurements (cms) I need to be honest with myself and review my diet, my water intake and my exercise regime! I cannot expect Coffee Shape to be responsible to do all the hard work by itself, as it is my tool to support my weight loss goals.