

The Ideal Protein Protocol Roadmap



Why? (What's your motivation for personal transformation?) _____

Lifestyle Building				Lifestyle Living	
Qualification	Phase 1	Phase 2	Phase 3	Phase 4 - Ideal Lifestyle	
	Followed until weight objective is achieved	2 weeks	2 weeks	Stabilization - 12 months	Maintenance - New Lifestyle
	Weight Loss	Pre-Stabilization			
Features: · Health Profile · Primary Care · Provider Approval (when applicable) · Initial Consult Dieter Questionnaire · Before Photo	MyIdealProtein Account <input type="checkbox"/> Setup Completed Gives You Access To: · Daily Coaching Videos ¹ ----- New Playlist ----- New Playlist · Cooking Videos ----- · Fitness Videos ----- · Pre-Order Cart ----- Weekly Coaching Sessions: · Weigh-ins ----- · Measurements ----- · My Daily Journal Review ----- · IP Food Selection ----- · Weekly Dieter Questions -----			MyIdealProtein Continued Access: · 84 Coaching Videos over 12 months (various intervals) · Cooking Videos ----- · Fitness Videos ----- · Pre-Order Cart ----- Coaching Sessions: · Lifestyle Coaching Sessions (12 months) · Lifestyle Guidance Handouts · Weigh-ins · Measurements · My Daily Journal Phase 4 Review Months 18 and 24 Ongoing every 6 months	
	Weight Objective <input type="text"/>	Phase 3 transition consultation	Phase 4 transition consultation Review Ideal Lifestyle Folder Incorporate Ideal Complete Meal Replacements	Dieter Questionnaire · After Photo	
3 Ideal Protein Foods Daily + 4 mandatory supplements ^{2,3} + Ideal Salt			Important Numbers Trigger # <input type="text"/> BMR <input type="text"/>		
2 Ideal Protein Foods Daily + 4 mandatory supplements ^{2,3} + Ideal Salt			Continued access to Ideal Protein Foods, Ideal Complete and Ideal Protein Supplements		
1 Ideal Protein Food Daily, 1 Ideal Complete Daily + supplements ^{2,3} + Ideal Salt					

¹Clinic must manually change video playlist to Phase 2 once Phase 1 has been completed. ²Additional supplements may be required. ³Speak to your clinic about BCAA's.