

# THE TRANSFORM

# APP STARTER'S GUIDE



**TRANSFORM**



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# WELCOME!

Welcome to *The Transform App Starter's Guide*!

Congratulations on downloading The Transform App and welcome to the Transform Family!

The Transform App was created to provide you with a complete transformation experience. That means customized meal plans based on your body and your goals, workouts specific to your needs and fitness level, and even life lessons to help you master your mindset for long-term success.

And guess what? You can get your own customized Transform Plan in just minutes!

Let's run through how to set up The Transform App and get your personalized plan. Then we'll highlight just some of the incredible features inside.

Don't forget, The Transform App was designed to help YOU achieve your goals.

So let's get to it!

*Chris*

- Chris

Thank you so much for trusting us to guide you on your life-changing journey of transformation. We are honored to help lead you to your goals and excited to share in your victories along the way.

**Now let's Transform!**



# START HERE FOR YOUR NEW TRANSFORMATION

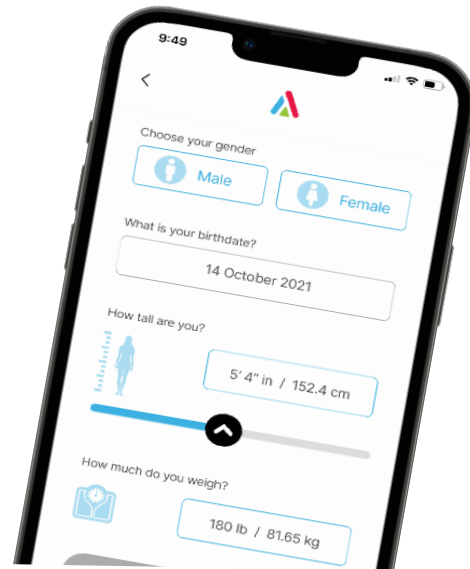
Get Your Personalized Transform Plan in Just Minutes

## STEP 01

### Enter Your Biometrics

To get your personalized Transform program, enter following information:

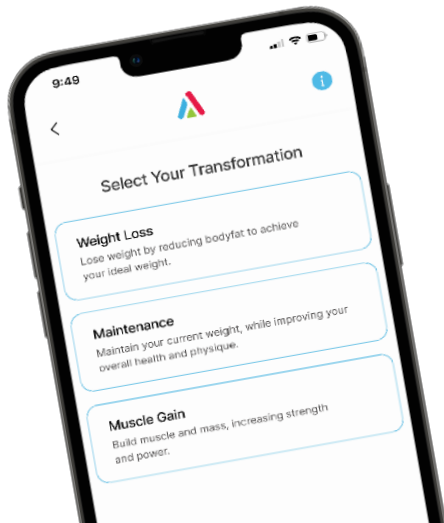
1. Gender
2. Birthday
3. Height
4. Weight



## STEP 02

### Choose Your Transformation

Select your transformation goal!



- Weight Loss: Lose 10 to over 200 pounds of body fat to achieve your ideal weight.
- Fit and Tone: Maintain your current weight while improving overall health and physique.
- Muscle Gain: Build muscle and mass, increasing strength and power.

## STEP 03

### Select Your Goal Weight

Based on the transformation goal in the previous step, now select your goal weight!



## STEP 04

# Choose Your Training Program

From at-home workout programs and Dance to full gym training and more, try as many workout programs as you'd like! Here's a quick look at the available programs:

## At-Home Programs

**Body Weight Beginner:** The perfect way to jumpstart your weight loss transformation with bodyweight exercises.

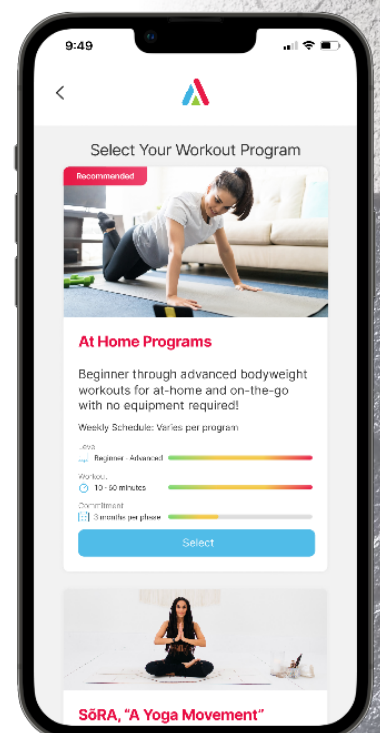
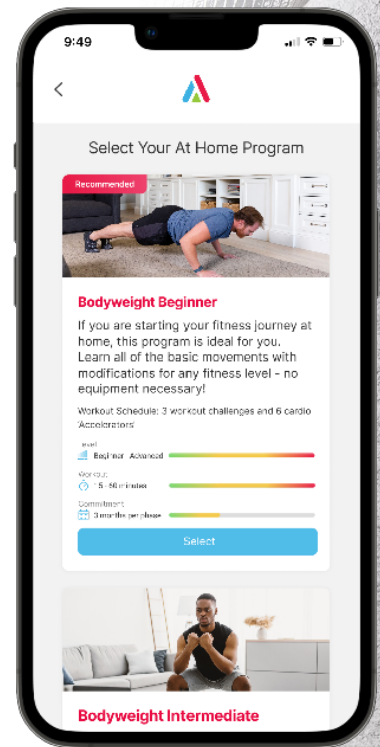
**Body Weight Intermediate:** Increase your bodyweight workouts and training to continue your weight loss journey.

**Body Weight Advanced:** Test and stretch your physical limits with intense, cross training-inspired, functional movements.

### Body Sculpting:

- **Women's:** Exercise with minimal weights from home and focus on shedding the last few pounds to sculpt an hourglass physique.
- **Men's:** Exercise with minimal weights from home and focus on shedding the last few pounds to build a strong and powerful X frame.

**First Steps:** This is a great program for those who have been immobile/inactive for a long time or are completely new to exercise.





## SōRA, “A Yoga Movement”

A powerful holistic training experience designed to strengthen the body and mind.



## Dance

Full body exercises that will get you moving, grooving, and burning calories. The best part is it doesn't even feel like a workout.



## Classic Gym

Designed to help you sculpt a beach body physique.

- **Men's Physique**
- **Women's Physique**

\*Beginners and individuals who haven't weight trained within the last 6 months should start with Phase 1. Advanced, regular lifters should begin with Phase 2.



## Cross Training

Designed to help build your strength, stamina, power, and endurance.

- **Bodyweight:** Pull up bar and a box needed.
- **Equipped:** Box, barbells, pull up bar, & bumper plates needed.



# YOU'RE READY TO TRANSFORM!

You are about to begin is the most extensive transformation experience you will ever have, right in your pocket, because not only do we create a fully customized diet and exercise program for you, but true long-term transformation goes so far beyond diet and exercise.

In addition to your personalized nutrition and workout plan, you'll find some incredible features in the app that will help make your transformation easier.

Spend some time familiarizing yourself with the app. The Transform App will be your best friend for all things transformation!

If you'd like even more help navigating The Transform App, let's run through these additional topics together:

- **Nutrition & Wellness**
- **Workouts & Training**
- **Lifestyle & Community**



# EXPLORING THE TRANSFORM APP

## NUTRITION & WELLNESS

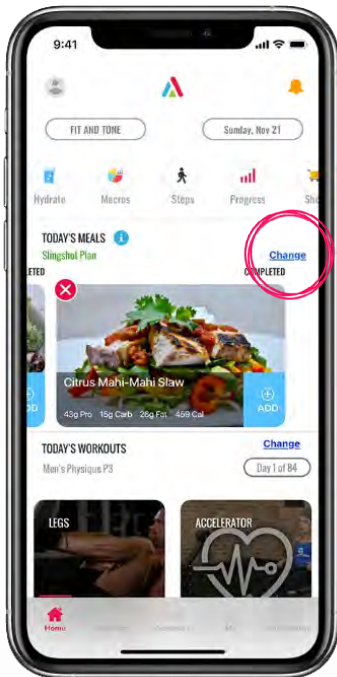
### Your Daily View: Logging Your Meals

If you are following a Transform Plan, every single meal in your menu has been customized to your body, your goal, and your needs!

From your home dashboard, you'll have a couple of options.

### Let The Transform App Suggest Meals

If you are looking for meal ideas, simply click on *"Suggest Meal"*, and the app will randomly suggest a meal from your custom meal menu. If you have *"Favorited Meals"*, it will select from them first. Simply click on *"Suggest Meal"*.



If you'd like a different meal, click on the red "X" icon and then click *"Suggest Meal"* again.

### Select a Meal from Your Custom Menu or Add Your Own

To do this, simply click on the blue (+) ADD button. From there, you'll see these options:



**Transform Menu:** Search from our delicious, customized menu of Transform meals.



**Search Food Library:** Access the largest verified food database in the world with over 800,000 foods.







**Quick Add:** If you already know the calories and macros of your meal, you can manually enter that information for your meal.



**Saved Meals:** Select any meals you've saved previously.



**Saved Days:** Select any full days of meals you've saved

### Track Your Macros

With the simple touch of the Macros Icon, track away from a library of over 800,000 foods with pictures for quick identification, bar scanner capability, community submitted foods and recipes, and much more.



### Your Weekly View: Planning Your Meals

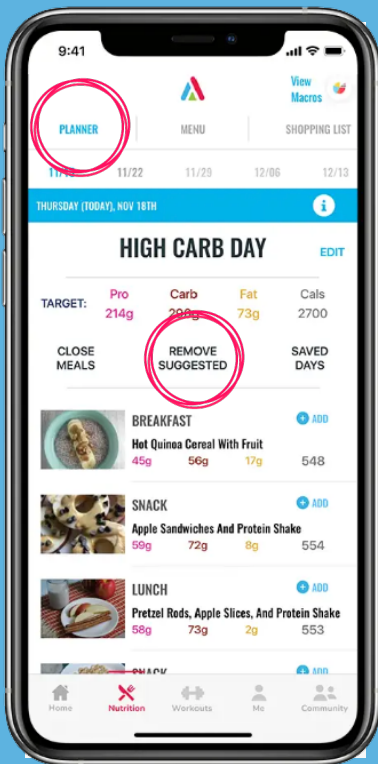
You can also plan out your meals in advance! To do this:

1. Click "*Nutrition*" on the bottom menu.
2. Click "*Planner*" on the top left of the screen.
3. Click on the date to see all the days of that week.

From there, you can click "*View Meals*". This dropdown will show you the meals for that day.

Click "*Suggest Meals*" to populate your meals for the day, or click "*Remove Suggested*" if you want different meals.

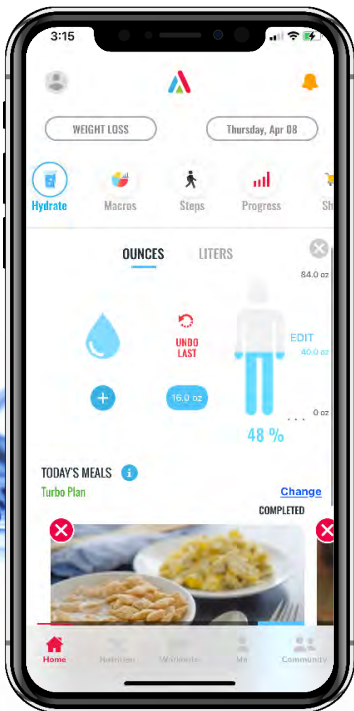
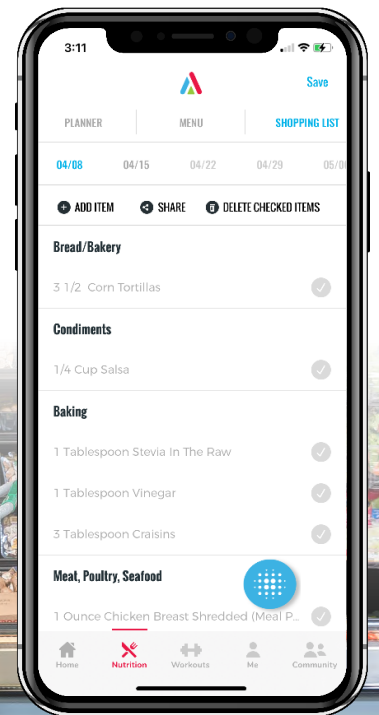
Or you can click the "*Add+*" button and enter/choose the meal you want from there!



**The average human eats the same 43 foods (15 meals) throughout the year. If you are tracking your own meals, take the next 15 minutes to build your favorite meals and save them under "*Saved Meals*" for rapid entry!**

## Shopping List

When you plan your meals from your custom menu, a shopping list is automatically generated and categorizes each ingredient for easy shopping!



## Hydration

Staying hydrated is so incredibly important for supporting your transformation goal, and now tracking your hydration is easier than ever through The Transform App!

**Have a tough time drinking enough water? Train yourself with our 10-gulp rule: Every time the bottle touches your lips, take 10 gulps before putting it down!**



\*Those following the "Weight Loss" program in The Transform App and following both the nutrition and exercise parts of the programs can expect to lose 1-2 lbs/week. Since everybody is unique with different personalities, abilities, interests, physical attributes, emotional makeup, and health and fitness goals, the results of using the app will depend on the user's unique traits and following the program specifically. Healthy sustainable weight loss of 2 lbs/week is not considered feasible over an extended period of time. The length of time varies depending on the individual. ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTHCARE PROFESSIONAL BEFORE STARTING ANY DIET, EXERCISE PROGRAM, OR DIETARY SUPPLEMENTS. Those people whose pictures appear in this ebook DO NOT represent results obtained from using the app.



# FITNESS & TRAINING

## How to Access Your Daily Workout

To view your workout for the day:

1. Click the **“Home”** button on the bottom menu.
2. Scroll down until you see **“Today’s Workout”**.
3. Click on the video thumbnail, and you’ll be taken to your workout!

\* If you’d like to switch things up and try a different workout program, simply click the **“Change”** button.

## How to View Your Future Workouts

To view your workouts for the week & weeks ahead:

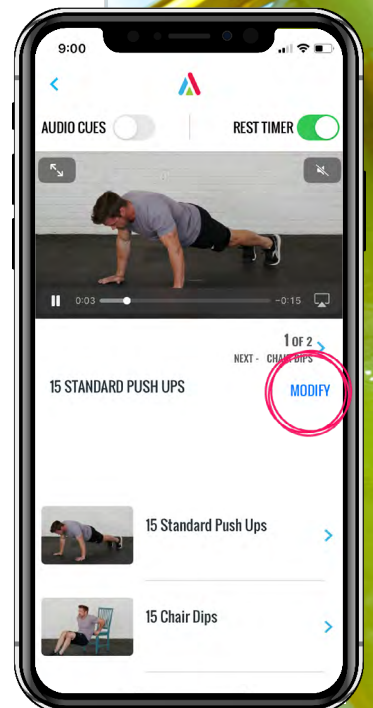
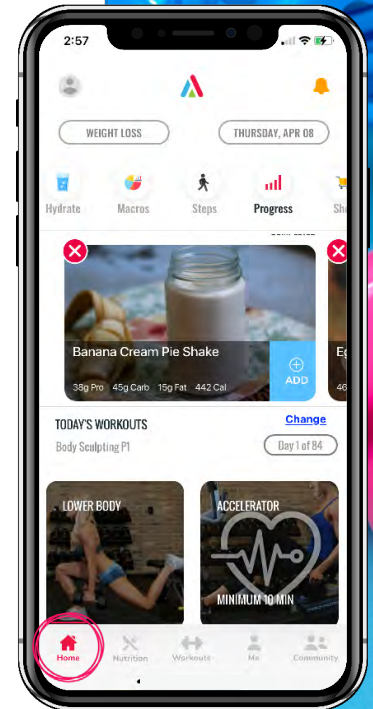
Click the **“Workouts”** button on the bottom of the menu.

With this view, you can check out your workouts for your current week and the weeks ahead.

## How to Modify Any Movement

If there is any movement that may be difficult for your ability level, you can modify it or find an alternative with a single touch!

Just touch on the blue **“MODIFY”** button during the workout, and it will automatically switch the video to an easier version OR a version with different equipment. If that version doesn’t work, simply touch **“MODIFY”** again, and it will find another version for you!

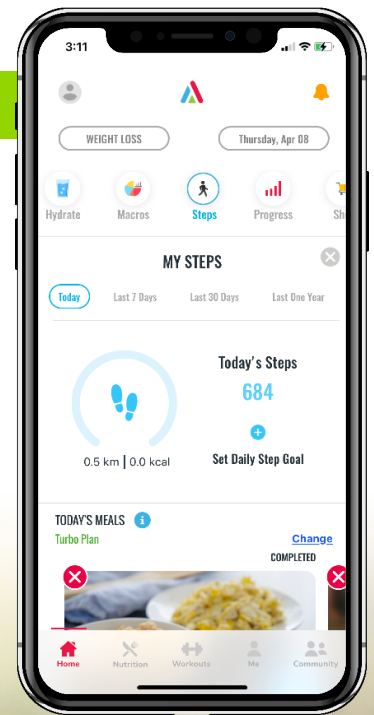


## Steps

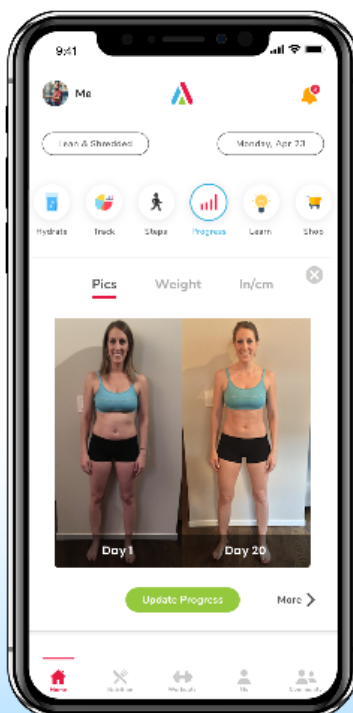
The Transform App will seamlessly keep track of your steps for the day and show you how far you've gone.

\*Track your steps automatically using your phone. Connection set up depends your phone.

[Click here for set up.](#)



## Progress



### Easily Record and Track Your Progress!

- **Progress Updates:** Document your amazing transformation through weekly progress updates with pictures, circumference measurements, and weight. You won't regret it!
- **Stats:** Track your consistency with weekly and monthly statistics.



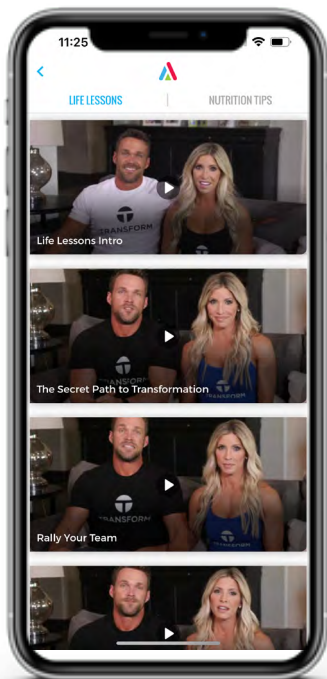


# LIFESTYLE & COMMUNITY

## This Is a Lifestyle Transformation.

We prepare you mentally for the ups and downs of life ahead so that you can finally achieve the transformation success you have always wanted.

### Life Lessons



### How to View Your Transform Life Lessons & Nutrition Tips

We've included our tried-and-true Life Lessons and Nutrition Tips to help teach you principles that will help you along your transformation journey.

To see your lessons:

1. Click on ***“Me”*** on the bottom menu
2. Under the ***“Profile”*** tab, click on ***“Lessons”***

We also discuss Life Lessons themes weekly in the community so you can get support from others going through the journey with you.

### Community

## Join the Greatest (Private) Transformation Community.

Many of us don't have the support we need at home. Join our private community-a family of over 50,000 like-minded people changing their lives for the better, from our Transformation Heroes who have lost tens to hundreds of pounds to others like you who are just taking their first steps. Between our Transform Ambassadors, Coaches, Chris, and the trainers, something is happening every day in the community to keep the party going!

[Click here to join!](#)

## SUPPORT & CONTACT US

### We're to Help!

For any and all issues/questions pertaining to The Transform App please visit [www.thetransformapp.com](http://www.thetransformapp.com), or feel free to email our Support team directly: [support@thetransformapp.com](mailto:support@thetransformapp.com).





The Transform App Starter's Guide is a getting started guide for those who have purchased The Transform App. As a purchaser of the App, you have agreed to the Terms and Conditions that are found on [www.thetransformapp.com](http://www.thetransformapp.com) and in the App itself. The information presented in this ebook is also covered by the Terms and Conditions on [www.thetransformapp.com](http://www.thetransformapp.com) and in the App itself and it is part of your purchase of The Transform App. We encourage you to read the complete Terms and Conditions thoroughly before using any services provided by The Transform App (Triaxiom, LLC). Statements on the App or in this ebook have not been evaluated by the Food and Drug Administration. ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTHCARE PROFESSIONAL BEFORE STARTING ANY DIET, EXERCISE PROGRAM, OR DIETARY SUPPLEMENTS. 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THIS IS PARTICULARLY TRUE BUT NOT LIMITED TO, IF YOU (OR YOUR FAMILY) HAVE A HISTORY OF HIGH BLOOD PRESSURE OR HEART DISEASE OR IF YOU HAVE EVER EXPERIENCED CHEST PAIN WHEN EXERCISING, SMOKE, HAVE HIGH CHOLESTEROL, HAVE A BONE OR JOINT PROBLEM THAT COULD BE MADE WORSE BY A CHANGE IN PHYSICAL ACTIVITY, HAVE DIABETES, ARE OBESE, HAVE ARTHRITIS OR ARE PREGNANT, BREASTFEEDING, OR LACTATING. Our recommended workout plans, exercises, and meal plans even if they are tailored to you, should not be misconstrued as medical advice, diagnosis, or treatment. IF YOU EXPERIENCE FAINTNESS, DIZZINESS, PAIN, SEVERE DISCOMFORT, OR SHORTNESS OF BREATH AT ANY TIME WHILE EXERCISING, YOU SHOULD STOP IMMEDIATELY AND CONSULT A MEDICAL EXPERT PRIOR TO RETURNING TO EXERCISING. THE USE OF ANY INFORMATION OR PROGRAMS PROVIDED ON THE APP OR IN THE EBOOK IS SOLELY AT YOUR OWN RISK. DO NOT EVER DISREGARD, AVOID OR DELAY OBTAINING MEDICAL OR HEALTH-RELATED ADVICE FROM YOUR HEALTHCARE PROFESSIONAL BECAUSE OF SOMETHING YOU MAY HAVE READ IN THE EBOOK. You should be aware that there are inherent physical and mental health risks to exercise and change of diet including the risk of injury or illness. By accessing the Services, you acknowledge and agree that your performance of any and all exercises or activities recommended by the Services is entirely at your own risk. Neither The Transform App (Triaxiom, LLC) and Chris Powell will be liable for any physical or mental injury or illness that may result, whether directly or indirectly, from any of our recommended workout plans or exercises. Using the guidelines such as written descriptions, pictures, or videos describing how to perform specific exercises or activities, you assume sole responsibility for performing those exercises or activities with proper form, as there is a risk of injury or illness increases with improper form. We encourage you to seek multiple sources of information regarding how to perform each exercise correctly and to consider consulting with a qualified coach, instructor, personal trainer, or physical therapist, especially if you are new to any of the forms of training or activity you seek to perform. \*Those following the "Weight Loss" programs in Transform App and using both the nutrition and exercise parts of the programs can expect to lose 1-2 lbs/week. Since everybody is unique with different personalities, abilities, interests, physical attributes, emotional makeup, and health and fitness goals the results of using the App will depend on the user's unique traits and following the program specifically. Healthy sustainable weight loss of 2 lbs/week is not considered feasible over an extended period of time. The length of time varies depending on the individual. ALWAYS CONSULT WITH A PHYSICIAN OR OTHER HEALTHCARE PROFESSIONAL BEFORE STARTING ANY DIET, EXERCISE PROGRAM, OR DIETARY SUPPLEMENTS Some of the before/after consumer testimonials featured in the App or the ebook (site) may have compensated for their testimonials by receiving free or discounted products and services. You represent and warrant that you are at least 18 years of age. If you are under age 18, you may not, under any circumstances or for any reason, use the App. All rights reserved. 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