

## The 100 Pounds in 7 Month Challenge

Offered by Carlene Jones via Raw Food Boot Camp®

Offer open through March 4<sup>th</sup> 2012

*I reserve the right to refuse service to anyone.*

*This is a limited time offer and subject to end without warning*

### What you have to do:

- Lose 100 pounds in 7 months using the guidelines set below.  
Weight Lost prior to Validation Weigh in is not counted.
- Be a paying member of RFBC for 7 consecutive months. *Note that we work on a 4 week session, so it's 8 sessions of camp. We do have a payment option that you can pay for 5 sessions and get 8, but you can also pay per session as you go.*
- Participate at Boot Camp on average 5 days a week. In both your log with me and the daily accountability threads. Any exception to this rule must be agreed upon by Carlene prior to the break.
- Maintain an RFBC blog as Jess did with photos of your face showing. I will not publicize the blogs until you have made it through 3 months if you wish, but these blogs have to be updated a minimum of 3 times a week so others can see the reality of this journey.
- Send in verifiable proof of your start weight and 7 month lost weight.\*
- Send in your monthly body and scale photos.

### What you get:

- A Visa Gift Card for \$500 for losing the 100 pounds in 7 months based on above stipulations. The card will not be issued prior to your 7 month anniversary. That means if you lose the 100 lbs in 6 months like I did, you have to maintain it through that 7 month anniversary date.
- As long as you continue to participate and either lose weight or maintain your goal weight, you will also receive 6 months of free support.

### **How it will work:**

Your weight loss is counted from the day I receive your validation weigh in. Fast weight loss is awesome, but there are some who join things like this who realistically can't do it. So, I will always be honest with you, and if I think you are beating yourself up too much, or you are at a position where reaching the 100 pounds is beyond what is reasonably expected, I will tell you. I want you to have success. I did this, and many others have done it as well. It is doable, but it really takes an all or nothing personality type and the ability to put your weight loss over your love of food. Which, at times, is easier said than done.

The money and the free support is an incentive to get you to put your all into this program. The big win is really the weight loss! It is of course also a marketing venue for RFBC, so the blog and the photos must be done on time and with effort.

### **There are reasons I may drop you from the challenge:**

- You are having health problems.
- You do not abide by the diet, calories, fat, protein, sodium of our program.  
**I do not allow fasting, cleanses that last more than a day, unhealthy behavior like using laxatives, diuretics, sweat lodges, purging, excessive colonics or starvation calories (less than 1000 a day).**
- You are a disruptive, negative force at boot camp.
- You tend to disappear a lot or don't participate on a consistent basis.
- You break our no religion, no politics rule.
- You do not send in your photos or you send in altered photos.
- You do not keep up your blog.
- Your weight loss is not verified
- You fall too far behind weight wise and catching up would require unhealthy changes to your program.

### **How to verify your weight:**

I apologize up front for this, but I have been burned in the past, and \$500 can be very tempting. This time, I want proof of your success. You will only have to verify your weight twice. When you start and on your 7<sup>th</sup> month anniversary. You can choose from the options below as a method of verifying your weight.

- A video clip, not a photo, of you getting on the scale (dressed please) and then zooming onto the reading. I must be able to see the numbers on the scale, and it must be a fluid shot from you to the scale to ensure no one is holding barbells to start or leaning on furniture to end! This is probably the easiest as most cell phones and digital cameras now have video capabilities.

One of the ways many have done this is by standing in front of full length mirror and catching their image on the recorder. Scan your full body, to the scale so the numbers are legible, then back up the mirror to your face.

- A weigh in with your doctor, written on their letterhead, on a lab report, or on a prescription pad. Something that proves it was a doctor's weigh in.
- A photo of a WW weigh in card with counselor's initials, and a photo of the counselor filling it in while standing with some WW info around her.
- A notarized document stating that you weighed in front of the notary and she verifies the weigh in.
- Or some other creative idea you pass by me first. I will not accept family or friends as witnesses.
- You are not eligible for the 50lbs in 12 weeks challenge.

#### **The Diet and Exercise Guidelines:**

Everyone is different, so what it will take you to lose the 100 pounds in 7 months might be different than what it will take someone else. We will figure all that out during your first month. To start:

- No one is allowed to go below the 1000 calorie mark. 1200 calories a day is what is desired.
- You must have a minimum of 10% fat in your diet. Max fat: 15%.
- You must have a minimum of 10% protein in your diet.
- There is a maximum of 750 mg of sodium per day. This number will drop as you proceed
- You must commit to walking every day. Many obese women can't do the 45- 120 minutes of walking a day to start. Don't worry about that, I will work with you personally from your starting point, but know that to get the weight off you will be walking a lot. It's takes about a month, with a forward thinking attitude, to get used to the walking, then after that it is a matter of making time.

#### **Special Offer for Women Joining the 100 pounds in 7 month Challenge!**

I normally offer a pay up front for 5 session of RFBC and get the 6<sup>th</sup> session free, but since we are doing a 7 month program, I will offer you the full 8 Sessions, if you pay for the first 5 sessions up front. That will take you through the full seven months.

What this special offer really means is that you pay me, \$495 up front. If you lose the 100 pounds in 7 months, I will give you \$500 and 6 months of support for free. In the end, I am paying you to get skinny!

*This offer is only valid through March 4<sup>th</sup>, 2012 and only to the women who have a hundred plus pounds to lose.*

## Why am I doing this?

There are two good reasons. The first is marketing. I bring you in, you lose 100 pounds in 7 months, and your story will inspire more women to join camp and follow in your footsteps.

The second is, this is why I started boot camp. To prove that other obese women could use a raw food diet low in fat, sodium and sugar to lose weight as fast as bariatric surgery without the risk. It is working with obese women that really inspires me and fires me up. Lately, boot camp has attracted more overweight than obese women, and while I enjoy them, and enjoy their successes, it is not the same. I want to participate in your magical journey. It is an amazing, thrilling ride, and the reason I do this.

**DO NOT SIGN UP IF YOU HAVE NOT LISTENED TO THE [INTRODUCTION TO RAW FOOD BOOT CAMP AUDIOS](#)!** You don't have to log in, just click on the words and then click on 5 Day Agenda and Daily Audios.

I have had a couple people join this challenge only to have them come to camp and not want to do our diet and exercise program. To do this, you must embrace our program and be willing to stand up to yourself and just focus on getting this done.

In maintenance we will work on breaking your fat brain behaviors. To lose 100 lbs in 7 months, you need complete focus. Jess did it, FreeSpirit, Clept, and others are doing it now.

**[JOIN NOW](#)**