



*30 days - 1 Life Area - for 12 Months*  
Not just a program ... it's about living your design.

Take **30** days at a time...  
focus on **1** area at a time...  
in **12** months, you are more the **YOU**  
that you were designed to be!

Thank you for your email and interest in the Source System. It is a privilege to be able to offer it to you. Below you will find a brief description of what The Source System Kit contains:



- Daily Tracking System (Magnet board to track your daily progress)
- Weekly/Monthly Tracking System to keep track of your on-going progress.
- “What is the Source?” Focus Guide detailing what the program is, what the 18 Source Life & Challenge Areas are, and How to use the system.
- The 12 Life Area Focus Guides (such as Nutrition, Movement, and Balance & Fulfillment). These Guides contain in-depth information and action steps on the area of focus that you choose for the current 30-day period.
- Body & Life Training Cards (BLT Cards)– 18 Motivational and Daily Life Cards that contain tips and direction for each of the 12 Life Areas & 6 Challenge Areas that can be implemented on a daily basis to improve your life. The BLT Cards come in a user friendly carrying case that transports easily in a purse, briefcase or even in your back pocket.

Source Kits are available by enrolling in our 30.1.12 personal training program and/or conference call packages. Visit our website for more information. Thank you for your interest in The Source!

Wishing you great health,

*The Source Team*

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