

# Your Step One Success Story



Your health is our mission! Track your progress so you can measure your results.

1. Get a baseline cholesterol test if you've not have one in the last 6 months
2. Enjoy two servings of Step One Foods as a substitution for something you normally eat
3. Eat the rest of your meals like normal
4. Use the products for at least 30 days and up until the day of your follow-up cholesterol test

**Start Date:**

**End Date:**

**My other goals:**

Cholesterol	Baseline	Results
Total		
LDL		
HDL		
Triglycerides		

- Lower Blood Pressure
- Lower Blood Sugar
- Reduce Inflammation
- Lose Weight
- Reduce Medication Needs
- Feel better!
- Other: \_\_\_\_\_

## Progress Calendar

Day 1 First Week!	✓ ✓ Check off two servings each day					
Day 8						
Day 15		Reminder: Schedule your cholesterol test				Time to re-order Subscribe & Save!
Day 22		One More Week				
Day 29 Get your cholesterol test this week. (Keep eating 2x/day until the day of your test.)	You completed your first 30 days!		Keep Going! Make a permanent commitment to better health through nutrition!	Eat your favorite Step One Foods 2x per day. You can mix and match any way you like.		Spread the word! Share Step One Foods with a friend.

"Small changes can add up to big health improvements over time."

- Dr. Elizabeth Klodas, Founder of Step One Foods

**Share your success!**

Send a picture of your tracker to [success@steponefoods.com](mailto:success@steponefoods.com).

