



**GET FIT WITH SHILPI**

**( FITNESS IS NOW YOUR LIFESTYLE )**

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**80 % NATURAL FOOD 20%  
WORK OUT**

**HELLO DEAREST,**

**MY NAME IS SHILPA SHETTY ( SHILPI)**

**I AM A CERTIFIED  
NUTRITIONIST & FITNESS CONSULTANT**

**FROM,  
FABULOUS BODY ACADEMY INC, CALIFORNIA UNITED STATE**

**I AM HAPPY TO ANNOUNCE THAT TODAY GFS IS NOT JUST HAVING A SUCCESSFUL  
STORIES OF 1000 + HAPPY CLIENT REVIEW BUT ALSO  
NUMEROUS BODY TRANSFORMATION STORIES.**

**GFS HAS NOW BUILT A HUGE FAMILY ACROSS THE GLOBE.  
THE SERVICE IS NOT LIMITED. AS IT'S ONLINE WE MAKE SURE TO REACH EVERY  
INDIVIDUAL ACROSS THE WORLD. WITH THE DIET THAT'S NATURAL AND EASY TO  
FOLLOW.**

## DESCRIPTION ABOUT THE PROGRAM

### **I PROVIDE 100 PERCENT NATURAL FOOD DIET**

- **WITHOUT ANY SUPPLEMENTS/PROTEIN POWDERS/ TABLETS/ INJECTIONS OR CHEMICALS.**
- **IT'S JUST NATURAL FOOD THAT'S CONSUMED.**
- **FOOD THAT YOU ALWAYS COOKED AND CONSUME IN YOUR DAY TO LIFE.**
- **GFS COMES WITH THE RULE THAT A CLIENT JOINING THE PROGRAM IS WELCOME ONLY ONCE. UNDERGOES BODY TRANSFORMATION WITH THE RIGHT DIET REGIME AND MAINTAINS IT FOREVER( LIFE TIME ) WITH MY GUIDANCE. THE GOAL IS TO PROMOTE GOOD HEALTHY LIFESTYLE WHILE GETTING RID OF UNWANTED BODY FAT.**
- **NO DIET IS REQUIRED TO BE FOLLOWED FOR LIFE TIME. ONCE COURSE PERIOD IS DONE AND YOU ACHIEVE THE TARGET. I WILL TEACH YOU HOW TO MAINTAIN THE ACHIEVED HEALTHY WEIGHT FOR LIFETIME .**



# PROCESS

- **#1 Registration form** : download the MS word App in your PC or on your Phone.
- **\*Edit the registration file that's sent to you and fill your the basic details.**
- **\*Pictures of you – click 4 poses of yours as given In the example Images.**
- **Share each separately through what's app to the GFS- Business number.**
- **Choose your package and make the Payment ( Price chart given below)**
- **Share the receipt copy through what's app**
- **(Make sure the UTR or transaction ID is be present in the receipt).**
- **\*provide us your availability to take consultation call of 1 hour.**
- **The DATE and TIME provided by you will be booked as an appointment.**

- **#2 Consultation call:-** this will go for 45min -1hour where I would learn about your body type and note all the required details to create your chart. Accordingly your file will be generated in our database.
- Post that as a preparation method , You will be put to 3 days( complimentary service )of DETOXIFICATION with regular intake of meal.
- Simultaneously during the days of DETOX, I will create your 30 days diet chart whose counting will start from the 4<sup>th</sup> day of the program and will be continued to Next 30 days.

- **#3 CHART CALL:- YOU WILL BE PROVIDED WITH A PROPER DIET CHART THAT WOULD NOT JUST SUIT YOUR BODY TYPE BUT ALSO WILL HELP YOU LOOSE OR GAIN WEIGHT IN MOST HEALTHIER WAY. ( BASED ON YOUR REQUIREMENTS )**
- **AS I ALWAYS SAY IT'S 80 % FOOD 20 % WORKOUT**
- **THE FOOD DIET WILL HELP YOU IN LOOSING BODY FAT**
- **WHILE DAILY 30MIN WORKOUT/ACTIVITY WILL HELP IN TIGHTENING YOUR LOOSE MUSCLES AND SHAGGY SKIN.**
- **HENCE AN ACTIVITY IS A MUST. (YOU CAN CHOOSE YOUR WAYS OF ACTIVITY).  
WALKING , JOGGING , SWIMMING , GYM**
- **HOME WORKOUTS ( WHICH I'LL ANYWAYS PROVIDE TARGETING EACH BODY AREAS) OR EVEN HOUSE HOLD WORK CAN HELP YOU TO GET SOME GOOD BODY ACTIVITY.**



#### **#4 THE FOLLOW UP OF THE COURSE :-**

**EVERY INTAKE OF MEAL AS PER THE CHART HAS TO BE UPDATED TO ME ON DAILY BASIS THROUGH WHAT'S APP.**

**YOU ARE EXPECTED TO CLICK PICS OF YOUR MEAL INTAKE SO THAT I AM SURE THAT YOU ARE APTLY FOLLOWING THE ROUTINE. ANY DOUBTS NEED TO BE CLEARED WITH ME.**

**I WOULD NEED YOUR WEIGHT UPDATE ONCE IN 3-4 DAYS TIME PERIOD. THIS WILL HELP ME TRACK YOUR JOURNEY TOWARDS HEALTHY LIFESTYLE.**

#### **IMPORTANT NOTE:-**

**ANY DIET OR ROUTINE WORKS ON A HUMAN BODY FOR 30 DAYS TO GIVE**

**BEST RESULT**

**POST 30 DAYS OF PRACTICE IT GETS USED TO THE BODY HENCE NO FURTHER CHANGES WILL BE OBSERVED.**

**BMI (BODY MASS INDEX)GOES IDLE.**

- **REASON:-** WHEN A NEW DIET IS INTRODUCED, IT TRIES TO GET ADJUSTED TO THE GIVEN BODY, WHILE THIS PROCESS, THE CHART WORKS EXCEPTIONALLY WELL TO ACHIEVE THE PROVIDED TARGET
- ( IN A MONTH I AM TARGETING MINIMUM
- WEIGHT LOSS - 5KGS.
- WEIGHT GAIN - 3KGS TO 5KGS)
- ONCE IT COMPLETES 30DAYS OF COURSE PERIOD , THE CHART STOPS GIVING THE RESULTS PERMANENT. IN ORDER TO ACHIEVE BIGGER OR NEXT TARGET, THE CLIENT HAS TO RENEW FOR THE NEW MONTH.
- ONCE AGAIN A NEW CHART WITH BIGGER TARGET IS PREPARED THUS THE TRANSFORMATIONS CONTINUES FURTHER.
- THE COURSE PACKAGES ARE MENTIONED BELOW.



## SPECIAL CASES

- **PEOPLE WITH SPECIFIC HEALTH CONDITIONS SUCH AS**
- **PCOD/ PCOS OR THYROID (3 MONTH COURSE)**
- **IBS / DIABETIC/ HYPERTENSION/ CHOLESTEROL/ OBESITY/POSTPARTUM/MENOPAUSE (2-4 MONTHS DEPENDING ON SEVERITY) ETC...**
- **WILL HAVE TO UNDERGO A SPECIFIC DIET COURSE. AS IT'S IMPORTANT TO CURE THE HEALTH CONCERNS FROM ROOT SO THAT IT NEVER OCCURS AGAIN.**
- **CHANGE OF LIFESTYLE IS AN EXCELLENT SOLUTION TO LIVE HEALTHY AND HAPPY LIFE.**

## **RULE TO BE FOLLOWED WHILE CLICKING YOUR PICTURE**

- **1- SEND ME THE PICTURES AS IN THE EXAMPLE**
- **2- SEEK HELP WITH SOME TO CLICK PICTURES. DONT TAKE SELFIES. MAKE SURE THE PHOTOGRAPHER HOLDS PHONE STRAIGHT AT CHEST LEVEL. THE PICTURE NEED TO BE FULL SIZE HENCE HOLD IT IN A STRAIGHT ANGLE.**
- **3. DO NOT WEAR ANY DARK OR SOLID COLORS AS IT HIDE THE BODY FAT AND MAKES THE PHYSIQUE LOOK EVEN OR SLIMMER THAN IT REALLY IS.**
- **4. WEAR T-SHIRT AND PANT ( LEGGINGS OR ACTIVE / GYM WEAR) LET THE TSHIRT BE TIGHT AND PANT BE LOW WAISTED. I NEED TO SEE EVERY BODY FAT CLEARLY. NO FULL SLEEVES ALLOWED ( HAS TO BE EITHER HALF OR SLEEVELESS) TEE- SHIRT.**
- **YOUR PICTURES WILL HELP IN TARGETING THE BODY AREAS WITH EXCESS FAT.**
- **5. TIE YOUR HAIR UP SO THAT IT'S NOT COVERING YOUR BACK/MUFFIN FAT OR LOVE HANDLES**

## **RULE TO BE FOLLOWED WHILE CLICKING YOUR PICTURE**

- **NO CROPPING THE FACE OR BLURRING OR HIDING WITH ANY EMOJI. KEEP IT AS IT IS.**
- **TWO TYPES OF FITNESS PROGRAM WE OFFER**
- **SECRET CONSULTATION :-**
- **THIS IS DESIGNED FOR THE PEOPLE WHO ARE INTROVERTS OR THOSE WHO WANTS THE JOURNEY TO BE KEPT DISCREET BY NOT POSTING ANY RESULTS ON SOCIAL MEDIA.**
- **ADDITIONAL CHARGES WOULD BE APPLIED ACCORDINGLY.**
- **EXCEPT THE REVIEW(COMMENTS OR FEEDBACK GIVEN BY CLIENT ON COMPLETING THE COURSE) WILL ONLY BE SHARED.**



## **REGULAR CONSULTATION**

- **UNDER THIS THE WHOLE PROCESS OF GFS REMAINS SAME. ALSO THE FINAL RESULT WOULD BE POSTED ON MY SOCIAL MEDIA ACCOUNT AND WEBSITE. THE EXTRA CHARGES WON'T BE APPLIED HERE.**
- **PLEASE NOTE THAT, GFS WORK TOWARDS A CAUSE, WE ARE CONSTANTLY COMMITTED TO EMPHASISE THE GOODNESS OF NATURAL FOOD DIET AND TO ERADICATE THE UNNECESSARY FITNESS SUPPLEMENTS AND OTHER CHEMICALS.**
- **EVERY RESULT POST WILL LEAD TO A LARGER AUDIENCE ATTENTION WHICH EVENTUALLY WILL HELP US MAKE EVERYONE EDUCATED WITH RESPECT TO THE CAUSE.**
- **ALSO IT PLAYS A VITAL ROLE IN ACHIEVING A GREATER GROWTH IN THE HEALTHCARE INDUSTRY.**
- **THE DISCOUNTS ARE APPLICABLE ON OPTING COURSE MORE THAN 1 MONTH**
- **THERE IS NO PART / HALF OR EMI PAYMENT OPTIONS.**

# PRICE CHART- WEIGHT GAIN

	Days	Kgs loss	Fees- with pics allowed to post	Fees – NO pics posted on website
1	30 days	3-5kgs	5000/-	7000/-
2	60 days	6-10kgs	9000/-	11000/-
3	90 days	10-15kgs	13000/-	15000/-

# PRICE CHART- WEIGHT LOSS

	<b>Days</b>	<b>Kgs loss</b>	<b>Fees- with pics allowed to post</b>	<b>Fees – NO pics posted on website</b>
<b>1</b>	30 days	4-5kgs	5000/-	7000/-
<b>2</b>	60 days	9-10kgs	9000/-	11000/-
<b>3</b>	90 days	13-15kgs	13000/-	15000/-
<b>4</b>	120 days	15-18kgs	17000/-	20000/-
<b>5</b>	150 days	20-25kgs	22000/-	25000/-



**PAYMENT METHOD :- GPAY, PHONE PAY [+917022537202 OR SCAN BELOW]  
OR ELSE , BANK TRANSFER ONLY POSSIBLE. MAKE SURE TO SHARE RECEIPT  
POST MAKING THE PAYMENT ON WHATSAPP .**



**BANK DETAILS:- Canara bank**

**Account holder name: Shilpa Shetty**

**Account number: - 0880103023322**

**INFC code : CNRB0000880**

**SWIFT CODE : CNRBINBBBFD  
International Transaction**

**Branch Address : Ram Bhavan  
Complex, Kodialbail,  
Mangalore- Karnataka**

The Shilpi's (The Shilpi's)



Canara Bank 3322



UPI ID: shilpashettymelody@okaxis >

Scan this code to pay me



**EXAMPLE  
PICS FOR  
MALE AND  
FEMALE.**



**NOTE:-**

AS MENTIONED EARLIER, ABOVE IS THE EXAMPLE PICS FOR MALE AND FEMALE.  
**IF YOU WISH TO PROCEED THEN INITIATE THE REGISTRATION PROCESS.**  
**FOR ANY FURTHER DISCUSSIONS OR CLARIFICATION WE CAN ALWAYS  
CONNECT ON CALL [+917022537202] OR WHAT'S APP/ BOTIM ETC..**

OR YOU MAY ALSO LET ME KNOW YOUR AVAILABILITY SO THAT I CAN CALL AT  
YOUR LEISURE.

**WORKING HOURS** :- MONDAY TO SATURDAY (11AM TO 9PM)

SUNDAY :- HOLIDAY

**KINDLY GO THROUGH ALL MY REFERENCE LINKS GIVEN IN THE NEXT  
SLIDE TO LEARN ABOUT MY CLIENT PROGRESS.**



## REFERENCE LINK:-



Website :- <http://www.getfitwithshilpi.com>



Instagram:-

[https://instagram.com/that\\_freespirit?utm\\_medium=copy\\_link](https://instagram.com/that_freespirit?utm_medium=copy_link)



Facebook page:- <https://www.facebook.com/Shilpiacts>



<https://youtube.com/channel/UCxoa4VInf7Frv46HPwPUpsQ>

**Thank you for your Valuable time &**

**All the best for your future**

**Shilpa Shetty**

**[proprietor]**