



## The 80/20 Maintenance Transcript

Step 5. What can I say? This is seriously the homestretch. We are talking in this session about your 80/20 balance and maintenance. So the 80/20 rule, what is that? It means that it's what you do 80% of the time that makes up your health, and hey, we have to have fun too. So in this session we can start to incorporate a couple of things that you've been restricting, that you've likely been missing. So you can start to enjoy and have a more full and varied diet, and bring some of the treats back in without backtracking of any of your progress. Because we want to find that sweet spot for you so that the terraforming process continues, the healing process continues, but now you're moving into a lifestyle that's sustainable. So watch the presentation; look at your meal plan. I put together a meal plan for you to give you a really good example and to use as a guide. And when you put all of this information together, I think you're going to have a really good idea of what that 80/20 entails and how you can really make a happy, healthy lifestyle as you move on from Gut Thrive in 5.