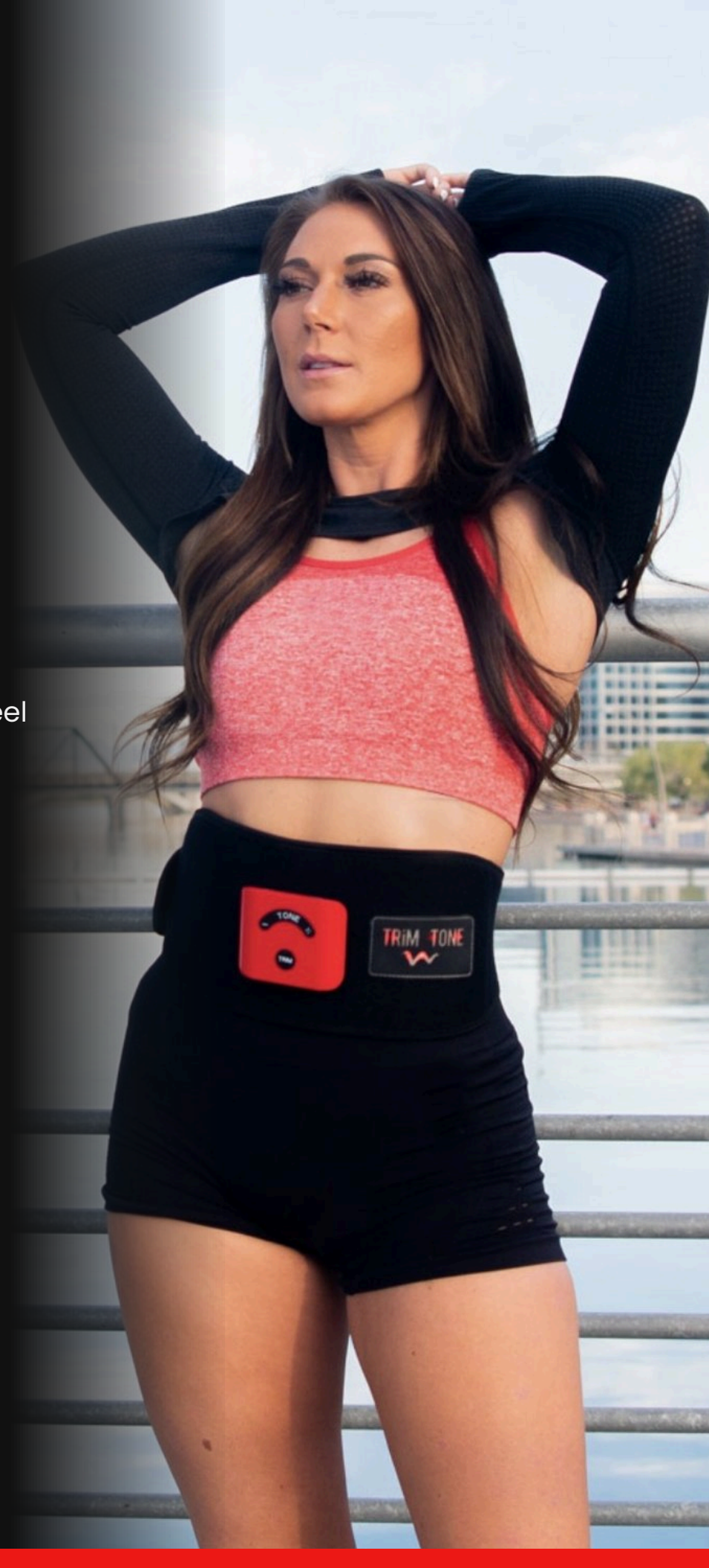
TRIM+TONE

THE 12-WEEK PLAN

A simple, realistic routine to feel your best by summer.



20 min sessions

3× a week

Daily walk

Sunday check-in

LET'S GO

WELCOME IN.

Twelve weeks is enough time to build a routine you keep, if each week asks for a little and you do it every week. This plan does that: about an hour of belt time a week, a daily walk, and one quick check-in on Sundays.

HOW TO USE THIS GUIDE

1. Do the "Before you start" checklist this week.
2. Follow one phase at a time. Each phase is four weeks.
3. Fill in the tracker every Sunday. It takes two minutes.

WHAT TO EXPECT

The first few weeks are about the habit, not the mirror. Results build with consistent use and vary from person to person, so give it the full 12 weeks before you judge your progress.

BEFORE YOU START · 15 MINUTES

Your starting numbers are what make progress visible later.

- [ ] Take a waist measurement at your belly button, standing relaxed. Write it in the tracker as Week 0.
- [ ] Take a front and side photo in good light, in the same outfit you'll use each time.
- [ ] Pick your "check-in" outfit: one pair of jeans or a top you'll try on every four weeks.
- [ ] Fully charge your belt.
- [ ] Have saline spray ready. Lightly mist your skin (not the belt) before each session to help the EMS connect evenly.
- [ ] Choose your three session days and a time, and put them on your calendar.
- [ ] Write down why you're starting, and put it somewhere you'll see it.

Phase 1 · Weeks 1-4

BUILD THE HABIT

The goal is consistency, not intensity. Showing up three times a week matters more than how hard each session is.



EACH WEEK	TARGET
Trim+Tone sessions	3 × 20 minutes (e.g. Mon, Wed, Fri)
EMS level	Start low; raise one level only when it feels easy
Walking	15 minutes, most days
Water	One full water bottle a day
Check-in	Sunday: waist measurement + tick off the week

TIPS FOR THIS PHASE

- Pair each session with something you already do: morning coffee, email, or your evening show.
- Leave the belt (flat, in its insert) where you'll see it.
- Missed a day? Do it the next day. Try not to miss two in a row.

Phase 2 · Weeks 5-8

BUILD MOMENTUM

The habit is in place, so now you add a little. Keep the belt sessions exactly where they are and build around them.



EACH WEEK	TARGET
Trim+Tone sessions	3 × 20 minutes, raising the EMS level as it feels comfortable
Walking	20–30 minutes most days, or add 2 strength workouts
Food	One hour of meal prep on Sunday
Water	One full bottle a day
Check-in	Sunday measurement; week 8: photo + check-in outfit

TIPS FOR THIS PHASE

- Week 5 or 6 is a common slump. If motivation dips, lower the bar (two sessions still count) rather than stopping.
- Compare week 8 to week 0, not to last week. Weekly numbers bounce around.

Phase 3 · Weeks 9-12

LOCK IT IN

By now this is just part of your week. This phase is about keeping it steady and making it yours.



EACH WEEK	TARGET
Trim+Tone sessions	3 × 20 minutes
Movement	Keep your walks or workouts; try one new activity (a hike, a class, a bike ride)
Food and water	Keep Sunday prep and your daily bottle
Check-in	Sunday measurement; week 12: final photo + check-in outfit

AT WEEK 12

- Put your week 0 and week 12 photos side by side.
- Look at your tracker: count the sessions you completed.
- Decide what you'll keep going. Most people keep the three weekly sessions as their baseline.

EVERY SUNDAY · 2 MINUTES

WEEKLY TRACKER

Fill this in every Sunday. Print it or keep it on your phone.

WEEK	BELT SESSIONS (OF 3)	WALK DAYS	WAIST (IN)	NOTES
0 (start)	—	—		
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

IT HAPPENS

IF YOU FALL OFF TRACK

Everyone misses a week. What matters is the restart.

- **Lower the bar, don't drop it.** One or two sessions still keeps the habit alive.
- **Restart on the next scheduled day,** not "next Monday."
- **Re-read why you started.**
- **Don't repeat the missed week.** Just pick up where the calendar is.

GOOD TO KNOW

QUICK ANSWERS

How often? 20 minutes, 2–3 times a week, no more than once a day.

Does it hurt? No. The red light feels warm; the EMS is a rhythmic tightening you control across 20 levels.

Anything to buy? No pads or gels. A light saline mist on your skin helps the EMS connect.



Safety. Do not use the Trim+Tone Belt if you have a pacemaker or other implanted electronic device, are pregnant or nursing, or have epilepsy, cancer, or a thyroid condition. If you have any other health condition, talk with your doctor first. Results vary.

GET YOUR BELT

The Trim+Tone Belt is FDA 510(k)-cleared for home use, ships free, and comes with 60-day returns and a lifetime warranty. Shop at **trimandtone.us**.