



EAT TO **PERFORM**

Start Guide

Welcome to Eat To Perform! We know you want to jump right in, but please take a few moments and review this Start Guide. In it you'll find how to register for the Science Lab forum, how to start the Eat To Perform program, and where to register for an ETP Challenge. Use the following links to find the information in this Start Guide:

[*Registering in the Science Lab Forum*](#)

[*Forum Structure*](#)

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Registering in the Science Lab Forum

1. First create a profile in the Science Lab forum www.forum.eattoperform.com.
2. Choose “No, create an account now” and then click “sign up”.
3. Then at the next screen fill in the appropriate fields. Your “user name” is how you will be known on the forum. Your EMAIL must match the one you used to purchase your membership. If it does not, you will not be approved to join as this forum.
4. You will have to confirm your email, then *your registration needs to then be approved* by an administrator. This is often done in a few hours, but may take up to 1 business day. If you try to log-in prior to being approved YOU WILL RECEIVE AN ERROR MESSAGE.
5. If you have any questions on this process or other member service issues, please contact info@eattoperform.com

Forum Structure

After you have created a profile and been approved, check out the Science Lab forum. The forum is broken down into these main sections:

News and FAQs	Check here for updates, new releases, and answers to frequently asked questions from members including how to share your MyFitnessPal information, update your signature, ETP as condensed as possible, member services contact information, etc.
Eat To Perform Program	At the beginning, the majority of your time will be spent here. This is where you can get TDEEs/Macro help, ask questions for ETP moderators, get feedback on your food tracking, etc.
ETP Challenges	Did you become a member to participate in a Challenge? Awesome prizes and friendly competition! Find out details here, register, and ask Challenge questions.
Community	This is a spot for recipes, training programs, equipment questions, or just general chat. Check out the headings for subforum topics.
ETP Gym Memberships	Did you join ETP as part of a gym? Look for your gym name in the subforum for questions, comments, and other topics.

How to Start the Eat To Perform Program

1. Calculate your TDEE/macros either by using the [calculator](#) and watching the included video or ask for help in the [forum](#). In the forum, please post your age, gender, weight, height, and what your diet (e.g., low carb, low calorie, low protein, low fat, excess eating) and exercise has been like over the last few months.
2. Read the eBooks you received in your download. This will help you understand the why/how of the program.
3. Read through the posts in the FAQ section of the forum as they address a lot of frequently asked questions and include a very useful summary of Eat To Perform.
4. Create a MyFitnessPal profile (www.myfitnesspal.com, also available as free apps in for both iOS and Android) to track your food intake/macros. You can also create your own spreadsheet; however we highly recommend the ease of MyFitnessPal. Note: the macros in MyFitnessPal are not calculated by ETP and you should not follow them; however they can be modified manually to input your #s from moderators by following these [instructions](#). Either way, it is helpful if you share your spreadsheet by including it in your forum signature. [More info on your profile and signature here.](#)

ETP Challenges

Did you sign up to participate in one of our Challenges? Great! All of our information is located in the Science Lab forum since only members can participate. They are all included in your membership. After you have registered and have been approved for the forum, please see our Challenges section here (you might need to cut and paste this address depending on how you are logged into the forum): <http://www.forum.eattoperform.com/#etp-challenges.50>

Forum Use Tips

What's New

The "what's new" button in the forum handy as it shows the most recent posts from all members from all the different categories. This is a mix of all the different categories chronologically set.

Personal Profile Page

Everyone on the forum has their own profile page which you can access by placing your cursor over the triangle at the top of the right hand side of the page, by your name. On your profile page you can post comments on it, but no one will see it unless they visit your page. It's not like Facebook; however, you can add a picture (avatar) and a signature.

Tapatalk App

If you are going to be using the forum on your phone, you might find it very helpful to get the Tapatalk app. This is an app to manage online forums and is not exclusive to Eat To Perform. It is available for both Android and iOS.

FAQ Section

Read this section! This section of the forum has information on a lot of topics including how to modify your "signature" in the forum, how to share your MyFitnessPal information, ETP as condensed as we can make it, member services contact information, etc.

Private Messaging

You can private message other members, just note that the Forum Rules (listed below), strongly discourage personal messaging to moderators.

Forum Rules

We are pretty laid back in the forum, that being said we have some rules and guidelines we would appreciate if you would follow. Posts in direct violation of the rules will be deleted without notice.

1. Members are not allowed to post business links or referrals. These posts will be deleted without notice.
2. Personal attacks, body shaming, or other offensive or "bully" type behavior will not be

tolerated.

3. Please post only pictures/attachments that are appropriate for public viewing.
4. Moderators should not be contacted through private message on the forum as there are thousands of members and this would not be manageable. If you have a question or need help, post it on the forum as it is very likely that someone else has the same question.

Webinars

When you sign up for our Science Lab, you are also eligible to participate in our interactive Webinars. You will receive an email to register for webinars, and then you just follow the directions to log-in via the link each week to participate! You can participate in one or all of them, and even watch past webinars at www.youtube.com/eattoperform. At this time, all webinars are on Mondays at 7 pm Central Standard Time unless announced otherwise.

Facebook – Science Lab Social

Our Science Lab Social group on Facebook is one of the most popular features we offer to our members. While the Science Lab forum is available for coaching questions, this private hangout invites members to interact with each other and share their excitement - just about anything related to the Eat To Perform experience is welcome. Request to join the group here:

<https://www.facebook.com/groups/ETPopen/?fref=nf>