



Date / Time: Thursday, Feb. 11th, 6:30 EST / 4:30 MST

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More Details, Ask a Question or [Listen on the Web go Here](#) ←

Study Sheet for StrengthLIVE with John Romaniello

John's inspiration for getting in top shape came from _____

People choose the wrong diet because _____.

The right way to choose the best diet for you is to: _____

Why are most "calorie formulas" used to estimate diet intake flawed ?

What is the best way to determine your caloric requirements?

The good news about carrying more body fat is _____.

What's the hidden obstacle that is secretly preventing millions of people from losing weight?

Why do your genes prefer to carry fat over being lean?

The **best way** to use **Cheat Days** to lose body fat is _____.

_____ is the “master hormone,” control it and your body will obey.

Cardio may be working against you because _____

_____ is a better way to train for fat loss, **fast**.

What is MRT and how can people apply it to their fat-loss advantage?

John's Favorite Fat Loss Training Styles are:

What is it that makes Final Phase Fat Loss different?

Who is most likely to benefit from FPFL?

BONUS: What's one key or closely held secret in Final-Phase-Fat-Loss that you can tell only our live listening audience? Something that they can apply tomorrow to help them...

Download John's **FREE Report:** [“Why Your Fat Loss Stopped, and How to Fix It”](#)