

Study Guide for the New York Times Best Seller *Body Confidence*, Written by Mark Macdonald

This study guide is designed to ensure you fully read and understand the principles in *Body Confidence*.

Please answer each question in a Word document and submit it for your CECs.

You'll be required to summarize the Introduction, each chapter, and the book as a whole in order to be awarded your CECs.

Introduction

- What was Mark's "Personal Moment"?
- What was Mark's "Professional Moment"?
- What is the quote about control?

Chapter 1 – Why Diets Fail

- What is your body's fuel source?
- What are the two hormones your pancreas releases to keep your blood sugar stable?
- What are the three factors that stabilize your blood sugar?

Chapter 2 – Finding Your Starting Point

- What are your two metabolic cards?
- What are the three body types?
- What is your body's set point?

Chapter 3 – Charting Your Course to Body Confidence

- Define body composition.
- What are the two types of body fat?
- What are the four levels of health?
- If a person weighs 150 pounds and has 25 percent body fat, how many pounds are body fat and how many pounds are lean body mass?
- What are the two different types of goal setting?

Chapter 4 – Your Body Confidence Foundation

- What is your 3-Step System?
- What are the six components of your Body Confidence Plan?
- What are the four parts of your Quadrant?

Chapter 5 – Your Fuel

- Please define protein and provide examples.

- Please define fat and provide examples.
- Please define carbohydrates and provide examples.
- Share all fifteen strategies for mastering your meals.
- Build a balanced meal for a female wanting to lose body fat, Goal Type 1.
- Build a balanced meal for a male wanting to lose body fat, Goal Type 1.
- Build a balanced meal for a female wanting to gain weight, Goal Type 2.
- Build a balanced meal for a male wanting to gain weight, Goal Type 2.

Chapter 6 – Activating Your Engine

- What are the two types of cardio?
- What are three ways to measure your heart rate when exercising?
- Define the meaning of “Your Oxygen Line.”
- What are three of the best movements to increase muscle size when weight training?
- Please share the eight tips for exercise success.
- Please design a workout for someone wanting to burn body fat and tone up, combining strength training and cardio.
- Please design a workout for someone wanting to gain muscle and weight, combining strength training and cardio.

Chapter 7 – Staying True to the Process

- Please share Concept One and explain what it means.
- Please share Concept Two and explain what it means.
- Please share Concept Three and explain what it means.
- Please share Concept Four and explain what it means.
- Please share Concept Five and explain what it means.
- Please share Concept Six and explain what it means.
- Please share Concept Seven and explain what it means.

Chapter 8 – Working Your Program into Your World

- What are the three actions for working your program into your world?
- Please share three steps for creating a Body Confidence system.
- Please share three examples of adjustments to make when life shows up.
- Please share three examples of how to include your family and friends in your health program.

Chapter 9 – Taking Action

- What are the three simple traits that embody the “Make It Happen” attitude?
- Share a success story of a client you have worked with, in the style Mark used when sharing the success stories of his clients throughout Body Confidence.

Overall Book Summary

- **Minimum 500 words.**
- Please share an overall summary of your experience reading Body Confidence and explain what content connected with you the most.