

| THE EVOLUTION ROADMAP

THE ROADMAP FOR MEDICAL SHIFT WORKERS
FROM THEIR PAIN TO THEIR NEW IDENTITY

Patrick Amadeu
FITNESSES
— THE NO BS COACH

MY MISSION

My mission is to create a movement of medical shift workers who have put on weight and lost their identity through the job they love.

**I encourage, engage and help them to believe in themselves again, reach their health and weight goals and ultimately
unleash their full potential!**



WHO DO I HELP

I help you, a medical shift worker
between the age of 21 and 45!

You are time poor, unhappy, unhealthy,
tired all the time, struggling with your
weight and because of all that you are
struggling with your confidence and
maybe also with your relationship.

My unique and specifically for you
designed system is going to lead you
towards a new YOU that actually has
always existed in you!

I WAS WHERE YOU ARE TODAY

Shift work made me wasting more than 20 years by living an unhealthy, unhappy and time-poor life. And ultimately, the job I loved so much destroyed my marriage back in 2015. That left me broke - mentally, physically and financially. No more confidence and no more belief in myself! At that time there was nothing available specifically for the shift working medical profession. Eventually I turned my life around and in late 2017 I created a program specifically for you, the medical shift worker, to take back control of your life and health that you don't have to go through what I had to go through!





YOUR CURRENT PAIN

You didn't have any idea what massive impact shift work would have on your lifestyle and health!

All you see in the mirror is unwanted weight! You hate what others think about you! You hate what you see!

You hate how you feel and your confidence is no longer existing. You know you need to change something! BUT you have the fear of failure!

You have the fear of being judged by others - at the gym, at work, eating out, doing your groceries etc. You feel anxious, invisible and you feel like you have given up on yourself!

YOUR NEW YOU

Sure, you are going to lose weight and body fat, BUT you will also take back control over your life!

You are going to break down your low energy levels, low self-esteem, your unhealthy habits which all lead to your weight gain!

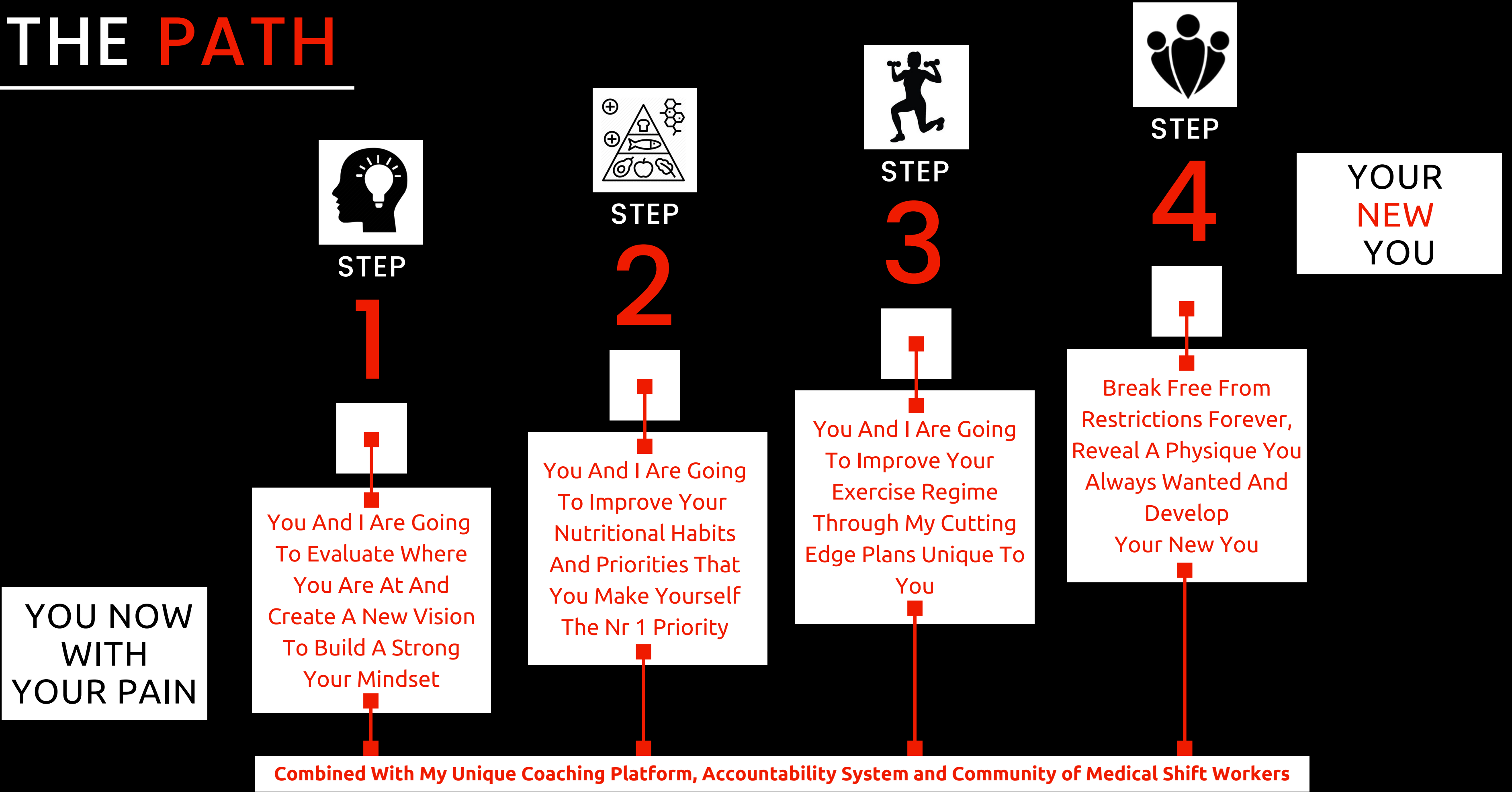
You will have a brand new perspective of who you are... What you can achieve... How amazing your life can be... How incredible you look...!

For the first time in a while, your relationship will flourish, your productivity at work will increase as will your energy levels and true happiness.

And you will get noticed while you walk happily and confidently and with authority into your new life!

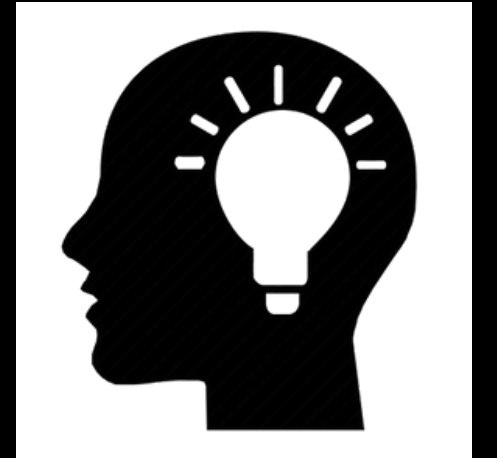


THE PATH



STEP 1

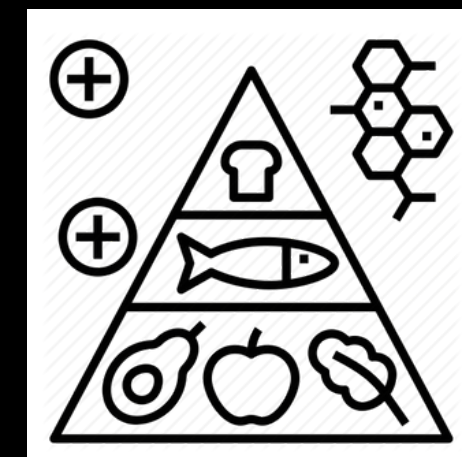
MINDSET OUTCOME



Where you are at with your life right now is a result of the decisions you made yesterday! And your decisions are all based on your mindset. So, if your mindset is not right, you are not going to make the right decisions, you are not going to put the right food into your mouth and then you can exercise how you want, nothing is going to happen and no result is going to last! You and I are going to make sure you develop an invincible mindset that is your best friend forever that you achieve anything you want!

STEP 2

NUTRITION OUTCOME



Diets don't work because they all cut out foods you love!
That's not sustainable and people put all the weight back on
very quickly!

I focus on simple yet powerful aspects of nutrition and you can
literally eat whatever you want and still achieve your personal
weigh goals!

You can then teach your new healthy nutrition habits your kids
and loved ones and you will influence them and their future
positively for decades to come!

STEP 3

EXERCISE OUTCOME



I will provide you with a fun yet powerful workout routine which will be delivered through my own smartphone fitness app.

This program is predominantly weight based but it has also components of cardio to not only achieve lasting body fat loss but also to boost your cardio-vascular health and get into the best shape of your life!

Soon you are going to reveal the physique you have always dreamt about!

STEP 4

YOUR NEW YOU OUTCOME



Following the first three steps combined together with the community of like-minded medical shift workers and me, you have started to build your new **You!**

You are becoming a role model for your kids, for your partner, for your family, and for your patients!

You know what to do how, when and why because you have been given all the tools and knowledge that you need to create life lasting results!

You will inspire others to change their lives like you have changed - mentally and physically!

STEP 1-4

COMBINED WITH OUR UNIQUE COMMUNITY



My community is an online based group *outside* of Facebook and only medical shift workers who are active coaching clients have access to it!

This community is your safe place! You will meet new people and make new friends with like-minded people, who are goal-orientated and want the same results as you! Since you work in the same profession, you all 'speak the same language', you understand each other, you have the same challenges but different solutions to them, you will learn from each other and of course, you all support each other and have each others back!

STEP 1-4

COMBINED WITH OUR UNIQUE ACCOUNTABILITY SYSTEM



Accountability is one of the most important factors to not only achieve but also maintain results for the rest of your life! I have developed a unique multi-tier system of accountability without overwhelming or intimidating you!

- Through Weekly Self Assessments (How Did You Do This Week?)
- Through Our Members In Our Community (Help Each Other)
- Through Our Coaching Platform (Daily Tasks)
- Through My Own Fitness App (Measurements and Photos)
- Through 1:1 With Patrick

STEP 1-4

COMBINED WITH OUR UNIQUE COACHING PLATFORM



You are going to get unlimited, life long access to our online coaching platform, easily accessible on your smartphone, computer or tablet!

I have developed an easy to follow step-by-step system specifically for you, the medical shift worker, which adjusts to your and your busy lifestyle without overwhelming you!

Through little daily 10 minute tasks and weekly coaching calls we educate and coach in regards to mindset, nutrition and exercise you rather than just 'telling' you what to do!

STEP

1-4



SNEHA RAUT, PhD

My studies, shift work and obviously bad food choices made me put on 13kg in only 5 months! I wanted to change, not only for myself but also for my fiancé but I didn't have any time! And I didn't have any idea how to approach this! Challenges made me lose weight but I put everything back on in no time! because of my PhD studies and shift work! However, I joined Evolution and now I easily manage my time, have lost 13kg and I am loving life again!




BRIE JONES, ONCOLOGY NURSE

I got way to comfortable with my life and one morning I looked in the mirror and was disgusted with myself! Overweight, tired, unhappy, you name it, I was that one! Reluctantly I joined Evolution BUT only two weeks into that program my mindset had shifted dramatically and now I have lost weight, I love myself again and you can throw any challenge at me you want - I will overcome it!


TESTIMONIALS

TESTIMONIALS


 [redacted] have had a total loss of 3.6kg, and 15 cms.. I have found that I have put on cms on my thighs and biceps, however presuming this is muscle mass 💪.. I am really feeling the difference in clothing already, and healthier inside and out!

Well done everyone, we are all doing awesome!


Love · Reply · Message ·   3 · Yesterday at 1:42am

 [redacted] hi all I had a total loss of 1kg which I'm excited about as I found it really hard to lose the last 3kgs! lost 2 cms off my waist which was the area I was focusing on. i also havr so much more energy and motivation i love my workouts!!! well done everyone!!


Love · Reply · Message ·   3 · 20 hrs

 [redacted] 66.0kg. Going to down to my goal weight 60. Managed 100 bench presses at 40kg and 100squats at 50kg. This with cardio is helping lose the water. Gain lean muscle.


Like · Reply · Message ·   4 · 15 hrs

 [redacted] Since our wellness evaluation I have lost 2kgs?! I didn't do an initial measurement but since last week I have lost 1-2cms off each body part and 5cms from both biceps 💪 but my best measurement is the new energy I have already 😊


Like · Reply · Message ·   7 · November 25 at 11:09am

 [redacted] haven't had a great week. I had a setback with my back and missed two workouts. I stuck to the diet fairly rigoursly even though it was my birthday this week. I lost only an extra 2 cm this week making 13cm overall and am down another 900g and 1.8kg overall


Like · Reply · Message ·  6 · November 25 at 12:30pm

 [redacted] Better results than last week for me 😊 Down 1kg, but my measurements are the real improvement - down 3cm off my waist and 1.5cm off my stomach. A difference I can see 🙌 Excited for next week!


Like · Reply · Message ·   5 · November 25 at 1:17pm

 [redacted] Wowzers I had to measure twice to believe what I was reading.... down from last week 2 more kg 81kg and lost a further 21cm (holy cow batman !!!) at this rate I am going to be Elle McPherson in 6 months SO SO HAPPY ❤️🙌🙌🙌😊

Like · Reply · Message ·   4 · November 25 at 4:14pm

 [redacted] Still trending down, but much slower than last week...pretty sure this has to do also with measurment day falling on a between nights...so I had eaten etc not that long before doing a weigh in - but anyhow overall loss of another 5cm, so down a total o... [See More](#)

Like · Reply · Message ·  3 · November 25 at 7:49pm

 [redacted] So many positives in your description... 5 cm's is still a massive win .. ❤️🙌🙌🙌

Like · Reply · Message ·  1 · November 25 at 7:57pm

 [redacted] Tania Jonas thanks for the reminder!

Like · Reply · Message ·  1 · November 25 at 8:22pm

[View more replies](#)

TESTIMONIALS

LAUREN KRIEG, THEATER NURSE

As a theatre nurse I just can't leave the operation room when I am hungry. Binge eating and fast food after my shifts were just the norm and I literally blew up!

The mirror was my biggest enemy but Patrick's program and support not only taught me how to overcome these hurdles but also how to sustain this new lifestyle!

Well, the mirror now is my best friend!




LIBBY HUNTER, PARAMEDIC

Pat is really into helping people and his follow ups and genuine care got me incredible results. In the first four weeks I have made changes I wouldn't have even thought that they are possible! His Evolution program is an outstanding tool which provides me with so much knowledge which I now am able to use to my advantage!




TESTIMONIALS

██████████ I thought no change except lots of pain, but
Wt lost 1.4kg
Gained 3cm on each the shoulders and biceps respectfully. ... [See More](#)
[Like](#) · [Reply](#) ·  3 · November 18 at 10:39am · Edited

██████████ that is fantastic work mate **congratulations**
for week one

[Like](#) · [Reply](#) ·  1 · November 18 at 12:39pm

██████████ Good job mate ! Awesome change 🙌🙌🙌🙌
[Like](#) · [Reply](#) ·  1 · November 18 at 1:59pm

↩ View more replies

 Write a reply...    

██████████ Ok so i have opened up the homework today after
having lunch. To make the mist accurate ill be doing my weigh in and
measurements before breakfast tomorrow. Sorry guys will be a touch late
on this one

[Like](#) · [Reply](#) ·  1 · November 18 at 12:38pm

██████████ Same as ██████████ I will do it in the morning but I
can see a small change in abdomen and chest more firm, arms and
shoulders start to show a tiny bit more shape.. not much but the jelly skin
start to be more firm.. thanks god ! Lol 😄


[Like](#) · [Reply](#) · November 18 at 1:59pm

██████████ Same here. I didnt measure before starting so will b doing
mine tomorrow.


But i have lost 1.5 kg.

Have noticed increase in energy. Not as tired during early night. Belly
doesnt seam as big 📏






[Like](#) · [Reply](#) · November 18 at 4:22pm

 ██████████ Haha thanks! Yep 🙌 68.6 down to 67.7 🙌

[Like](#) · [Reply](#) · [Message](#) ·  1 · November 18 at 6:58am

 **Patrick Amadeu** ██████████ you're a champ 😊💪😊

[Like](#) · [Reply](#) · [Message](#) · November 18 at 7:05am

 Write a reply...    

██████████ Before I share my best results I would like to share how fun it
was to fill up the self assessment form as to take my measurements all
people in the house were excited. It was a good team work. So my best
results of the week: On day one I weighed 78.5 Kg and today I am 77.4Kg ..
Yipeeeee!!!.. I am dancing with the progress results 😊

Love · [Reply](#) · [Message](#) ·   6 · November 18 at 10:10am

██████████ I'm currently 300km from my bathroom scales and tape
measure so will check these bits tomorrow morning BUT I can tell you that
when I put on my uniform this morning my pants/belt were too loose and I
had to tighten my belt another notch! I'm officially on the last notch of my
belt!!! So something has happened for sure 😍

[Like](#) · [Reply](#) · [Message](#) ·  1 · November 18 at 11:41am

WHO AM I?



WHY AM I QUALIFIED TO SERVE YOU?

- Medical shift worker since 1994
- Fitness and nutrition pros since 2003
- I were where you are at right now
- I know your pain and totally understand it as I went through the same

MY 3 GREATEST ACHIEVEMENTS

1. Successfully changed the lives of more than 389 medical shift workers
2. Created a unique system specifically designed for you, the medical shift worker
3. Built an incredible movement for like-minded, goal-orientated medical shift workers



SCHEDULE YOUR
OBLIGATION FREE
BREAKTHROUGH
STRATEGY CALL NOW



CLICK HERE TO BOOK YOUR
FREE STRATEGY CALL