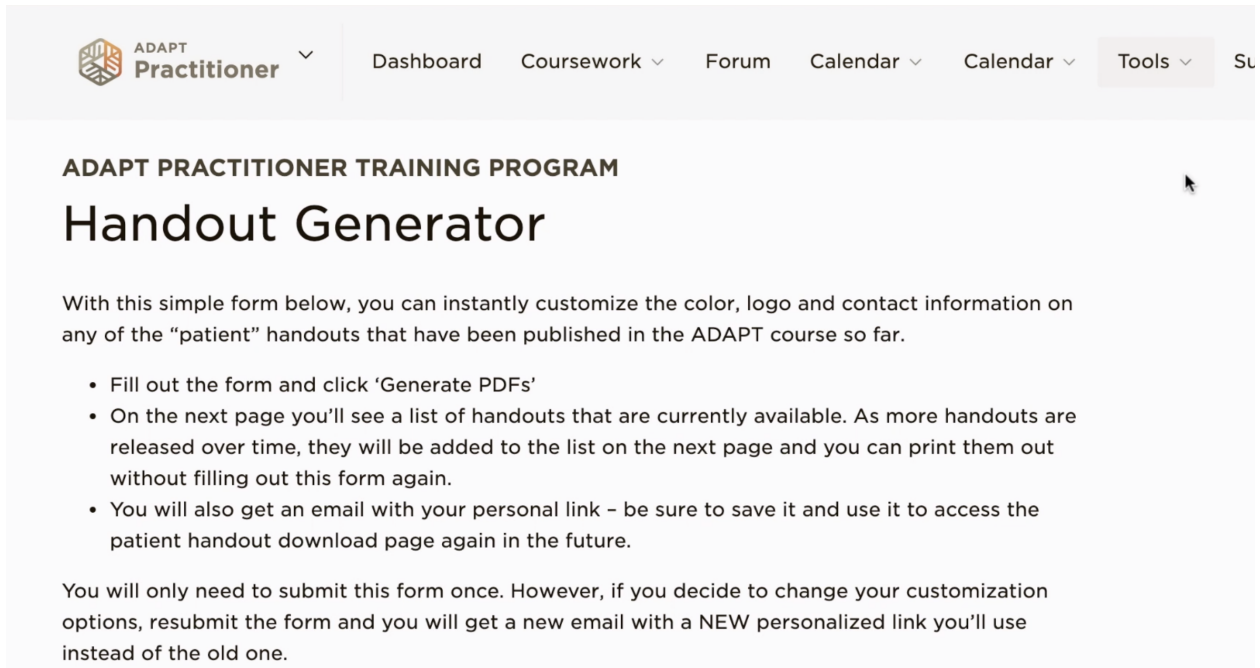


# PTP Handout Generator Tour

As part of the ADAPT Practitioner Training Program, you have access to the Handout Generator, which is a great tool that allows you to add your own branding to the handouts that will be used throughout the course.



The screenshot shows the ADAPT Practitioner Handout Generator interface. At the top, there is a navigation bar with the ADAPT Practitioner logo and a dropdown menu. The main header reads "ADAPT PRACTITIONER TRAINING PROGRAM" and "Handout Generator". Below this, a paragraph explains that the form allows users to customize the color, logo, and contact information for the "patient" handouts. A bulleted list provides instructions: fill out the form, click 'Generate PDFs', see a list of handouts on the next page, and receive an email with a personal link. A final paragraph states that the form only needs to be submitted once, but can be resubmitted to get a new email with a new personalized link.

ADAPT Practitioner ▾

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## ADAPT PRACTITIONER TRAINING PROGRAM

### Handout Generator

With this simple form below, you can instantly customize the color, logo and contact information on any of the “patient” handouts that have been published in the ADAPT course so far.

- Fill out the form and click ‘Generate PDFs’
- On the next page you’ll see a list of handouts that are currently available. As more handouts are released over time, they will be added to the list on the next page and you can print them out without filling out this form again.
- You will also get an email with your personal link – be sure to save it and use it to access the patient handout download page again in the future.

You will only need to submit this form once. However, if you decide to change your customization options, resubmit the form and you will get a new email with a NEW personalized link you’ll use instead of the old one.

In this video, we’ll go over the generator, how to use it, and I’ll give you a preview of what the handouts you can create look like. So these first two fields are for internal purposes. We ask for your email address so we can send you a PDF copy of the handout you generate and a summary of your information. The second field is for your name.

**The information below is what will get output on the generated PDF**

**Clinic/Practice Name\***

Chris Kresser

**Phone**

555-555-5555

**Email**

chris@chriskresser.com

**Primary Brand Color\***



**Secondary Brand Color\***



Note: please do not select white as one of your colors.

**Logo**

No file chosen

Down here is where the information that will get output onto the handout goes. You should put your clinic or practice name here, as well as a business phone number and an email address. Then you can choose a primary and secondary color for your handout. You can either select your colors using the color picker or type in a hex value from your own branding, which is a six-digit number that translates to a color. You have to select both a primary and a secondary color, but they can be the same color if you'd like. Keep in mind that the handouts are generated on a white background, so you don't want to choose colors that are too light.

#### Secondary Brand Color\*



Note: please do not select white as one of your colors.

#### Logo

logo-chris-kresser.png

Please keep logo images to horizontal format. Taller images will take up a lot of vertical space within the PDFs. The ideal logo dimensions are 400x200px.

File types allowed: jpg, jpeg, png, gif

#### Logo Orientation

☒ Default ☐ Horizontal ☐ Vertical

By default, the generator works best with logos set to 400x200px. If your logo is wider or taller than that resolution, select an option above and the generator will adjust your logo size.

#### Terms\*

☒ By using this handout generator I acknowledge that the handouts are for use in my own clinic or collaborative practice team and agree I will not reproduce them for resale or use outside my own business/collaborative practice team with my own patients/clients.

Then you'll have the option to upload a logo. It isn't required, but it adds a nice visual touch. We suggest using a logo that is close to the 400 by 200-pixel range. There are options to use a horizontal or a vertical logo, and we've done some things to help those display as best we can. When you're done, select the "Terms" box and click "Generate PDFs." This will lead to a "Handout Downloads" page. As the course progresses, more handouts will be added here, so you'll have access to everything by the time the course ends.

## ADAPT PRACTITIONER TRAINING PROGRAM

# Handout Downloads

Click on any handout below to download or print. If you **uploaded your logo**, the handouts will include your branding.

If you want to change your customization options, **resubmit the form** and you will get a new link on the **Handout Generator Entries page** that you can use instead of the old one. Each link is unique and leads to a list of handouts that retain the custom options you chose when you submitted the form.

*By downloading these handouts you acknowledge that the handouts are for use in your own clinic agree you will not reproduce them for resale or use outside your own business/clinic with your own patients.*

WEEK 0



After you submit the form, you'll be redirected here, where you can download the document directly.



## "Paleo" For Vegetarians

If you choose to follow a vegetarian or vegan diet for ethical or religious reasons, but you still want to benefit from the Paleo approach, follow the guidelines listed below to ensure adequate intake of essential nutrients.

### Vegetarians

- **Vitamin B12**
  - Eat egg yolks, cheese, yogurt, or milk daily
  - Optional: supplement with 1,000 mcg (1 mg) of sublingual methylcobalamin
- **Calcium**
  - Eat two to three cups of leafy green vegetables daily, such as collards, turnip greens, kale, broccoli, or bok choy (300 to 500 mg)
  - Add in one to two tablespoons of blackstrap molasses daily (135 to 270 mg)
  - Snack on figs (½ cup contains 120 mg of calcium)
  - Consider eating bone-in canned fish like sardines and salmon (pescetarian)
- **Iron**

You can see that the document we generated has our new logo, our branded colors as the title and headers of the document, and our professional contact information in the footer.

- 
- **Vitamin A**
    - Consider supplementing with vitamin A from [Extra Virgin Cod Liver Oil](#) (pescetarian)
    - Eat plenty of red, orange, yellow, and green plant foods
    - Do not supplement with beta-carotene
  - **Vitamin D**
    - Get 30 minutes of sun exposure daily
    - Supplement in winter with 2,000 IU vitamin D3
  - **Zinc**
    - Eat sesame seeds, pumpkin seeds, lentils, chickpeas, and cashews

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Chris Kresser | 555-555-5555 | [chris@chriskresser.com](mailto:chris@chriskresser.com)

You'll also receive an email that has a link to the same page and a summary of the information you submitted. We recommend that you save this email so that you can easily re-download your handout whenever you need it.