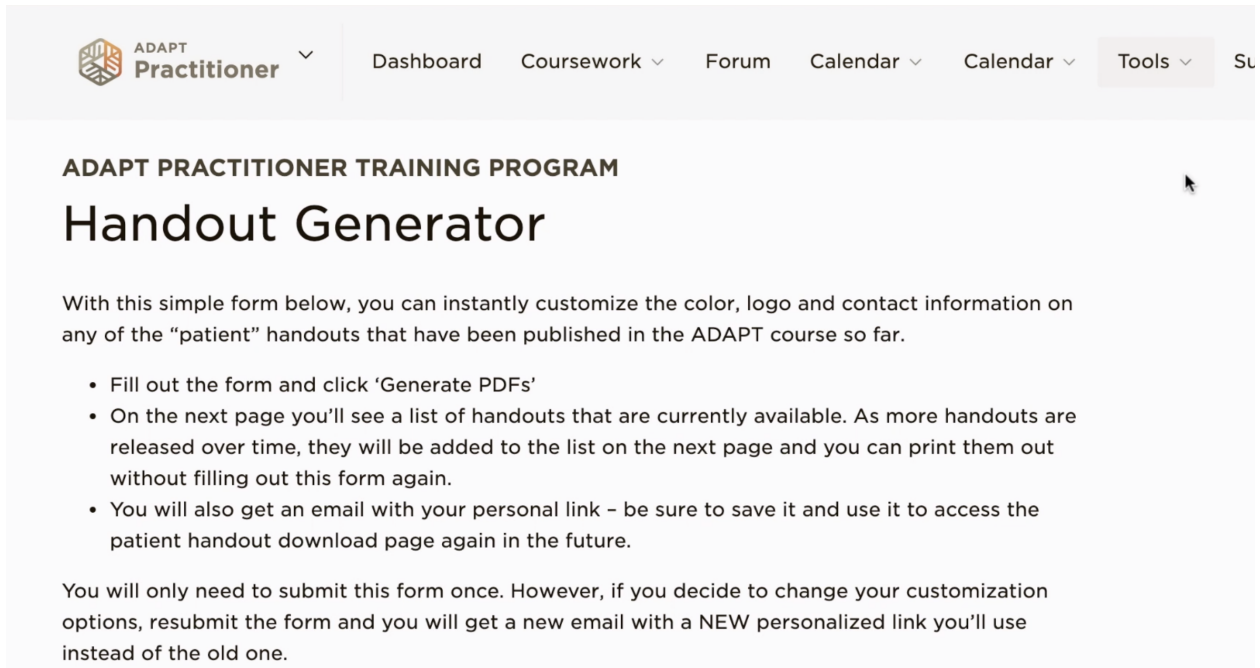# PTP Handout Generator Tour

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.

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

Choose File | 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

Choose File | 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.

Generate PDFs

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.

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

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

Chris Kresser | 555-555-5555 | 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.