

## *Here's more details about the 12 Week Program*

Perhaps you will start with the [21 Day Challenge](#) or maybe you just want to jump into the 12 week program? Either way, you will reach your goals! During the 12 week program, participants can lose 24-36\* pounds while blasting fat and inches off their bodies once and for all! Just think, if you started now, how will you look and feel in 12 short weeks?

This program is 100% backed by science, so health care providers feel comfortable and confident their patients will succeed.

Now, even though I am a board certified health coach with an advanced degree, I will not try to be your doctor! My commitment to you will be to support, guide, and motivate you, while providing all the tools you need, answer all your questions PLUS keep you accountable! This 12-week program is done 100% from your home so you don't have to "show up" for weekly check-ins. Although my team does host group programs (10 people or more required), this 12-week online program is a fan favorite and where the majority of results are coming from! 24-36 pounds in 12 weeks....by eating more than you probably are now!

I know what you're thinking "I need to show up weekly to see someone". Well, I took that all into consideration when I developed this coaching strategy and you actually get more accountability with it!!

During your 12 weeks, you will get 5 fat fighting programs that are sent out throughout your 12 weeks. That's right, no boredom for you! We keep expanding on your program to get you into a habit of healthy eating (and yes, when you are at your goal, you can indulge a bit...in fact, that's one of the plans!)

Since studies show it takes 21 days to make something a habit, each day for 3-4 weeks (longer if need be), you will check-in with me. You simply take a picture of your daily journal and text it to me each night. That way, I can critique your day and offer some valuable tips to help you the next day.

During the first 3 weeks, you will get 2 metabolism boosting, curb craving, fat blasting programs to jump start your weight loss efforts. During weeks 4-12, you will get 3 other fat blasting swift results programs that allow for more leeway. Don't worry, we do not restrict the major food groups (proteins, carbohydrates, fats). You will be amazed

at how much you will eat and still lose weight, inches and fat! You will also need to find an exercise program that you can do. Since everyone is different, what works for you won't work for everyone! Just move your mass and you'll see the inches blast away! Every "Wednesday Weigh In", you will check in with me to report your weight lost and inches lost, and we will continue to tackle the obstacles life throws at you to derail your goals.

Each week, you will be educated on a new topic (quick 6-15 minute weekly videos) because knowledge is power. You will be educated on topics such as reading labels, detoxification, improving your metabolism, healthy fats, exercise, nutrition basics, creating healthy habits, managing stress, planning and dining out, overcoming obstacles and achieving life-long success just to name a few. I will send you weekly emails so you know exactly what to do during the week (no stone has been left unturned!). You even have access to over 400 low-glycemic recipes plus more!

Your 12 week program also includes science-based vitamins and supplements to help you accelerate your results. I actually waive my coaching fees to be able to provide 100% of your program to YOU with metabolic support and education!

Have you heard of isotonic capable vitamins? I personally have been using these for 10 years and swear by them. I was one of those people who gets nauseas from vitamins and these don't do it because they are free of dyes, fillers, binders, chemicals, wheat, gluten, soy, dairy etc.. [CLICK HERE](#) to view more details about these supplements and vitamins