

Help For the Holidays Accountability Group



The most wonderful time of the year is often the most stressful when it comes to living a healthy lifestyle. You are going to be running a lot more with holiday events and responsibilities. There will be unhealthy temptations at every gathering. Heavy, rich, foods are what entire events will be planned around. What are you going to do in the face of this temptaion? Do you have a plan to make it through the holidays with victory? Did you know that you can start the new year with a head start even through the holiday season? I want to help you do it!

Registration is now open for my final group coaching session of the year and you are not going to want to miss it!! I am so excited about this group! I think it is my favorite set up so far!

We are going go encourage each other to finish this year STRONG and be in control of the holiday season instead of

letting it overtake and overwhelm us! But don't get the idea that this is going to be some kind of crazy bootcamp. That is not my style! I am going to encourage and empower you to success with tips and tricks as well as lots of yummy recipes. I will also show you how to treat your way through this season without undoing all of the progress you've made so far! When January 1st hits, you won't need a resolution, you will just keep on keeping on! ☐

In addition to my normal line-up of features for an extended accountability group we are going to go over the following holiday features:

- Recipe Makeover (you give me your favorite holiday recipe and I make it THM friendly for you)
- Holiday Meal, Drink and Dessert recipes each week
- Travelling on Plan
- Gift ideas
- Gratitude
- And much, much more!

There will also be prizes (because challenges are more fun that way!) We will have two different challenges running through the course of the group and at least one random giveaway drawing. Another random drawing will be added for every 10 people that sign up for this group making a possibility of 5 random prize drawings throughout the course.

Registration closes October 31st and the challenge starts November 3rd. Members will be added to the group on November 2nd to get a chance to look around before the challenge starts.

The cost for this group is \$115 per person. As always, previous clients get a **10% loyalty discount** on all my coaching services. ALSO: if you **sign up with a friend** you will both get a \$10 refund on you class price! (Refund given after both registrations are finalized and payment has been received.) Please share this opportunity with as many people as you can. These classes are so much more fun when there is lots of participation!



It is officially that time of year! The holidays are right around the corner! How are you doing keeping yourself on track with your health journey? Do you need some extra encouragement and accountability?

I am hosting an **6-week accountability Challenge** to help you stay on track. This is for those who want to follow or are already following the Trim Healthy Mama way of eating. Having a general understanding of the plan is a plus to joining this challenge, but newcomers are welcome too. This group has a minimum of 5 members and a maximum of 40. Women, men and teenagers are welcome. (Must be at least 13 to participate and have waiver signed by a parent if under the age of 18.)

The cost is \$115 per person. We are going to challenge each other to stay on track during this "season of eating" and discuss all kinds of holiday helps including: Holiday Recipe Makeovers; Holiday Meals, Drinks and Desserts; Travelling on Plan; Holiday Gift Ideas; Gratitude Focus; and much, much more!

[See What Is Included on the Following Page](#)

Fine Print:

You will need to pay in advance for this course. Any cancellations must be made by **October 30th** for a refund. *Cancellations will not be refunded after October 30th.* Once the challenge ends you will be removed from the private client group. This challenge includes over **\$50 worth of prizes and gifts** (possibly more) plus **\$125 worth of coaching access** to keep you motivated throughout the challenge.

To participate in the Non-Scale Victory, Scale Victory challenges you must provide the following:

- Bust, Waist and Hip measurements on 11/3/19 and 12/14/19 (NSV)
- Picture of your weight on scale with date printed beside it on 11/3/19 and 12/14/19 (SV)



Special Event Dates 11/3/19—12/15/19 Price: \$115
Limits: Minimum 5, Maximum 40 participants

My Healthy Journey For Life

Coach Shannon Sikes

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www.myhealthyjourneyforlife.com

PRIZES!!

FUN!!

What's included?

- **\$10 coupon for THM Website Membership for new or returning members.**
- **Private Facebook group** for the duration of the challenge.
- **Access to your coach via messenger**, Mondays –Saturdays
- **Individual assessment**. This will help me to prepare and give you personalized help.
- **Unlimited coaching** in the support group.
- **Holiday support and tips** We will cover everything from recipes, to tips to gifts in our time together along with so much more!
- **Non-Scale Victory Competition** for the one to lose the highest percentage of inches!
\$15 THM Gift Certificate
- **Scale Victory Competition** for the one who drops the highest percentage of weight!
\$15 THM Gift certificate
- **General \$15 Gift Certificate** Random name will be drawn December 1st.
- **Additional Prizes** will be added based on group size. Prizes will be added when the group reaches 10, 15 and 20 members.

Like I said, this is my last group of the year. I am not taking on any more individual or group coaching clients after this until after the first of the year to spend some time just

enjoying my family. I have loved the time I have gotten to spend with each and every client over the past year! It has been a blessing to me to be able to help encourage others on their journey as I walk my own.

If you have any questions about this event please don't hesitate to ask!

Register Now

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Have you ever considered getting a coach to help you on your journey but you aren't sure what a coach could do for you? Contact me for a free consultation. I can explain to you how I would help you with no strings attached.