

Black Friday, Pre-Order Blowout Sale!!

**Are you ready to plan for success
in 2020?**

**I have three classes scheduled that
can get you started off on the
right foot!**

I am giving you the opportunity to get in on one or all of my first three group coaching opportunities of 2020! The groups are all discounted \$10-\$20 below what they will be priced at when registration opens for them next year! In addition, if you are a previous client of mine that means that you are eligible for 10% off any of my groups, including these sale prices! Thinking of doing more than one of the groups? If you purchase more than one you automatically get the previous client 10% off discount on the second group! Want to bring a friend along with you? I always offer a "bring a friend" refund! Once the group starts you and the friend you signed up with will both receive a refund! (\$5 for 4-week groups, \$10 for 6-week groups.) With all of these discount opportunities you don't want to miss this opportunity! Plan now to make 2020 your best year ever!! Keep reading below to get all the details and to register!!

BLACK FRIDAY BLOWOUT PRE-ORDER SALE!

THREE AWESOME OPPORTUNITIES TO SAVE!!

- 6-WEEK, NEW YEAR ~ NEW YOU ACCOUNTABILITY GROUP, SALE PRICE \$110 (WILL BE \$125)
- 4-WEEK, LEAP INTO HEALTH NO CHEAT CHALLENGE, SALE PRICE \$45 (WILL BE \$55)
- 6-WEEK, STUBBORN LOSERS ACCOUNTABILITY GROUP, SALE PRICE \$115 (WILL BE \$135)

REGISTER AND READ ALL DETAILS AT
WWW.MYHEALTHYJOURNEYFORLIFE.COM



My Healthy Journey For Life

6-Week New Year~New You Accountability Group

This course will get your year going right! We will start on January 6th and run through February 16th. You will have a chance to check in daily for accountability. There will be 3 or 4 teaching and encouragement posts every day. There will also be a scale victory challenge with a prize; a non-scale

victory challenge with a prize; and a random prize drawing as well! In addition to all that you will get daily access to me as your coach and a weekly check-in email for your personal questions! The next time registration opens for this challenge the cost will be \$125 but if you register today you can do so for only \$110! If you get a friend to sign up as well you will both receive a \$10 refund on top of this sale price!! Also ~ Don't forget that if you are a previous client you get 10% off even this sale price!! You can register for this group at [THIS LINK](#). **Please see below for important details on all groups.

[Leap Into Health No Cheat Challenge Group](#)

Do you like a shorter course that is just as intense? We will start on February 1st and run through February 29th. You will have a chance to check in daily for accountability. There will be 2-3 teaching and encouragement posts every day. There will also be a prize drawing for those who complete the No-Cheat challenge as well! In addition to all that you will get daily access to me as your coach and a weekly check-in email for your personal questions! The next time registration opens for this challenge the cost will be \$55 but if you register today you can do so for only \$45! If you get a friend to sign up as well you will both receive a \$5 refund on top of this sale price!! Also ~ Don't forget that if you are a previous client you get 10% off even this sale price!! You can register for this group at [THIS LINK](#). **Please see below for important details on all groups.

6-Week, Stubborn Losers Accountability Group

This course will challenge you to kick that stubborn weight to the curb! We will start on March 2nd and run through April 12th. You will have a chance to check in daily for accountability. There will be 3 or 4 teaching and encouragement posts every day. We will follow 6 different menus from the THM membership website. (Website membership is required for this course and included in the price). There will also be a scale victory challenge with a prize; a non-scale victory challenge with a prize; and a random prize drawing as well! In addition to all that you will get daily access to me as your coach and a weekly check-in email for your personal questions! The next time registration opens for this challenge the cost will be \$135 but if you register today you can do so for only \$115! If you get a friend to sign up as well you will both receive a \$10 refund on top of this sale price!! Also ~ Don't forget that if you are a previous client you get 10% off even this sale price!! You can register for this group at [THIS LINK](#). **Please see below for important details on all groups. +++Please see note below for details on website membership.

****When I receive your registration I will send you an invoice for payment. Payment is due upon receipt. Discount is only good for registrations where payment is made within 24 hours. 100% refunds will be given within 72 hours of purchase. 50% refunds will be given to cancellations made 8 days or more before the course starts. No refunds**

will be given after that.

+++The Stubborn Losers group requires a minimum 3-month membership to the THM membership website and it is included in the cost of the course. If you are not yet a member you will receive a \$10-off coupon as well as a \$15 gift certificate to purchase the website membership. If you are already a website member you will still be issued the \$15 gift certificate since the cost is included in the price of the course. The website membership is VITAL to this course. You will not be able to participate fully in this course without it. You will have to be able to access the menus, recipes and videos yourself as they will not be directly shared in the group.

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.