

6-Week, New Year~New You Accountability Group

New Year ~ New You!

Accountability Challenge Group with Coach Shannon
from My Healthy Journey For Life

**6-week course runs January 6th -
February 16th**

**Includes daily teaching,
encouragement,
accountability and prizes!!**

**Get all the details and register at
www.myhealthyjourneyforlife.com**



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 cost for this course is \$125. If you get a friend to sign up as well you will both receive a \$10 refund!! Also ~ Don't forget that if you are a previous client you get 10% off this price!! You can register for this group at [THIS LINK](#). **Please see below for important details on groups.

New Year~New You Accountability Group

With Coach Shannon, My Healthy Journey For Life



Special Event Dates 1/6/2020—2/16/2020 Price: \$125

This course will get your year going right! There will be 3-4 teaching and encouragement posts every day as well as a scale victory challenge, non-scale victory challenge and a random prize drawing! In addition to all that you will get daily access to me as your coach and weekly check-in emails for your personal questions.

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 \$125 per person. We are going to challenge each other to stay on track and kick the new year off right!

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 Sunday, December 29th for a 50% refund. *Cancellations will not be refunded after December 29th.* 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 1/6/20 and 2/16/20 (NSV)
- Picture of your weight on scale with date printed beside it on 1/6/20 and 2/16/20 (SV)

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My Healthy Journey For Life

Coach Shannon Sikes

314-282-7294

www.myhealthyjourneyforlife.com

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.
- 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.
- Additional Prizes will be added based on group size. Prizes will be added when the group reaches 10, 15 and 20 members.

PRIZES!!

FUN!!

****When I receive your registration I will send you an invoice for payment. Payment is due upon receipt. 50% refunds will be given to cancellations made 8 days or more before the**

course starts. No refunds will be given after that.

[Register Here](#)

Loading...

**Admit One to Coach Shannon's New
Year New You Group**

\$135 VALUE

GIVEAWAY!

**Plus Middle Mountain Coffee
and THM mug!**



This contest has ended but you can

**still join this group by clicking
on the link above!**

**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.**