

RED CARPET READY FOR LIFE

You are making a commitment to Look & Feel Great For Life

And not just for one event.

Here are the program components:

- **Weekly Zoom Calls: They will be recorded in case you cannot attend.**
- **Live Winning Wednesday videos to help you on your journey**
- **A focus on the right macros for your goals, and help with food/meal planning and timing**
- **Focus on best foods to eat in your macro category.**
- **3-Live online 30-min workouts that will also be recorded in case you cannot attend at that time.**
- **Private FaceBook Group Page**
- **Daily practices and routines that set you up for success and infuse positive energy into your life**
- **Weekly Goal Setting**
- **Optional before and after photos – highly recommended**
- **Body measurements before and after**
- **Periodic challenges to push you outside of your comfort zone**
- **Weekly Fast Pass Accountability with your small group (this is limited to the first 15 ppl). This Fast Pass Group will use messenger to communicate on a daily basis, their goals, progress wins, meals, exercise accomplishments, struggles, and motivations.**
- **Finale-We will end our program with a **Red Carpet Event to show off your success and to celebrate you.****
- **And...the bomb diggity 😊 A cash PRIZE for our **Red Carpet Ready Winner****
-based upon % body weight lost, before and after photos, and engagement in the program. Prize will be announced the first week of the program.