



Full Distance
Dr. Alina, LLC

10 WEEKS TO GO THE FULL DISTANCE

An accountability program partnered with our classes to help you define and achieve your goals!

The Program

This program is a way for you to learn how to dream up a goal, set that goal, and take measurable action to reach the goal, with the help of our team, and everyone else participating, keeping you accountable!

They say a habit takes an average of 66 days or 10 weeks, which is why this program is a 10-week commitment. We want your goal to be something you can continue following the end of the program!

Important Dates

01/25/21 - Goal setting workshop at 6:00 p.m.

02/01/21 - Start of 10-week program

04/11/21 - End of 10-week program

*Check-ins are done weekly on Sundays.

Prices

Program Only - \$50

Program + Unlimited Classes (duration of program) - \$350



What You Get By Signing Up

- Goal setting workshop one week prior to the start date of the program. Learn how to create your SMART (specific, measurable, attainable, relevant, and time-based) goal for the program. The workshop will last roughly an hour and will be live-streamed for those who cannot physically attend.
- Tracking log for weekly check-ins.
- Learn how to create weekly milestones to achieve your final, 10-week goal.
- Educational tools for adjusting your goal when you don't meet weekly milestones.
- Private Facebook support group to chat with others doing the program. Share accomplishments, struggles, and encourage each other to continue toward your goals!
- Chances to win prizes at the end of the program!

What's stopping you? Sign up today at fulldistance.com