

# ACTION BY TENIN

## Accountability Coaching Programs

### **WEIGH**

One week Accountability  
Coaching Program  
Total Cost: \$75

### **SELECT**

14 day Accountability  
Coaching Program  
Total Cost: \$149

### **ACTION**

Monthly Accountability  
Coaching Program  
Total Cost: \$199

### **MAINTENANCE**

Monthly Accountability  
Coaching Program  
Total Cost: \$75

**A 7-day program to help influence you on what you chose to do. Helping you move quickly in making smarter choices.**

**You have now made a decision and more apt to do what you set to do. However, you have unrealistic expectations for the change you hope to achieve, then our 'SELECT' program is for you.**

**Are you at a point that you have started making smarter choices, but yet to maintain those habits. Your Accountability Coach will be there to help strengthen your beliefs in the benefits of the habits you have learned.**

**Maintaining positive habits takes time and effort; but with persistence and the right Accountability Coach, you can make it sustainable part of your life. We will be there to help you stay grounded by having a maintenance check-in plan that includes reinforcing habits, discussing progress, giving suggestions, while empowering you to hold yourself accountable**