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# WHAT CLIENTS SAY ABOUT MONIKA

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**sirpuppythegreat** ❤️ I love working with you!!! We're only a week in and I can already see results in the mirror! My clothes are already fitting better. You're so motivating! I find myself staying on track now that I have your support! 🙌❤️😄



**dinaleigh1** Monika has been instrumental on my journey towards physical & mental well-being! As an advanced practice nurse myself, I truly respect her plethora of knowledge and appreciate the time & effort she has put into personally formulating an individualized plan for me! Thank you for your continued support & encouragement! ❤️



**kristen.kisil.stevenson** I feel you are genuine and truthful. We all are going to have our good and bad days and you make me feel like I can get through it. There are 2 of you superstars who I admire tremendously and use your success for fuel in my fight! I appreciate you so much (don't kick my ass as this hasn't been the best week)!! Lmao!



**crawleycaz** I was drawn to Monika after seeing one of her posts on Facebook. I am someone who very really messages anyone online but I am so glad that I did! It is outside of my comfort zone- but I am happy to have connected with Monika as she is such a kindhearted soul and passionate about what she does. We are strangers but I feel like we have gotten to know one another, even though we are in different parts of the world. She is encouraging and I would recommend her to anyone wanting a coach ❤️

## Best Coach Ever!!!

★★★★★

Mon

jopro1986

So glad I found Monika. She is amazing and so helpful and sweet 😊 I love how she is an open book and shares her personal experiences with us. She is an amazing coach, by far the best I have seen. She has helped me lose weight and regain my health. I am walking 6 miles a day and sleeping better and haven't felt this good in a long time 😊 All thanks to Monika. She is the best!! Thank you for all your help 🙏

## Find your WHY



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Grace McKee

Monika is the real deal, she has walked the talk of weight-loss and adjusting her mindset for long term success, so what she is sharing is from her real experience, including the challenges. The best lesson I've learnt from Monika is to forgive yourself after a mess up, but remember your WHY and recommit, that is the secret to success. Just keep going, 2 steps back, one step forward, is still progress. Making self discipline appealing. Thank you so so Much Monika.

"The experience has been very pleasant. I love how the motivation is very positive and not military style. My goal is to continue with you because I love that I can always check in with you. The most important thing for me about this is feeling great and seeing results. Most importantly for me I'd have to say is checking in and accountability." - *Nancy Pothidang*

**“I am extremely happy with the coaching! It’s 100% worth it! Knowing someone is in your corner. Guiding, cheering you on and keeping you accountable is huge. My only regret is not doing it sooner. You walk the talk. I know it can be done! 🙌❤️” - Kelly Snow**

“Monika is an amazing coach who uses her professional and personal experience and expertise to customize an individualized fasting & weight loss plan just for you! Her enthusiasm is contagious and she has been there every step of the way with help & encouragement!” - *Dina Bredeau*

**“I had a wonderful experience working with you! Not only did I learn more about fasting and health, I also lost some weight, toned up, and got healthier in general. I’ve been able to maintain my weight loss, and actually dipped below my goal weight by a few pounds. I’ve continued to workout on a regular basis and started weight training. I’ve got abs!! The one thing I didn’t like was the “recovery worksheet” I had to do when I ate something off plan. I was ashamed and beat myself up when filling it out.”**  
- *Melissa Brunty*

“Working with Monika has been wonderful! I am someone who needs one-on-one help/coaching. The customization of a plan and accountability were paramount in my weight loss journey. She has ensured that I learned a lot and pushed through major weight loss plateaus that I’ve had for years. You will lose weight following Monika’s plan!” - *Evie*

**“Monika is an amazing coach!!! She takes the time to give clients a personalized plan custom tailored to your own needs. I would highly recommend trying her out - you will not regret it!!!” - Heather Weaver**