



SAMPLE OF ONLINE WELLNESS SOLUTIONS

## What Do You Really Get When You Join the Total Transformation Challenge?

- Access to Challenge Participants-Only Website
- 12-Week Complete Total Transformation Challenge Plan
- Professional coaching and monitoring of your entire 12-week program
- TTC Complete Nutrition Plan
- 7-Day Meal Plan & Cookbook
- Dining Out Smart Guide
- Food Logs
- Healthy Food Shopping Lists
- Weekly Nutrition Goals
- Weekly Cardio Training Goals
- Workout logs
- Weekly Workouts, Classes, and Challenges
- Weekly Strength Training Goals
- Flexibility & Stretching Guide
- Weekly Flexibility Training Goals
- Weekly Weigh-in to track progress
- Weekly Tips & Motivation
- Results!