

12-Week Transformation



Who is this for?

- Anyone that has a **Wellness** or **Weight-Loss** goal
- Looking for **long-term** results
- Would benefit from an **individualized plan** and **individualized coaching**



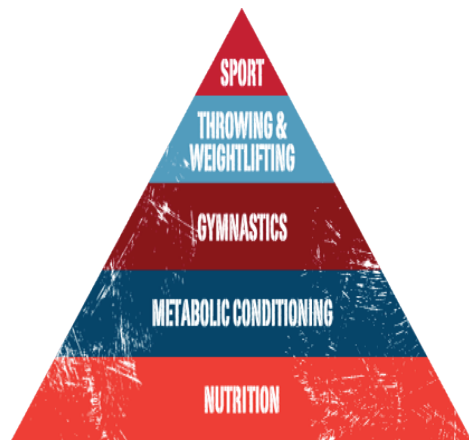
What?

- All the benefits of the 6-week challenge, PLUS
- 6 more weeks to cement proper nutrition behaviors, see sustainable results, and develop a routine
- 4 Individual Meetings with your Nutrition Coach
- Customized Meal Plans with grocery list
- Exclusive access to the HSN App and additional nutrition content
- Private group for additional support and accountability
- Printed HSN Recipe Book
- Group kick-off and bi-weekly group meetings lead by a team of CFGB Nutrition Coaches



How?

- Schedule your initial appointment with your nutrition coach



Details

- Initial Appointment with Nutrition Coach to be done by January 26th
- Kickoff Seminar: Saturday, January 26th
- Only 12 Spots Available
- Guaranteed Results (Must Follow The Program)
- Cost: \$125/month (3-month Commitment)
- Cash Prizes For Winners

6-Week Challenge



Who is this for?

- Anyone that believes that their nutrition can be improved, but is looking for focus and accountability
- Anyone looking to jump-start their wellness in 2019
- Anyone who would benefit from a **group meal plan**, recipe sharing, and **general nutritional coaching**



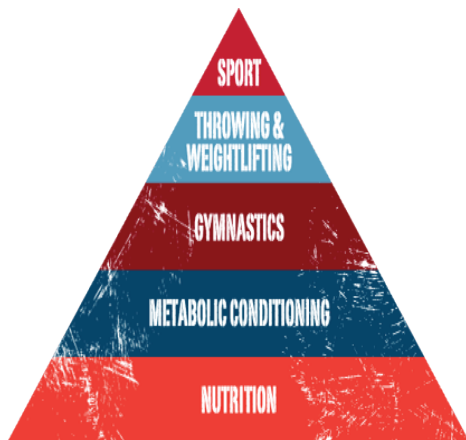
What?

- Initial and Final Weigh In
- Group Meal Plans with grocery list
- Facebook group for additional support and accountability
- 6 Weekly Performance Workouts
- Online Access to HSN Recipe Book
- Group kick-off and mid-point group meetings lead by a team of CFGB Nutrition Coaches



How?

- Sign Up Online using this link



Details

- Kickoff Seminar: Saturday, January 26th
- Unlimited Spots Available
- Guaranteed Results (Must Follow The Program)
- CFGB Members Cost: \$59/one-time
- Guest Cost: \$69 (nutrition only), or \$169 for (CrossFit + nutrition)