



[Self Guided Package A](#)

Includes: *Starter Kit with Journal, Low Glycemic book, 12 educational DVD's, Supplements for your success*

- *12 pages of step by step simple instructions*
- *2 hour on line calls broken into sections which include:*
 - Getting started on the Transitions program*
 - Questions and Answers*
 - Exercise and How to Read labels*
 - Health and wellness protocols*
 - Before and after Photo*
- *Your coach will meet the group for 1 hour to weigh, measure and review program.*
- *2 Half Hour sessions at 6 weeks and 12 weeks to weigh measure and review journal.*

Accountability: *We encourage you to purchase the Transitions website for \$9.95 per month. Journaling can be done through the site and your coach can check this on a weekly basis. We will ask that you email your Coach by Sun. or Monday of each week with Q and A and a summary of what you learned through your DVD session of the week.*

[Package: B](#) **Highly Recommended**

Studies show that your success rate is much higher when attending classes in group sessions and spending quality time with your coach.

*Package: B **Includes Package A** plus 8 full hour classes by the Transitions Coach in a 12 week period.*

