

RED CARPET READY FOR LIFE

You are making a commitment to Look & Feel Great For Life

~not just for one event~

Here are the program components:

- **Weekly Zoom Calls** to discuss goal setting, also a time for Q and A
- **Live or Recorded Winning Wednesday videos** with topics to help you on your journey
- **A focus on the right macros for your goals, and help with food/meal planning and timing**
- **Focus on best foods to eat in your macro category.**
- **3-Live online 30-min workouts that will also be recorded in case you cannot attend at that time. (Focus on Total Body, Upper Body, Legs and Abs alternate with Stretch and Flex)**
- **Private FaceBook Group Page**
- **Develop a Personal Word/Creed for Success**
- **Daily rituals and routines that set you up for success and infuse positive energy into your life**
- **Weekly Goal Setting**
- **Before and after photos – highly recommended**
- **Body measurements before and after**
- **Periodic challenges to push you outside of your comfort zone**
- **Access to BFit's Trail Quest Program**
- **Weekly Fast Pass Accountability with your small group. This Fast Pass Group will use messenger to communicate on a daily basis, their goals, progress wins, meals, exercise accomplishments, struggles, and motivations.**
- **Finale-We will end our program with a Red Carpet Event to show off your success and to celebrate you.**
- **And...the bomb diggity 😊 A cash PRIZE for our Red Carpet Ready Winner**
-based upon % body weight lost, before and after photos, and engagement in the program. Prize will be announced the first week of the program.