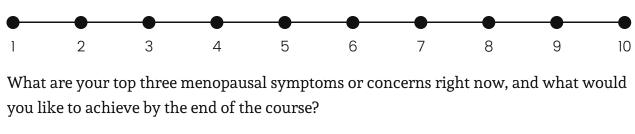


LET'S START

Day one self-assessment

How committed are you to completing the course and making the necessary changes?



CURRENTLY	GOAL

What other health concerns do you have, and what would you like to achieve?

CURRENTLY	GOAL
e.g. Low energy	e.g. Energised and motivated



INTRODUCE YOURSELF

Join the Facebook group and say hello. We're excited to meet you.