



Healthy Eating Success System

Once again, welcome to Healthy Eating Success System.

We are so glad you are here. There are several ways to make sure you get the most out of this program:

1. Get a 3 hole punch notebook and dividers. You might want to divide the sections by:
 - o Nutrition info
 - o Mindset exercises
 - o Kitchen organization
 - o Recipes
2. Schedule time to watch the trainings, which range from 20-45 minutes each. Training videos will be released every other Monday eve, June 13, June 27, and July 11. There will be 2 trainings for each module. You can break them up and watch them separately.
3. Schedule time to do the action steps. There will be some homework and some of them will require you to really think, so you won't want to rush through them.
4. Participate and interact - sharing your challenges and supporting others is what makes our group programs so special.
5. Do your best to make the live Q & A calls. We will be posting the times for these shortly.
6. Keep an open mind. Some things we suggest may seem a little different from what you are used to, but we promise we know what we are doing :)
7. Have fun! We like to have fun in our programs and foster an enjoyable, enlightening and entertaining experience!

