

# Healthy Holidays

**IDEAL**  **PROTEIN**  
POWERING *life* POSSIBLE

## Make a plan with your coach!

1

What's your goal?

Desire to continue to lose weight?

Desire to maintain and not gain weight?

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2

A. Phase 1... 100% compliant

B. Limited deviations. Discuss a plan with coach.

C. Maintain weight

Attend Stabilization Seminar

Rapid Phase-Off

Plan for Tune Up in 2022

*If alcohol will be involved, 'C' MUST be selected.*

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3

Work together for successful outcome.