

Are you ready to **CONQUER** your  
**New Years Resolutions** once and for all?

Grab a friend, family member or co-workers & join us for the ...

# **BATTLE OF THE BOXES!**

## *28 Day Nutrition Challenge*

Hosted by:



**Kick-off Seminar:**

**Saturday, Jan. 21<sup>st</sup> @ 2:00 PM**

**1110 E. Highway 6 \* Alvin, TX 77511**

**Biometric Screening, Measurements & Pictures to be done prior to the  
Nutrition Seminar and Kickoff (Click [HERE](#) to sign up TODAY!)**

### **What's Included for my \$79 entry fee?**

- ✓ Initial Biometric Testing: Includes weigh-in, body fat percentage scan, measurements and your "Before" pictures
- ✓ Kickoff Nutrition Seminar and Nutrition Handbook
- ✓ 4 Weeks of meal plans with grocery lists and tons of awesome recipes, created by Nicole Aucoin, a Registered Dietician (RD)!
- ✓ Goal setting
- ✓ Weekly Email check-ins
- ✓ Dedicated & private Facebook page to provide support and share tips!
- ✓ Final weigh-in and measurements with your "After" picture
- ✓ Prizes for the top 5 finishers!