



90 Day Personal Challenge Plan

The Whole Life 90 Day Personal Challenge is a support program with specific guidelines to help participants lose weight, lower their cholesterol, increase their metabolism and improve their overall health.

All participants are encouraged to seek the advice of their personal physician and will be required to sign a waiver releasing The Whole Life Project from any unlikely affects of the program.

We encourage this to become a lifestyle change and not a diet. However, the plan does start and begin four (4) times throughout a calendar year to allow new participants and to acknowledge and celebrate participant accomplishments.

A list of permissible foods will be provided along with suggested exercise for the 90 Day Personal Challenge. We are constantly seeking Team Coordinators in your city to start a team. The coordinators should have leadership ability and a strong desire to succeed. The tasks are small and the rewards are great.

Role of the Coordinators:

- Secure minimum of three(3) other people to be a part of their team•
- Name the team
- Be responsible for weekly weigh-in for the group•
- Rallying the team
- Ensuring and reminding team to be on weekly conference call
- Responsible for hosting designated weekly call
- Posting on the Whole Life 90 Day Personal Challenge Facebook group Page about their team.

Participants :

Participants will be held accountable by their team coordinator and through their pictures, social media posts,• texts, emails and team meetings. We encourage participants to invite others to join a team. All participants are required to take before and after pictures.

The Whole Life Project Partners

We partner with other groups, organizations and entrepreneurs who share the same interest in helping others to live a healthier life.

Listed below are current partners:

- Josie's Teas (Natural teas) – Theresa Shelton
- Total Life Changes (Tea, Energy Supplement and Vitamins) – Roger Watson