

MY MOJO – Programme Information

What is it?

An 8-week Online Group Health Coaching programme covering diet, sleep, stress, exercise – everything that contributes to a happy healthy life.

A comprehensive course that can:

- Sort out your food
- Get your Exercise on point
- Reduce your Stress
- Give you more Time
- Create Less Busyness in your life
- Fit you into your old Jeans

What will I get?

- ✓ Coaching from an experienced, Certified Health Coach (Jj)
- ✓ Invitation to and support from an exclusive Facebook® group
- ✓ Access to the Jinxx™ portal containing videos, lessons, recipes & workouts.
- ✓ Free access to a Nutrition Tracking App
- ✓ Daily support from Health Coach Jj
- ✓ Weekly Live videos and check-ins with Jj
- ✓ A new perspective on Life!
- ✓ YOUR MOJO BACK!

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continued...

Who is it for?

Anyone that is ready to change their habits and embark on a new way of living that is easy, simple and fun.

Anyone that is sick of feeling stuck and want to change things in their life.

Anyone that grinds hard day-in and day-out but don't to get the results they want.

How much does it cost?

\$499 for the entire course. Payments can be made weekly, fortnightly or once up front.

*Less than 2 coffees per day to change your life

Who is it not for?

People with a closed mindset, not willing to change, or going through a tough time who do not have the capacity to create huge changes in their life at this point in time.