

ACCOUNTABILITY CHALLENGE

Win 3 months of health coaching with Jess Kos Birney!

I'm super excited to be offering another layer of support that you can win simply by participating fully in Whole Foods Reset program.

Health coaching includes meeting twice per month, 60 minutes each meeting. We would start by identifying your goals and then together work towards gaining speed and momentum to reach them. There's more to it than that – but that's just the start. I'd be thrilled to work with you.



In order to be entered into the drawing complete the following:

1. Eat clean every day (no dairy, no gluten, no processed foods, no alcohol): I understand life happens, so you can have one “pass” during the program. You also don't have to follow the meal plan! A simple Y or YES or HELL YEAH or Pass works as an answer.
2. Check-in daily on WhatsApp – we love to hear from you and have you participate in our community. Any participation goes. ** Most of the daily action items have some type of sharing built into them so this is hopefully always tied to #3.
3. Complete the daily ACTION as listed in our everyday website communication - write what the daily action was in the empty box. A link will be posted every day with the day's newest communication.
 - There are two special rows; pre and beyond which have their own special tasks instead of the usual.
4. Complete and submit this form to me by MONDAY, day after the two weeks closes – soft copy works or photo... anything goes. I will draw a winner that Wednesday.

Have fun and please let me know if you have any challenges. This is meant as an extra layer of accountability and hopefully fun!

Thank you for playing!

Xoxox,

Jess Kos Birney

CHALLENGE LOG

Day	Eat Clean	WhatsApp Check-in	Daily Action	Notes: Feel, Growths, Etc.
Pre	Special day: write down your <i>why</i> behind this program:			
1				
2				
3				
4				
5				
6				
7				

8				
9				
10				
11				
12				
13				
14				
	Special day: write down your <i>future goals for yourself when it comes to health & wellness:</i>			
Beyond				