Why did you join the program?

Doing a course like this is walking in blind for many people of what to expect…. What are one or two things that you were surprised by as you went through the program?

What are your 3 biggest take-away’s from the program?

1)

2)

3)

Did you achieve the goals you set out to achieve?

If so, why do you think you were able to achieve the goal(s) that you haven't been able to in the past?  Why was this course different? What goals are you excited to achieve in the future?

We have a coaching call aspect to the program for 2x a week and several 1on1s. When you first started what was your thoughts on these calls and what is your final take-away from these calls now that you have gone through the program? Did you feel that the coaching calls were helpful?  Did you feel like having 2 one-on-one calls was enough?

How do you now look at your present health situation and what your future holds for you?!

Who would you suggest to take this course?