

# WRAP UP

## 7 POINT KICK-START CHALLENGE



**CONGRATS! YOU DID IT!**  
-WRAP UP INFORMATION

# YOU DID IT!

## 28 DAYS AND BEYOND..

We hope you enjoyed this Challenge and learned some good stuff to help you live healthier!

We invite you to join our ongoing healthy lifestyles group where our team shares all sorts of healthy topics like recipes, workouts, tips, science, client stories and more.  
<https://www.facebook.com/groups/7pointlifestyles>

If you find yourself ready to make some big changes in your health and need a partner, head over to our website and learn more about our One on One, in depth coaching programs. Consultations are always free.

[7PointNutrition.com](http://7PointNutrition.com)

*7 Point Coaching Team*



# NOW WHAT?



## FINISH STRONG!

Take some time to look back on these past 28 days and see how you did. How did you do towards the goals you wrote down at the beginning? Are you feeling better? Looking better? Performing better? Thinking better? What did you learn?

Incorporating these habits into your life consistently will have you reaching your health and fitness goals in no time. Of course life is about balance so a few treats here and there is totally acceptable. You need to find balance and what works for you!

## NEXT STEPS

### 1 | SUBMIT YOUR TRACKER!

Finish filling in your 28 Day Behavior Tracker and turn it in to be entered into the grand prize Giveaway

- Instructions inside the Facebook Challenge Group

### 2 | SHARE WITH US!

Post your experience with us in the Facebook group! Share what you learned and anything else you want to share!

### 3 | JOIN OUR COMMUNITY

Make sure to join our 7 Point Healthy Lifestyles community for continued support, education and all things healthy.

<https://www.facebook.com/groups/7pointlifestyles>

**Want to take it to the next level? Check out our annual BOGO Sale on the next page!**

BOGGS  
SALE

## 12 WEEK COACHING PROGRAM



Our coaching programs are full service and created just for you wherever you are at in your health journey. We guide and teach you step by step and support you through your journey like no one else!

We coach to our 7 Points, not just a meal plan, this is healthy lifestyle coaching!



When you purchase a 12 week coaching program, you can get a second 12 weeks for half price!

Make your program 24 weeks or invite a friend and share the savings!

## BOOK A FREE CONSULTATION



Learn more about how we can help you and get all your questions answered with a free consultation. We can do this in person for locals or virtual if you are a distance client.

You can book with any Coach on our website or call 801-717-1534

[7pointnutrition.com](http://7pointnutrition.com)