



## Completion of Your Program

Congratulations on completing your personalized health and nutrition program!

This has been a demanding six months and I encourage you to look back, acknowledge, and celebrate ALL that you have accomplished. No matter where you are, you have done well for YOU. You and I both know it all adds up.

Let's review your progress. First, please take a few moments to write down your accomplishments. Write whatever comes to mind, even if it seems small. Then, please write down the accomplishments I read to you. These are from the notes I have compiled throughout your 6-month program.

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