

JENN MARASCO

— wellness —

START Commitment Plan

Commitment

- 28 days
- Daily: you will post onto private Facebook group what you ate item by item (calorie count is optional, we can make that decision individually)
- Post exercise completed for the week on Sunday (our weeks will be Mon-Sun)
- Follow the reset food and exercises requirements as listed below

Reset Food Goals

Week 1

These food are allowed in week 1
Veggies, Fruit, Lean Protein, Legumes (any meal)
Whole grains (only one meal a day)
(NO sugar, alcohol, dairy, or white carbs)

Week 2

Same as week 1

Week 3

Veggies, Fruit, Lean Protein, Legumes, Dairy, Whole grains
You can have 1 sugar or alcohol treat on weekend day of your choice
(No sugar, alcohol, or white carbs)

Week 4

Same as week 3
You can have 1 sugar or alcohol treat on day of your choice and 1 free meal on weekend day of your choice

START Exercise Goals

- You commit to exercising for 30 mins, Four days a week (exercise that qualifies- walking, running, exercise class, cycling, Online exercise videos, or the workouts that I post to our group) I'll post four workouts a week
- We will evaluate our workout goals each week (we will keep the goal at

4x a week, but we will each set personal goals; i.e run for 10 mins walk for 2 for 30 minute intervals or complete to HIT workout classes)

What you will be asked to Share with Group

These groups are all women and are small for the very purpose of being a safe place for us to honestly share how we are doing and where we want to go with our health. Each participant will be expected to share the following things with the group.

- Your Why (why are you a part of this group and what do you want out of it)
- Non-scale victories you hope to achieve
- how many pounds you would like to lose over the course of 28 days.

(please include this information when you introduce yourself to the group)

What you will be asked to share with Me

I will be a part of helping you figure out and share all the above information with the group and in order to serve you best as your coach I need to know the following information from you.

- height, weight, and age
- typical daily activity level
- any other health concerns that I should know