

## Bootcamp is Back!



Online Wellness Bootcamp is back December 26th!

**Let's face it: 2020 was not the year any of us planned. So let's focus on making 2021 the year we conquer our weight loss and wellness goals!**

**Join me and the #TCFCTribe for our Online Wellness Bootcamp, starting December 26th!]**

**Our weeklong Bootcamp includes:**

**Five daily podcasts emailed directly to you covering topics like:**

**Setting achievable goals & a plan to achieve them**

**Menu planning & meal prep 101**

**Preparing my home & family for my wellness journey**

**Reframing challenges as opportunities & the power of FFMO (Forgive, Forget, Move On)**

**Motivation & inspiration for the long winter**

**Access to a private Facebook group where you can connect with the #TCFCTribe**

**Daily challenges to help you set your intentions & focus**

**Daily resource emails with inspiring blogs, fun recipes & must-have gadgets for your home & kitchen**

**Two Facebook live Q&A sessions for you to ask questions & share your inspiration**

**This class series is being offered to you at an incredible value! This Bootcamp is valued at \$75, but is available to you for just \$27!**

**And because you're a TCFC reader, you can save 15% off your registration using the code Reader15 at checkout!**

This program is recommended as a supplement to any sustainable weight loss program. Participants utilize calorie counting, Weight Watchers, Paleo, and several other weight loss programs.