

Course Description

90-Day Keto Accountability Program

DESCRIPTION OF COURSE

If I were to guess, I'd say you know exactly what it takes to lose weight and better your health! In fact, I'm confident you already have everything you need to get started today!

So what's stopping you from achieving dietary success?

The thing is, most of us know what we should be doing to improve our health. However, few of us set up effective strategies, systems, and support to make it happen.

That's where I come in!

My name is Katie Rodriguez. I have been a Ketogenic Consultant for a very long time, and the #1 thing that generates the most success for my clients is accountability. That's precisely why I've created this 90-day program— to hold you accountable, help you reach your goals, and ultimately transform your health.

HERE'S WHAT'S INCLUDED...

- Daily text support
- Weekly progress reports
- Monthly metrics
- Three, group coaching calls (via Zoom)
- Two, 1-1 coaching calls (Zoom or Phone)
- Goal setting + milestone markers
- Personalized support + accountability

BONUS COURSE MATERIAL

Beyond text support and coaching calls, I've built in additional accountability with supplemental forms. You can expect to receive monthly and weekly check-in forms, as well as a "Getting Started Checklist" and a personalized "90-Day Keto Roadmap."

The Getting Started Checklist includes all the steps you need to take to get your ketogenic diet up and running.

And the 90-Day Keto Roadmap will provide you with the individual steps necessary to hit your health and wellness goals.

WHEN DOES THIS PROGRAM BEGIN?

Once you've enrolled in my 90-Day Keto Accountability Program I will send you a link to complete your Keto Accountability Assessment. After reviewing your assessment I'll send you a link to schedule your initial on boarding call. That on boarding call marks day one of your 90-Day Keto Accountability program.

HOW LONG WILL THIS TAKE?

This program will take approximately 90 days to complete. Again, after enrollment you will be prompted to complete a keto health assessment. After completing and returning the assessment, I will send you a link to schedule our initial onboarding-call. That on boarding call marks the beginning of our 90 days together.

The amount of progress you make is truly up to you. I've had clients make extraordinary progress in just a few short weeks of working together. Alternatively, for others it may take significantly longer to make substantial lifestyle shifts. It really all depends on the amount of time and energy you're willing to pour into this thing.

HERE'S WHAT TO EXPECT...

- Hit your target weight and maintain it.
- Sleep through the night and wake up feeling energized.
- Clear up dietary confusion and grocery shop with increased awareness.
- Achieve a glowing new look of reduced fine lines and wrinkles.
- Prevent illness. Keep from using your PTO days for sickness.
- Increase energy and do more of what you love in life.
- Enhance cognitive performance and accomplish more than you ever thought possible.
- Boost confidence with your stronger and sexier self.
- Promote overall vitality. Have people asking, what have you been doing lately— you look amazing!

WHEN DOES ENROLLMENT OPEN?

Open enrollment varies depending upon my schedule and availability. Currently, I am the only one behind this program. Which means, all of your coaching and support will come directly from me (no third parties or auto-responders here). However, To provide extraordinary service and deliver optimal results, I am capping enrollment at 40 students. So, if don't want to miss this incredible opportunity I encourage you to act fast once that enrollment period opens. For up-to-date information, you're welcome to enroll in my

program notification email reminder. You can find access to that by visiting KetoforMamas.com.