

Reasonable Diet Program →	Graduate Member*	Project YOU **	Sure Success
Benefit ↓	Cost →	\$45/ mo ongoing	\$95/ month x 2
Project YOU Meet-up in Champaign office. (1st and 3 rd Tuesday 10:30 AM; 2 nd & 4 th Saturday's 9:30 AM.)	√	√	√
Project YOU Meet-Up Tele-class. Sandra will be sharing her dieting secrets as well as her life changing perspectives and opening the phone line for questions and advice (Minimum 2 x month at various days and times in order to allow for various schedules. Recordings of the teleclass will be available later listening.)	√	√	√
Project YOU™ Get Started kit. This includes the Project YOU™ binder, 56 pages of Daily Success sheets, 7 WRAP (Weekly, Review, Assess, Plan) sheets and more.	Previously sent	√	√
4 CD set “Six Minutes of Sanity, Seven Days per Week”	Previously sent	√	√
8 (ea.) Project YOU™ instructional/motivational recordings.	√	√	√
Project YOU™ printable lessons and worksheets. Written instructions and printable worksheets pertaining to each week's current topic and lesson.	√	√	√
Member Forum. An active website forum that is updated by Sandra or other member daily.	√	√	√
Reasonable Byte - a daily message by email. Some will have links to in-depth articles and valuable resources. Others will be short and sweet, to give you a quick boost of encouragement or a priceless tidbit of advice.		√	√
Member-only Resource page. All printable instructions, MP3 downloads, pertinent links, and a ton of resources will be archived at a member only webpage for easy organization and access.	√	√	√
Sure Success Professionally facilitated, confidential group that integrates life coaching and diet coaching. Through the <u>private weekly</u> group meetings Sandra will come to know you and your situation personally. She'll be there to guide you with her vast bank of knowledge, intuition and compassion. (Twelve members maximum. Eight weeks.)			√

* Graduate Member – Anyone who has completed a 12 week AIM group (in the past) or who has completed Project You Bootcamp or Sure Success is eligible to enroll.

** Click here for next available group