



## THE 21-DAY QUICK START

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**Content Areas:** Nutrition, Health Care

**Duration:** Three Weeks

**Description:** Let's all agree ... fad diets are not sustainable. However, it does feel nice to have structure and hit the ground running when trying something new. We call this building "success momentum".

**The 21-Day Quick Start** offers an approach to clean eating that sets the stage for better nutrition and improved body composition. Rather than focusing on what you "can't have", this program focuses on small steps that you can take to yield big results.

**Overview:**

- Week 1 – Maximize
- Week 2 – Prioritize
- Week 3 – Organize

**Key Components:**

- Reporting – Aggregate participation reporting
- Resources – Weekly, themed encouragement email with electronic curriculum/handouts; supplemental participant textbook (optional)
- Support – Unlimited access to Wellness Specialist; weekly onsite group walk (optional)

**Investment:** Starting from \$1,200