

# 30 DAY FAST TRACK ON *the*KORS



*I'm totally in, too.  
You vs me.  
Game on!*

## TOTAL SHRED

Full throttle weight loss. No cheat days

Your own personal eating cycle. It's a numbers game

Month of ultimate workout Rx

theKORS app: food tracker, meal planner, grocery list generator

Initial, mid-month and final weigh ins.  
Brag board

## TOTAL CHALLENGE

*Top weight loss percent winners*

1<sup>st</sup> place finisher = 2 months of FREE coaching (\$158 value)

2<sup>nd</sup> place finisher = 1 month of FREE coaching (\$79 value)

3<sup>rd</sup> place = FREE 2 lb theKORS protein powder (\$50 value)

## TOTALLY INSANE

Email [Aimie.Reistad@theKORS.com](mailto:Aimie.Reistad@theKORS.com) by December 15<sup>th</sup> to register. Space is limited.

\$219 for new clients

\$179 for existing clients (includes reg. monthly rate)

**January 1 – January 30, 2015**

[www.theKORS.com](http://www.theKORS.com)