



## THE KICKSTARTER NUTRITION COACHING

### PROGRAM DETAILS

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Start Date	<b>08 Feb 2021</b>
Duration	<b>4 Weeks</b>
Coaching Style	<b>Group Coaching</b>
Induction Call	<b>07 Feb at 5pm Via Zoom</b>
FB Lives	<b>Tuesdays at 19:30 in private group</b>
Weekly Calls	<b>Thursdays at 19:30 via Zoom</b>
End Date	<b>07 March 2021</b>
Check In's	<b>Weekly</b>
Focus	<b>Nutrition for Sustainable fat loss</b>
Enrollment Closes	<b>04 Feb 2021</b>
Cost	<b>R499</b>

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