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Welcome to The 30 Clean™ brought to you by Studio SWEAT- a 30 day clean eating challenge where participants eat only REAL, WHOLE foods!

**CHALLENGE DATES:** January 6th through February 8th.

**WHAT IS THE 30 CLEAN™:** The 30 Clean is 30 days of real food and mindful eating. For 30 days you and your co-participants will focus on eating only the foods our bodies were meant to digest. You can expect to set and achieve goals, develop a new relationship with food, and gain more confidence in your self... all with the help of a like-minded community!

**THE 30 CLEAN CHALLENGE OPTIONS:**

- **The Original Clean™** - A great choice for those of you who have never dabbled in any kind of elimination diet and are new to the idea of clean eating. Under this option, you will eliminate the following for 30 days: Gluten, Wheat, Grains, Dairy, Sugar, and Anything Artificial. However, it is okay to have wine (but ONLY a glass or two on the weekend) and real dark chocolate (but ONLY one square three nights a week.) The Original Clean will still challenge you and change you!
- **The Super Clean™** - For those of you who are ready to go ALL THE WAY! On top of eliminating Gluten, Wheat, Grains, Dairy, Sugar, and Anything Artificial, you will also eliminate Alcohol, and Legumes (including peanuts.) NO EXCEPTIONS.

Everyone will be eating foods with very few ingredients, all pronounceable ingredients, or, better yet... No listed ingredients because the foods are totally natural and unprocessed!

**WHAT DOES THE 30 CLEAN PROGRAM INCLUDE:**

- Kickoff Meeting and Q&A with our Health Coach, Heather Hemmer, Internationally Known Weight Loss Specialist & Certified Holistic Health Coach\*
- Before & After Measurements Provided by Studio SWEAT
- The 30 Clean™ Guidelines, Food List, Sample Daily Menu, and Calendar & Shopping List Template
- Daily Morning Emails with a Nutritional Tip of the Day, a Daily Recipe and a Non-Food Challenge
- Private Facebook Message Board with your Co-participants for Food Picture Journaling, Accountability, Motivation (Venting is okay too!), and Daily Access to Heather for Questions
- A Post-Challenge Potluck Party at the End to Celebrate!

*\*Disclaimer- Results will vary, and you should check with your doctor to determine whether this challenge is right for you. Heather Hemmer is not a doctor, dietician or psychologist. She is your Holistic Health Coach. The 30 Clean™ is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional. Trained health coaches may not make any medical diagnosis, claims and/or substitute for your personal physician's care. As your Holistic Health Coach, Heather does not provide a second opinion or in any way attempt to alter the treatment plans or therapeutic goals/recommendations of your personal physician.*