

# MILKY *Fitness* Group Challenges

## PROGRAM INFORMATION AND PRICING!

\*These are not required to be a member of the free Facebook group, Milky Fitness. The focus of Milky Fitness is not to sell you on a program- but instead teach you how to do this on your own.

If you want it to take the guess work out until you're confident enough to do it on your own, then that option is there for you!

# What are the Monthly Challenges?

The monthly challenges are a paid entity of Milky Fitness.

They are conducted within a private support group that includes a wide range of components to help support your post partum journey.

This could be weight loss, weight gain, or maintaining your weight while just getting healthier.

This program was designed with Moms in mind. We have numerous pregnancies, breast feeding moms, as well as moms to older children and teens!

# Included:

- Meal guide: based on your individual caloric needs
- \*We do not have Vegan or Vegetarian options.
- Workout plan: gym, home, AND youtube based are all uploaded into the group for you!
- \*Working out is not required (we calculate your calories to reflect your need))
- Grocery list: Fill in the blank format
- Q+A Posts: with the owners and creator of Milky Fitness
- How-to example document for your workouts
- Recipes that are meal plan friendly
- FAQ to help guide you through the journey
- Substitution lists to appease even the pickiest of eaters and assist with allergies
- Private accountability group to track progress, share photos/recipes, and support!
- Lactation Support: We have an International Board Certified Lactation Consultant on our team to assist with any nursing and supply needs while participating in our program.

# How to Sign Up:

WHEN: EACH MONTH OPENS FOR  
REGISTRATION, ON THE FIRST OF THE  
MONTH PRIOR AT 12 PM EST

WHERE: REGISTRATION CAN BE DONE AT,  
[THEHABITUALFITNESS.COM/CHALLENGES](https://THEHABITUALFITNESS.COM/CHALLENGES)

*\*Once you purchase, you will need to message the Milky Fitness LLC Facebook page, not group.*

*We require this because we have to match your Facebook name to your order number- so we can approve your join request into your group.*

*Often, members will use their maiden name, spouse's name, etc. and it can make it very difficult for the team to confirm their purchase to the profile requesting to join.*

# Cost

Newcomers: \$99- Per Month

Returning members: Discounted after your first month.

You will register on our website as a “member” and earn points for discounts on their next purchases.

\$1= 1 point

50 pts is 5% off,

100 pts is 10% off

150 pts is 15% off

300 pts is 20% off

1000 points is 50% off

\*THESE LARGER PERCENTAGES COME IN HANDY FOR OUR BUNDLES THAT ARE MULTIPLE MONTHS OFFERED QUARTERLY.

# What to do after purchase:

ONCE YOU PURCHASE AND YOU MESSAGE YOUR ORDER NUMBER TO OUR MILKY FITNESS LLC PAGE, YOU WILL GET AN AUTO-RESPONSE MESSAGE FOR CONFIRMATION.

THIS MESSAGE WILL CONTAIN A LINK TO OUR WEBSITE WITH ACCESS TO ALL FACEBOOK GROUP LINKS. YOU WILL CLICK YOUR GROUP NAME AND REQUEST TO JOIN YOUR GROUP. ALL REQUESTS TO JOIN WILL START BEING ACCEPTED 2 WEEKS PRIOR TO YOUR GROUPS START DATE.

OUR SITE ALSO HAS OUR EBOOK THAT CAN BE PRE-READ!

# Potential Additional Costs:

Protein Powder- 2, 2lb jugs meeting specific parameters  
(most brands fit well).

\*You will be given brand suggestions and discounts in your group's ebook.

Kitchen Scale

Meal Prep Containers/Food Storage

# Can I buy just the meal plan?

YES! BUT...

You must complete one challenge first.

This is so you can learn our program WITH our help. We want you to be able to comfortably navigate our plan and our structure before going solo!

Once you do one month, you can switch over to our Archive Plan options. These are \$50. This allows you to pick any menu from our archives /previous challenge months. You will enter your stats at the time of purchase (no more than 10 days prior to the day you intend on starting). Then you can take that plan to work on your own and repurchase when your stats change or you're ready for a new menu!

# Can my \_\_\_\_\_ do it too?

YES!

We have two options for your spouse or significant other to join you. One has a “with group” option, and the other is the meal plan only. The group option includes all of the same components as the women’s group option while the no group option is just the meal plan.

This allows them to join you to support you on your journey- while also having their own plan with the same items, but portions that are custom to their stats and their needs!

Spouse Add on WITH Group- \$60

Spouse Add on Without Group- \$40

\*Spouse add on WITH group option, is for Spouses only.

The without group option can include 1 member of your immediate family.

# Disclaimers:

1. This program is not one on one coaching. All communication will be made through the group directly on a more general basis. For matters requiring a private message, office hours will be enforced for communication.
2. You are responsible for joining your group in a timely manner and submitting your stats. Much like a gym membership, you pay us to hold your space. Whether or not you choose to “use it”, is entirely your choice.
3. Do NOT purchase this product if you have any underlying medical conditions that can hinder your ability to follow a meal guide- We cannot diagnose or treat medical conditions. If you have any condition that hinders your ability to lose/gain weight and requires medication, you will be asked to sign a waiver, or be removed from the program. We cannot diagnose/treat any medical conditions.
4. We do NOT have vegetarian options. You will not be able to swap in non-meat replacements for protein requirements.
5. Our program is non-refundable.