

**Dec
2024**

COACHING & CHALLENGES WITH THM COACH JEN

December

DECEMBER 1

FREE [Healthy Holiday Habits Checklist](#)

FREE [30 Day THM-Friendly Winter Meal Plan](#)

DECEMBER 21 – 12AM MST

»» [THM Bootcamp Registration Opens](#)

DECEMBER 27 – 6PM MST

FREE [LEVEL UP in 2025 THM Goal Setting Workshop](#)

HOW TO ACCESS

- Free Workshops will be held in my free [THM Made Easy Facebook Group](#)
- Click the links above to access the free resources
- New meal plans will be posted at thewellplannedkitchen.com
- Bootcamp is on a private website, not on social media. You'll get immediate access so you can get started!

STAY TUNED FOR APR–MAY–JUNE FREE CHALLENGES & WORKSHOPS!

Q1
2025

COACHING & CHALLENGES WITH THM COACH JEN

January

 **New Year, Fresh Start -
2025 JumpStart Challenge**

 **THM Fresh Start Masterclass**

February

 **Protein Challenge**

 **THM Protein Focus Masterclass**

Bootcamp Registration Opens

March

 **Beat the Bloat -
Gut Health Roadmap**

 **6 Week THM Total Body Transformation Challenge**

HOW TO ACCESS

- FREE Challenges & Resources will be held in my free THM Made Easy Facebook Group
- Masterclasses are accessed through private YouTube links emailed 24 hours before class begins
- Bootcamp is on a private website, not on social media
- Challenges are hosted through email
- Paid classes/challenges are either linked above or will be announced via email

 = PAID  = FREE

STAY TUNED FOR APR-MAY-JUNE FREE CHALLENGES & WORKSHOPS!