

The Follow-Through Community

Small Steps. Steady Change. Real Results.



The Follow-Through Community is a coach-led space that helps you stay consistent and confident in your health goals – whether you're just getting started, taking action, or maintaining progress. Inside, you'll learn how to build **steady momentum** through **realistic routines, compassionate accountability,** and growth that feels **supported and sustainable.**

What's Included?

Monthly Group Coaching Session – Live 60-minute call focused on steady progress

Momentum Monday Emails – Weekly focus + reflection to stay on track

Community Chat – Ongoing support and accountability


Member Bonuses – Recipe ideas, goal-setting sheets, and stress + sleep guides

Perfect For You If You're Tired Of:

- Starting strong, then losing momentum
- All-or-nothing thinking and yo-yo routines
- Feeling stuck or trying to do it alone



Visit our website or call to learn more or join today!

 714-732-1773

 collaboratorsforhealth.com

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**COLLABORATORS
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