

myHealthDestiny Nutrition Program Forum

Rules of Engagement

Welcome to the Strengthen.Nourish.Evolve (SNE) Facebook Forum, a place for previous and current participants to connect, learn, and support each other!

Here we'll post tips, strategies, recipes and more to make your 28-day program as effective as possible.

You can also ask questions directly to me, your host, and other participants if you need a little support

This group is private and only open to current myHealthDestiny participants and alumni.

How To Join:

1. Create a Facebook account if you don't already have one, and please add a picture so we can see your pretty face!

Go to <http://www.facebook.com/> to create your account.

2. Click here to access the forum: <https://www.facebook.com/myhealthdestiny.com> and click the Join Group button at the top right.

Your membership will be approved ASAP.

Rules of Engagement

1. Share your successes! This is the single most important thing you can do in this forum. Did you sleep better last night? Eczema clearing up? Pants feel a little looser? Share with others for motivation and inspirations.

2. Share your "Aha! Moments." Had something dawned on you that you want to share? Did you have a huge learning experience from one of the videos or calls? Share it with others! They will benefit from hearing from you.

3. Ask questions often. Use this group to engage with other participants.

4. Visit the forum at least once per day during your program to connect with the group.

5. Please only use this forum for questions and comments related to the 28-Day Evolve Nutrition Program only - no promo stuff.

6. Engage with each other and answer each other's questions - you'll all be going through the same thing, so share and collaborate!

7. Post great content often. This group is meant to be engaging and helpful.

Please be aware that most people get an email each time a post is added, so provide value, support and encouragement! (Don't spam us.)

To change your email preferences:

Click on the Edit Setting button on the top right corner of your forum page and choose if you want an email each time something is posted.

We highly suggest keeping the box checked to "On" and that you receive the emails during your program, and afterwards you can choose to uncheck it and just check in when you'd like.

You'll have lifetime access to this group if you ever want to come back or need more support. I of course recommend staying forever, but it's totally up to you.

Looking forward to seeing and hearing from you in the Facebook Forum!

Cheers!

Martha

** Anyone posting promo type materials for anything other than the forum will receive a warning, and may be permanently removed from the group. I'm sure this will never happen, I just want everyone to be aware of it.*