

How Your Program Works

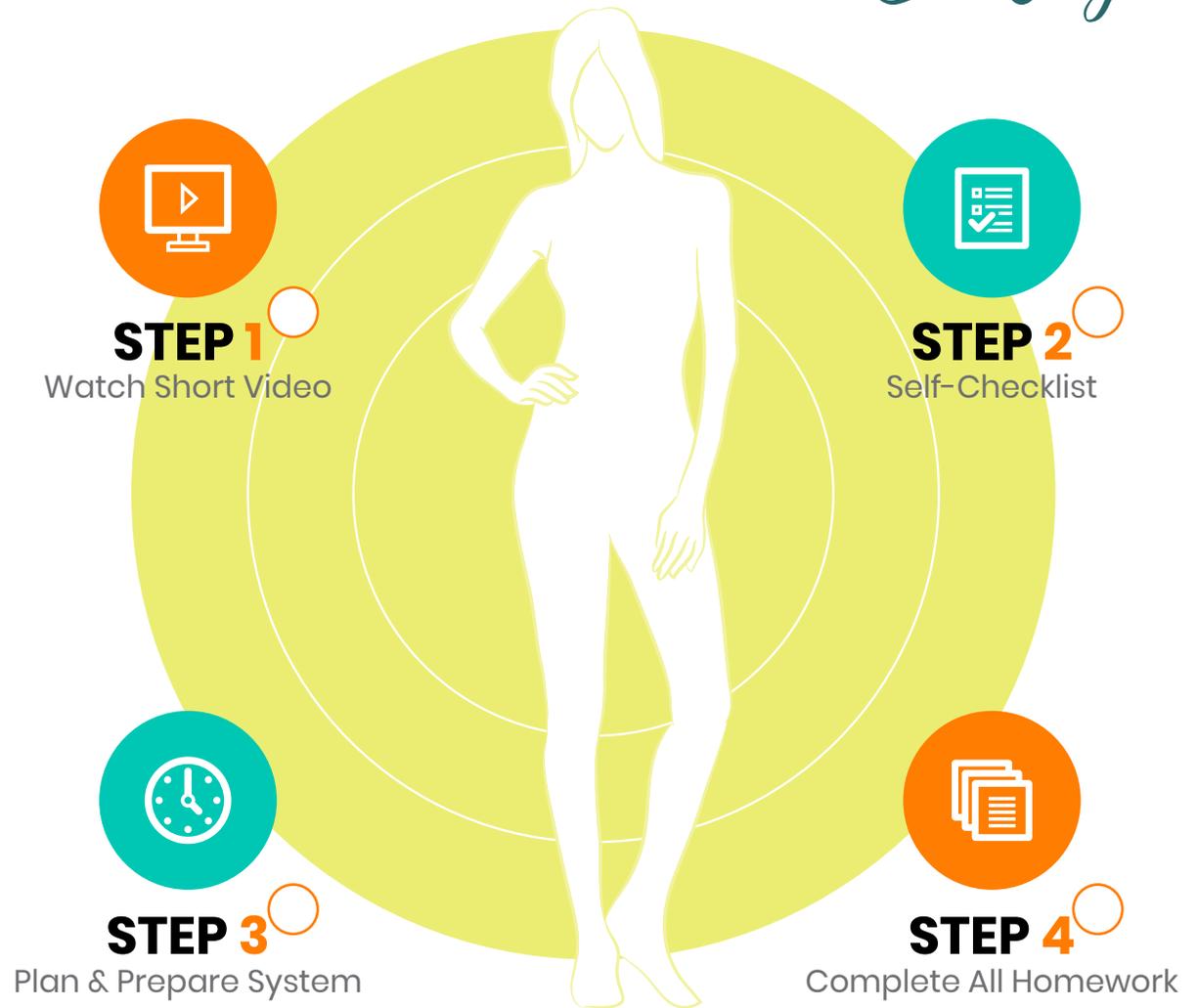
GoVegan!

4 Step Checklist

We Suggest:

- study 6 days per week, 1/2 hour daily – or more!

- commit to daily study and protect your time!



“I Am Growing More Healthy Every Day”

Set Your Mind for Success

Health is a Habit