

The Body, Mind and Spirit Transformation – NOT the Usual Weight Loss Program FAQ's

1. Q: How do I access the Course with all the materials?

A: Click on this URL to log in the course area: <https://docchristine.com/courses/bmst/>

2. Q: What do I do when I run into technical issues?

A: First, check if there is an answer in the course area, module 2 "Get the tech stuff out of the way"

If that's not enough or you have trouble finding it, send me an email at : support@docchristine.com. We will answer within 1 business day!

3. Q: How do I access my online meetings?

A: First, did you schedule your group sessions when you purchased your bundle? If you didn't, please contact support@docchristine.com to help you get in one of the groups.

Second, check if there is an answer in the course area, module 2 "Get the tech stuff out of the way"

And third, we will email reminders of the sessions to you with the login information!

4. Will I have access to the course materials after the groups end?

A: Absolutely! Your Purchase includes not only lifetime access to the current version of this course, but also to all additions and upgrades that we will be doing!

5. Q: The meal planning software is awesome. Will I have access to it after the course ends?

A: You will have access to the meal planning software for a minimum of 12 months.

6. Q: What if I need to lose more weight after the course ends? Will there be an extension?

A: I am glad you asked. We will offer all participants discounted access to our BMST Mastermind Group coaching program, which includes bi-weekly group coaching session for a monthly fee. As well as additional support, accountability and information.