

A BREAKDOWN OF YOUR

CINCH 30 DAY PROGRAMMES



Improve your relationship with alcohol.

£49.00*

*First payment, followed by a monthly subscription of;

£19.99 P/M* *Optional, cancellable at any time.

**To help improve your relationship with alcohol.
Go alcohol free or drink less, the choice is
yours.**

What You'll Get

- ✓ Soberish Manual
- ✓ Over 75 recipes
- ✓ Video tutorials
- ✓ Daily email guidance
- ✓ Inclusion in the WhatsApp group



30-day Intermittent Fasting Course

£99.00*

*First payment, followed by a monthly subscription of:

£19.99 P/M**Optional, cancellable at any time.

**Our hugely popular Cinch Fast 30 Challenge
gives you the information, support and
motivation to help you achieve your health and
weight-loss goals.**

What You'll Get

- ✓ Manual
- ✓ Over 75 recipes
- ✓ Progress Journal
- ✓ E-Habit Hacker & Tracker
- ✓ 10 minute workouts
- ✓ Video tutorials
- ✓ WhatsApp Group
- ✓ Facebook Group
- ✓ Daily support
- ✓ Daily guidance
- ✓ Monthly Group Zoom Call
- ✓ Weekly Weigh-In



£129.00*

*First payment, followed by a monthly subscription of;

£199.99 P/M**Optional, cancellable at any time.

Ideal if you would like to try both of
these challenges at a discounted rates.

What You'll Get

- ✓ Soberish Manual
- ✓ Cinch Fast 30 Manual
- ✓ Over 75 recipes
- ✓ Gold workbook
- ✓ E-Habit Hacker & Tracker
- ✓ 10 minute workouts
- ✓ Video Tutorials
- ✓ WhatsApp Group
- ✓ Facebook Group
- ✓ Daily support
- ✓ Daily guidance
- ✓ Monthly Zoom Call
- ✓ Weekly Weigh-In